



School Newsletter

19th January 2024

'Let us spur one another to acts of love and good deeds.' Hebrews 10:24

Dear Exbourne Friends and Families,

Now we have two classes, we decided it was time for a change and a rebrand!

Foundation and KS1 are now called Olive Class and KS2 class are now called Dove Class.

Next week we will be talking about the Bible story Noah and The Ark, and the meaning behind these two names.



Zones of Regulation

In our Trust training, we looked at the Zones of Regulation, how we can use this in school to help children recognise their emotional state, give the children language to discuss how they are feeling and ultimately, to regulate.

We are making it clear that there are no 'bad' feelings, it is what we do with our feelings that matters. Anger is an emotion that can enable change, such as women getting the vote, workers having sick pay and children having protection and rights. I told the story of Jesus at the temple and how he responded to the place of worship being used as a marketplace. His anger made people reflect and make the necessary changes. Sadness is also something we should express and not be ashamed of.

Questions were asked about being excited. We do of course want our children to be excited about their learning! Adults will recognise the difference between eager curiosity and hypervigilance and over excitement. When we are over excited, our brain can't focus on acquiring new knowledge and skills.

Do see more information about this here: [The Zones of Regulation | A Curriculum For Emotional Regulation](#)

You might like to use this at home when talking to your children. The aim is to know how to regulate back to the green zone where we are psychologically safe. Children often need support to recognise their zone – partially the yellow zone, and need advice to regulate, this called ‘co regulation’.



I'm happy to print off a copy if you would like one at home.

Perseverance

We have been very pleased to see lots of examples of perseverance already this term. A particular well done to our Y6 children who have been persevering with their SATS test practices. Learning the strategies to persevere are such important life skills!

Mr Morrow Visit

Yesterday, Mr Dan Morrow our Trust CEO, visited. He was really impressed by the attitudes of the children and enjoyed talking to the staff about what progress the children they work with are making. He was particularly impressed with the learning environments and displays. We have been working hard to make our classrooms and our hall inviting spaces to learn, think and reflect.

He will be visiting regularly so he becomes a familiar face, and we can benefit from his advice and support.

Staffing

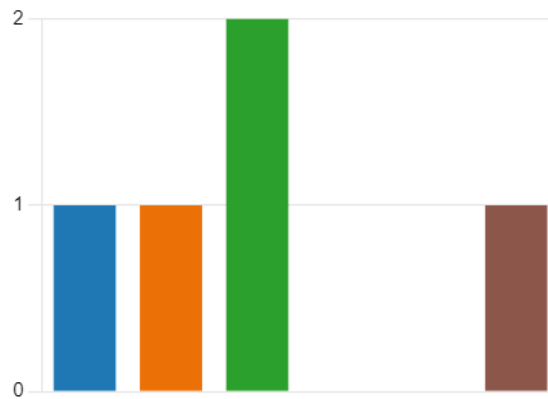
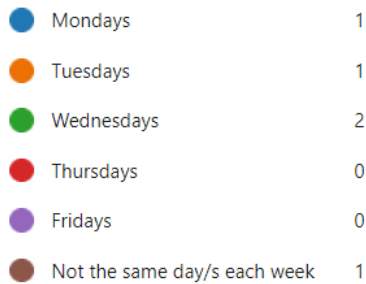
We are delighted to welcome Miss Chapman tour team. She will be working primarily in Dove Class, but she has also made a great impact in Olive Class this week!

Wrap Around Care

Five people responded to our wrap around care survey

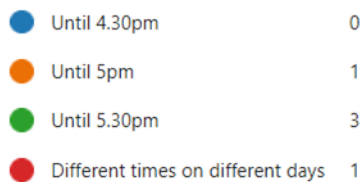
1. Which days do you require after school provision?

[More Details](#)



2. How long for?

[More Details](#)



As you can see, at the moment it is not viable to have a daily provision. We will continue to run clubs throughout the year. If you know a local child minder, please let me know and we can share details. We will of course keep asking and trying our best to meet the needs of our community.

Facebook

We are keeping reminders and in house messages on our private page, whereas celebrations and photos (of those we have permission for), are shared on our public page. Search Exbourne Church of England Primary School to follow us.

With very best wishes for the chilly weekend! Please wrap up warm!

Tara Penny

Principal