Sunshine & Rainbow NEWSLETTER

22nd October 2026

WELL DONE RECEPTION

We would like to say a huge well done to all of the children for completing their first half term in Reception! We are so proud of you for showing resilience, settling in and making some lovely new friends. We hope you enjoy your half term break and can't wait to see you when we return!



PHOTO CONSENT

Please ensure you have completed the 3 photo consent forms on Arbor. We will continue to upload photos and videos to Tapestry as normal as this is part of the childrens' learning journey. EYFS will not be using Microsoft Teams to share photographs.

FAMILY PHOTOS



Thank you to those of you who have sent a family photo for our classroom displays. If you have not yet done so, please send a family photo to your class teacher via email.

Miss Baker - ebaker@stannes-chertsey.surrey.sch.uk
Miss Ranger - sranger@stannes-chertsey.surrey.sch.uk

DATES FOR YOUR DIARY



Sunday 8th November - Diwali (we will be celebrating this the folllowing week)

Monday 9th November - Friday 13th November - Anti-bullying week

Monday 9th November - Odd sock day - children should wear odd socks to celebrate that we are all different

Wednesday 11th November - Remembrance day

Friday 13th November - Friendship day

Tuesday 17th November - 3.30pm - 6.30pm and Wednesday 18th November 3.30pm - 6pm - Parents Evening (more information to follow)

Monday 16th - Friday 20th November - Maths Week. Maths dress up day on Friday 20th (more information to follow)

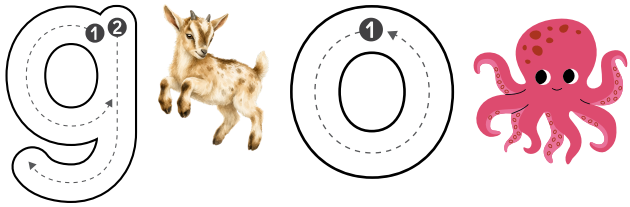
Tuesday 8th December - EYFS Nativity 10am (more information to follow)

Next week, we will be learning...

LITERACY

In Phonics, we will be learning:

- 'g' as in goat.
- 'o' as in octopus.
- Please practise writing these in your black busy bee folders.



MATHS

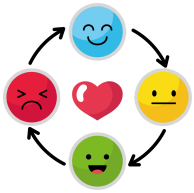
Next week, the children will be:

- Counting to 10
- Recognising numerals to 10
- Subitising to 5
- Using numicon to make number 5 to understand the concept of number bonds to 5.



PERSONAL, SOCIAL AND EMOTIONAL DEVELOPMENT

We will be revisiting our learning about Zones of Regulation and encouraging children to recognise how they are feeling and which zone they are in. Children will be able to move their picture to the corresponding zone in class. We will begin discussing how we can help ourselves in each zone.



RE

Prophecy and Promise

I know that Mary was chosen by God to be Jesus' mother.



UNDERSTANDING THE WORLD

Next week, we will be:

- learning about Guy Fawkes Night
- creating firework art
- learning about Fire Safety



Have a lovely weekend!

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!