

# ST MONICA'S NEWSLETTER



## Welcome Back

What cold and frosty first week back at St Monica's. Well done to everyone who braved the conditions and showed resilience to come into school. A special thank you to our ever-cheerful site manager, Mr Cooney, who arrived at 5:30 am each morning to ensure our school was a safe place for staff, parents, and pupils. Not all heroes wear capes—but they do carry snow shovels!

## Zones of Regulation

We launched our Zones of Regulation strategy in assembly today, this is a school wide strategy which will help pupils articulate their emotions, and describe how they are feeling. We have the same posters in each class and use the same questions - the strategy will be used throughout St Monica's. This is proving very useful already in the classes we have trialled it in. [Watch this video here](#). Click [here for our Zones of Regulation](#) page on our website.

## Poetry Day

Today has been Poetry Day. Every year group has participated by reading, performing, and writing poems, as we continue to drive oracy forward. Poetry is superpower for pupils—it enhances vocabulary, confidence, pronunciation, and creativity. Most importantly, it helps children express themselves in unique and powerful ways and it was lovely to see that today.

Have a warm and safe weekend one and all - Mr J. Gouldbourne

## Spring term Dates

Friday 10th Jan  
Year 6 SATs Meeting

Mon 13th January  
Swimming starts for Year 4

Careers Day  
Tuesday 4th February

Mental Health Week  
3rd-9th Feb

Safer Internet Day  
Tuesday 11th Feb

Composer of the Month, January

[RIOPY - modern French composer. Perfect to listen to whilst relaxing with your family.](#) (link)

Faith Aspiration Respect Resilience



We took advantage of this week's cold winter weather in Nursery. We placed tubs of water outside and left them overnight. Before we did this, we talked about what we thought might happen to the water. Our predictions included:

- It would turn into snowflakes.
- It might change into snow.
- It could freeze into ice.
- It might stay as water.



# Nursery

The next day, we were so excited to discover that the water had turned into ice!

Reception has been busy learning all about Winter. We have talked about the signs of Winter and what we can do to keep ourselves warm. We chopped vegetables to prepare our own Winter soup and tried it with our lunch. Mr Gouldbourne and our school cook gave it a 10/10!



# Reception

Year 1 have been learning Robots on the glockenspiel and the tambourine, focusing on the sharp notes. Listen to us play using this QR code.



# Year 1





Year two have been learning about 'The Zones of Regulation' in PSHE this week. We found out that 'The Zones of Regulation' organise our feelings, state of alertness and energy levels into four coloured zones ~blue, green, yellow and red. Our activity was to match the emotions to the different zones.

Year 3 have been thinking about our emotions during PSHE this week. We talked about the different emotions we may feel and when we have felt that way. We know some emotions are tougher to deal with than others but that's okay. We looked at "The Zones of Regulation" and thought about which zone would be the best to be in for us to work well in school.

## The ZONES of Regulation

### Blue zone

- sad
- tired
- sick
- bored

### Green zone

- calm
- happy
- proud
- focused

### Yellow zone

- silly
- worried
- excited
- frustrated

### Red zone

- overjoyed
- panicked
- angry
- terrified

SMC: The best zone to be in at school is the green zone because if you are in the green zone, you won't be in a bad mood. You will also be able to focus on your work and you won't start any arguments with your friends. If you are in the green zone, you will be calm and you won't be silly.

[For more information, please click here](#)



## Attendance Matters



**Year 4 pupils have begun an exciting new computing topic: Photo Editing. They are learning how digital images can be changed and improved, and how they can be resaved and reused.**

**This week, pupils started by practising how to crop and rotate images. Why not ask your child to explain what these words mean? You could even let them help edit a family photo with you.**

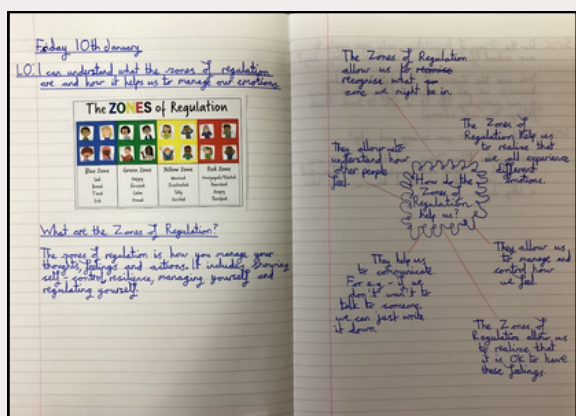


## Year 5

Year 5 have been exploring the Zones of Regulation in their PSHE lessons. They have learned about the four zones and the emotions associated with each one. Through discussions, they have recognised the importance of understanding their own emotions as well as being aware of others' feelings.

We also talked about how everyone experiences different emotions at different times, and that this is perfectly normal.

Why not ask your child about the four zones and see if they can tell you which zone we aim to be in?



**This week in Geography, we began our exciting new topic: Brazil. Using atlases, we investigated the countries that share a border with Brazil in South America. We were surprised to learn that Brazil is bordered by 10 different countries!**

We also used Google Earth and DigiMaps to explore the size of Brazil compared to its neighbouring countries. In addition, we've been discovering some of Brazil's incredible physical features, including the Amazon Basin, the Pantanal, and the Brazilian Highlands. Why not get a map of South America out and ask if your child can identify any of the countries?

## Year 6



# Personal Development Spring Term



## Our PSHE Curriculum

### EYFS - PSED

Nursery - To develop a sense of responsibility, start to play with one or more children.

Reception - To talk about their overall health and wellbeing and to explore resilience and challenges.

### Topic: Dreams and Goals (2.1)

Year 1 - To set a goal and know how to achieve it.

Year 2 - To carry on trying even when things get difficult.

Year 3 - To identify an ambition important to them.

Year 4 - To understand that sometimes hopes and dreams do not come true.

Year 5 - To identify a job they would like to do when they grow up.

Year 6 - To know the learning steps needed to reach a goal and understand how to motivate them to work on these.

## Our PSHE Curriculum

### EYFS - PSED

Nursery - To talk with others to solve conflict and understand gradually how others feel.

Reception - To reflect on their own work and start to think about the perspective of others.

### Topic: Healthy Me (2.2)

Year 1 - To understand the difference between being healthy and unhealthy.

Year 2 - To feel positive about caring for my body and keeping it healthy.

Year 3 - To understand how diet and exercise can affect the body.

Year 4 - To understand the facts about alcohol and smoking and the effects on health.

Year 5 - To understand the health and social risks of smoking and alcohol.

Year 6 - To take responsibility for their own health and make choices which benefit their health and wellbeing.



## The ZONES of Regulation

Blue Zone	Green Zone	Yellow Zone	Red Zone
Sad Bored Tired Sick	Happy Focused Calm Proud	Worried Frustrated Silly Excited	overjoyed/Elated Panicked Angry Terrified

## Assemblies

- Our Core Values (FARR)
- British Values (DR TIM)

Why not ask your child do they know these?

- Online Safety
- World Religions
- Careers Assembly
- British Science Week
- Work Book Day

## Wider Curriculum

- Chinese New Year learning in EYFS
- Swimming Y4 (Starts Mon 13th Jan)
- Careers Day (Tues 4th Feb)
- Mental Health Week (3rd-9th Feb)
- Safer Internet Day (Tues 11th Feb)
- Western Approaches Y6 (Wed 5th March)
- World Book Day (Thurs 6th March)
- British Science Week (7th-16th March)
- Becca Buttons Y5, DT (17th-19th March)
- Healthy Habits - Y3 and 4

## Zones of Regulation

Our pupils will be introduced to the Zones of Regulation in their PSHE lessons.

Through this, they will learn about self-regulation and emotional control and how to manage their emotions.

# Conquer Life



Conquer Life are introducing "Time Trek," a unique 10-week after school early intervention initiative to support the social and emotional wellbeing of children aged 7-10 years old. (Year 4 and 5 pupils)

The programme aims to build emotional resilience, enhance social skills and inspire aspirations. Register your interest at [admin@conquerlife.co.uk](mailto:admin@conquerlife.co.uk)

The first club of the new year started early on Tuesday morning, despite the awful weather. Not many people can say they have had the opportunity to try fencing, but here it St.Monica's, we can. More clubs will be up and running next week including gymnastics, football, netball and Fitness is Fun with children from Reception all the way through to Y6 being offered a club to join.

## PE and Clubs



Today in assembly, we talked about the Epiphany, which was celebrated on Monday. We reflected on the journey of the three wise men to Bethlehem, following the star to find baby Jesus.

- The The Wise Men's journey shows us that Jesus' light is for everyone, no matter where we are from or who we are.
- When we are lost, we can look for the star of Jesus to help us find our way.

## Epiphany

