

Sunshine & Rainbow NEWSLETTER



REMINDER - WELCOME ASSEMBLY

You are invited to join us for a special Early Years Welcome Assembly on Tuesday 21st October at 9.10am.

During the assembly, the children will all receive a special heart badge, which they can wear on their school uniform, to remind them how loved they are (in line with our school mission statement). The assembly will last approximately 30 - 45 minutes.

During the assembly, the children will perform the song, 'I am Special':

[CLICK HERE](#)



If you have any time to practise at home, we would really appreciate it!

REMINDER - PARENTS EVENING

Parents evening will be taking place on Tuesday 21st October 3:30-6:30 and Thursday 23rd October 3:30-6pm.

- Appointments are 8 minutes long and will automatically cut off at the end of the meeting.
- Online booking will close at 4pm on Monday 20th October.
- Please visit <https://stannescps.schoolcloud.co.uk> to book your appointments, please note more than one parent can be invited to the meeting.
- If you do not have access to the internet, please contact your child's class teacher.

We have put together a few notes which we hope will help:

- Please ensure you are logged on at least 5 minutes before your allocated time.
- Please ensure you press the start button, as the meeting will not start without both you and the teacher

activating the call.

- It takes about 10 seconds for the call to connect and video and sound to link in.
- Although it is only 8 minutes, it is enough time if everyone is logged on at the correct time. A follow up

e-mail will be sent to you if you are cut off before finishing your conversation.

(As much as you can, please ensure you are able to participate in the meeting and not have outside distractions. Ideally, if other siblings cannot hear the meeting).

DATES FOR YOUR DIARY

Tuesday 21st October: 9.10am - Early Years Welcome Assembly

Wednesday 22nd October: 8.35am - Parents Coffee Morning

Tuesday 21st October and Thursday 23rd October - Parents Evening



Next week, we will be learning...

LITERACY

In Phonics, we will be learning the sounds:

- 'c' as in cat
- 'k' as in kite.

Please do spend some time looking at these in your phonics practise book.



MATHS

Next week, the children will be:

- Celebrating Sunny Bear and Rainbow Roo's Birthday and they will be turning 5!
- Counting how many candles they need on their cake.
- Adding 5 onto a fives frame
- Counting 5 on our fingers

HAPPY
BIRTHDAY



PERSONAL, SOCIAL AND EMOTIONAL DEVELOPMENT

Next week, we will be reading the book 'The Colour Monster'.

We will be using Zones of Regulation to help us understand our feelings and we will be discussing different strategies that we can use to help us feel calm.

More information about the Zones of Regulation can be found on next page.



RE

Creation and Covenant

I know that we should look after ourselves and others.

I know that we should look after God's world.



UNDERSTANDING THE WORLD

This October, we'll be celebrating Black History Month and learning about amazing artists from many different cultures. Each week, the children will explore a new artist and enjoy their beautiful artwork.

We'll read stories, talk about their pictures, and create our own art too! It's a special time to celebrate everyone and remind ourselves how unique, special and loved we all are.

ZONES OF REGULATION

What Is Zones of Regulation?

The Zones of Regulation is a tool that helps children understand their feelings and learn how to manage them. It uses four colour zones to describe different emotions:

- ● Blue Zone – feeling sad, tired, bored, or sick
- ● Green Zone – feeling happy, calm, and ready to learn
- ● Yellow Zone – feeling silly, excited, worried, or nervous
- ● Red Zone – feeling angry, out of control, or overwhelmed

No zone is “good” or “bad.” We teach the children that we all move through different zones during the day and that’s completely normal!

Why Is It Used in Schools?

Schools use the Zones of Regulation to help children learn how to recognise their emotions and respond in healthy ways. It supports learning by helping students stay calm, focused, and ready to work. It also helps children understand how their behaviour affects others and teaches them tools to manage strong feelings.

How Can You Use It at Home?

You can use the Zones at home to help your child talk about their feelings and learn ways to feel better:

- Ask your child: “What zone are you in right now?”
- Use colours to name emotions (e.g., “You seem like you’re in the Yellow Zone.”)
- Help them choose a tool to feel better (e.g., deep breaths, quiet time, movement)
- Celebrate progress when they use a tool to return to the Green Zone
- Model it yourself by saying things like, “I’m in the Blue Zone—I need a rest.”



Have a lovely weekend!