

# Weekly Newsletter

*Dream big, fly high*

## Zones of Regulation Update

Since introducing the **Zones of Regulation** across the school in September, we have been really pleased with how well the children have engaged with the programme.

Zones of Regulation helps children to recognise and understand their emotions, using four colour-coded zones (Blue, Green, Yellow and Red). In lessons, pupils have been learning to identify how they feel, understand that all emotions are okay, and develop strategies to help them regulate their feelings.

In school, we have seen children becoming more confident in talking about their emotions, using the language of the zones, and beginning to choose strategies independently to help themselves feel ready to learn. Classes have been exploring breathing techniques, movement breaks, quiet reflection, and other calming or alerting activities.

Our focus this term is to continue building on these skills by:

- supporting children to recognise when they are moving between zones;
- practising a wider range of regulation strategies; and
- encouraging children to take ownership of their emotional wellbeing.

If you would like more information, or to start using the Zones of Regulation at home, a parent guide can be found [here](#).

Examples of how you may feel in the different colour-coded zones can be found [here](#) and examples of strategies to support children in the different zones can be found [here](#).

Thank you for your continued support as we work together to develop these important life skills.



## Stockport Family Hubs

### Do you struggle when your child has a meltdown?

Stockport Family Hubs are offering virtual sessions to help you support your child to stay calm and understand their emotions. Sessions are running on the following dates and can be booked via the Stockport Family Hubs website [here](#).

Tuesday 5<sup>th</sup> May 6.30pm – 8.30pm  
Tuesday 15<sup>th</sup> September 6.30pm – 8.30pm

Thursday 9<sup>th</sup> July 9.30am – 11.30am  
Thursday 12<sup>th</sup> November 9.30am – 11.30am

## School Uniform

We are proud of our school uniform and the sense of belonging it creates for our pupils. We kindly ask for your continued support in ensuring that children come to school wearing the correct uniform each day, including appropriate footwear.

## Smart Watches

We would like to remind families that smart watches are not permitted in school. This is to support safeguarding, minimise distractions and ensure all children remain focused on their learning. If your child wears a watch, it needs to be without additional features such as messaging, cameras or internet access. Thank you for your continued support with this.

## Site Safety

A reminder to please use the designated footpaths on the school site and not have the children walking across the vehicle turning circle at the front of school as this poses a safety risk.

Please do not use the turning circle to park at the busy drop-off and pick-up times (8.45am, 3.15pm and 4.15pm when after-school clubs finish) due to the high number of children outside school at these times.

Thank you for your continued support in keeping our school site safe for everyone.

## Sun Safety

As the warmer weather approaches, we kindly ask for your support in ensuring that your child is well-prepared for the warmer weather. On sunny days, please ensure that your child has:

- a **sun hat/sunglasses** to provide protection from direct sunlight during outdoor activities; and
- a refillable Woodford Primary School **water bottle** to stay hydrated throughout the day.



We recommend applying a long-lasting **sun cream** before school on hotter days. If you wish to send sunscreen with your child, please ensure it is clearly labelled with their name, and they can apply this themselves.

## Important Dates

4 <sup>th</sup> May	School Closed for Bank Holiday
5 <sup>th</sup> May	14.45 Secret Reader
12 <sup>th</sup> May	14.45 Secret Reader
13 <sup>th</sup> May	Class Photographs
19 <sup>th</sup> May	14.45 Secret Reader
20 <sup>th</sup> May	2AM and 3HN Times Tables Rock Stars Day



For a full summary of 2025/26 calendar dates, our [Annual Planner](#) can be viewed here.



Bravery



Citizenship



Curiosity



Gratitude



Integrity



Kindness