



## DUNNINGTON C.E. PRIMARY SCHOOL

Pear Tree Lane

Dunnington

York YO19 5QG

Tel 01904 552910

[dunningtonprimary.school@york.gov.uk](mailto:dunningtonprimary.school@york.gov.uk)

[www.dunningtonprimary.co.uk](http://www.dunningtonprimary.co.uk)

Head of School: Clare Thompson

[headofschool.dunningtonprimary@york.gov.uk](mailto:headofschool.dunningtonprimary@york.gov.uk)

27<sup>th</sup> September 2023

### Message from Mrs Thompson

Dear parent/ carer,

I was lucky enough to complete a learning walk around school yesterday morning. It was so clear to see that the children and staff have excellent relationships, based on mutual respect, and that the children in every class were happy. There were lots of opportunities for practical tasks, hands on learning and group work which ensured pupils were engaged, motivated and inspired in their learning. I was blown away by the beautiful presentation I saw in the children's books and I particularly loved the clay monsters the children were creating to inspire writing in years 1 and 2. Well done everyone!

### The Zones of Regulation®

Next week, every class will be completing some work using a programme called The Zones of Regulation®. This is a programme designed by an occupational therapist (Leah Kuypers, 2011). It teaches children about self-regulation by categorising all the different ways we feel and the different states of alertness we experience into four coloured zones. It also provides a range of strategies that allow children to become more aware of and independent in regulating their emotions.

The <b>ZONES</b> of Regulation®			
<b>BLUE ZONE</b>	<b>GREEN ZONE</b>	<b>YELLOW ZONE</b>	<b>RED ZONE</b>
Sad Sick Tired Bored Moving Slowly	Happy Calm Feeling Okay Focused Ready to Learn	Frustrated Worried Silly/Wiggly Excited Loss of Some Control	Mad/Angry Mean Terrified Yelling/Hitting Out of Control

### **Zones of Regulation® teaches children:**

- Vocabulary to describe the different ways they feel.
- How to recognise their own emotions.
- To consider what emotions other people are feeling.
- To understand why they may be feeling a certain emotion.
- To understand how others may react to their behaviour.
- Strategies to help them to regulate their behaviour independently.

### **Why do we teach the Zones of Regulation®?**

- Provide a common, non-judgemental language to discuss emotions.
- It is understood by everyone.
- It teaches healthy coping and regulation strategies.

I will send home more detailed information about this next week, but wanted to let you know about the programme in case your child wanted to speak to you about it.

### **Harvest**

We are looking forward to celebrating harvest on Monday 2nd October at St Nicholas Church, Dunnington. We will have two services: our EYFS and KS1 Harvest will start at 10am and our KS2 service will start at 11am.

Parents are welcome to attend. There will be a monetary collection at the end of each service for York Foodbank.

### **Change of Menu – Thursday 5<sup>th</sup> October**

On Thursday we will be having a Fun at the Fair menu for the next Census day.

The school receives funding to allow any Foundation, Year 1 and Year 2 child to have free school meals. This funding is calculated from the number of pupils who order a school lunch on Census days. For this reason, it is really important for our school budget that as many children eat a school dinner on these days as possible.

Thank you for your support with this.

### **Start of the day arrangements – Reception and Key Stage One**

Thank you to all parents in reception and KS1 for supporting us in changing the start of the day arrangements.



The children can go straight into the classroom at any time between 8:50am and 8:55am. Please do not send the children in before this time or until a member of staff is present in the KS1 playtime. Please don't accompany your child inside – we feel that the children coming in on their own is an important step in developing their independence. There will always be staff members outside, who will be able to take any messages, and there will always be a member of staff in the classroom, who will support the children to come in, get settled and begin their morning activities.

## KS1 resources

Thank you so much to any of you who have made donations of resources to KS1 – we have been thrilled with what we have received. We still need some additional donations of jam jars with lids to house our clay monsters so would be very grateful if you could send in any you may have spare at home.

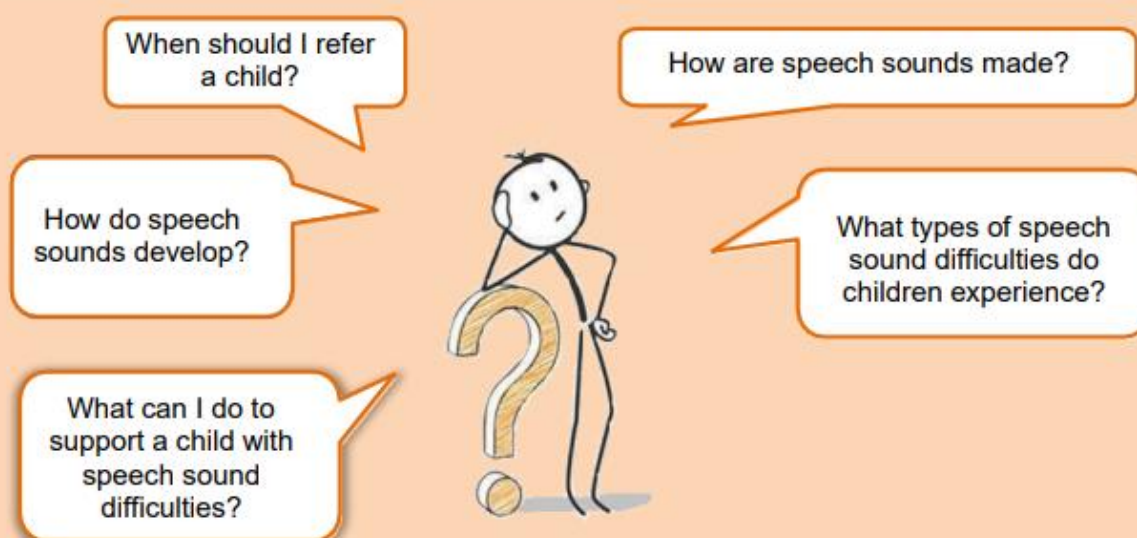
## Coats

It is well and truly Autumn now and is getting chillier, windier and wetter! Please ensure your child brings a coat in each day as we do play outside in most weathers.





## Speech Sound Development Workshop



This e-learning session is suitable for

- \* Professionals that work with children with speech sound difficulties
- \* Parents of children with speech sound difficulties

The course gives a brief overview of how speech sounds are made/develop and advice and strategies to consider when working with children with speech sound difficulties.

**Cost: Free; to professionals and parents in the York, Selby, Scarborough, Whitby and Ryedale areas**

**Date and Time** – Friday 13<sup>th</sup> October 2023 \* 9.30am – 11.00am

**OR**

**Date and Time** – Tuesday 5<sup>th</sup> December 2023 \* 3.45pm – 5.15pm

For more information to book a place, please contact us at [yhs-tr.childrenstherapytraining@nhs.net](mailto:yhs-tr.childrenstherapytraining@nhs.net)

Please note this is an interactive session so you will need access to a camera and microphone to participate.

## Dates for your Diary Autumn Term 2023

Any additional dates will be added in bold each week.

### September 2023

EYFS Welcome Meeting (Re-scheduled)	Wednesday 27th September 2023 – 6pm
-------------------------------------	-------------------------------------

### October 2023

Harvest Services in St Nicholas' Church Parents welcome	Monday 2nd October 2023 10 am- EYFS and KS1 11am- KS2
<b>PTA AGM – Dunnington Sports Club</b>	<b>Wednesday 4<sup>th</sup> October 2023 – 7:30pm</b>
Census Day – Fun at the Fair Lunch	Thursday 5 <sup>th</sup> October 2023
School Book Fair	Wednesday 11 <sup>th</sup> - Friday 13 <sup>th</sup> October 2023
Influenza Immunisation	Thursday 12 <sup>th</sup> October 2023
Year 3 and 4 Pedestrian Training	Thursday 19 <sup>th</sup> October 2023 Thursday 26 <sup>th</sup> October 2023
Parent Consultations	Monday 23 <sup>rd</sup> October 2023 (Year 3) Tuesday 24 <sup>th</sup> October 2023 ( <b>Rec</b> , Year 3) Wednesday 25 <sup>th</sup> October 2023 (Rec, 1, 2, 4, 5, 6) Thursday 26 <sup>th</sup> October 2023 (1, 2, 4, 5, 6)
School Closes for Half Term	Friday 27 <sup>th</sup> October 2023

### November 2023

Back to school	Monday 6 <sup>th</sup> November 2023
Yoyo Workshop – Year 5	Monday 13 <sup>th</sup> November 2023
Individual School Photographs	Wednesday 15 <sup>th</sup> November 2023

### December 2023

Tree Decorating Assembly	Friday 1 <sup>st</sup> December 2023
EYFS and KS1 Nativity	Tuesday 12 <sup>th</sup> December 2023 - 2pm Wednesday 13 <sup>th</sup> December - 2pm
<b>Riding Lights Theatre Company Presents – Give it Back Mac! – Whole school</b>	<b>Monday 18<sup>th</sup> December 2023</b>
Yoyo Assembly and Workshops – Year 1 and Year 4	Tuesday 19 <sup>th</sup> December 2023
Christmas Parties	Wednesday 20 <sup>th</sup> December 2023
PTA Christmas Disco	Wednesday 20 <sup>th</sup> December 2023 ( <b>TBC</b> )
Christmas Services in St Nicholas' Church Parents welcome	Thursday 21 <sup>st</sup> December 2023 10 am- EYFS and KS1 11am- KS2
School Closes for Christmas	Thursday 21 <sup>st</sup> December 2023
Staff Training Day	Friday 22 <sup>nd</sup> December 2023
Back to School	Monday 8 <sup>th</sup> January 2024

We hope you have a lovely week. As always, don't hesitate to contact us if you have any questions or concerns.

With very best wishes,

Clare Thompson

**Attachments**

- Five Minute Read – Tips for staying safe online