

Balgreen Primary School 171 Balgreen Road Edinburgh EH11 3AT Headteacher: Mr Richard Napier 0131 337 6066

Term Ahead: Aug-Oct 2023 - Primary 4A and 4B

Dear Families,

Welcome Back! We hope you all had some fun and peace over the summer break, and managed to find a sunny spot! Your children have returned to school full of energy and we think they are feeling the fun learning vibe in our classroom already!

Thank you to those of you who have already supported us in making sure the children are here on time and ready for anything! We know what a juggle each day can be. Please come and say hello – we'd like to think we are very approachable and it's good to match children to their adults as soon as we can.

Below is a brief outline of our intended learning. An optional home learning grid is also being issued which has a variety of activities which complement the learning in the classroom. You will find updates on what we're up to on Twitter (or X as it is now known): check us out using #BalgreenP4a or #BalgreenP4b. If you have any queries or concerns, please do not hesitate to contact us through the school office. Jo Murray, Catherine Hinchcliffe and Rachel Wyllie (Class Teachers)

Literacy and English	Numeracy and Mathematics
	Noniciacy and Mantenanco
 Reading: fostering a love of reading; reading independently for sustained periods; skimming and scanning text to find a piece of information or word; asking and answering questions about texts. Writing: instructions – layout, sequencing words, details to help the reader; poetry – similes, clerihew and diamante poems Spelling, Grammar, Punctuation: revision of phonics and some sounds from P3, basic sentence punctuation (capitals and full stops at least) for accuracy and meaning; verbs, adjectives, time connectives At home: Daily reading continues to have a huge impact on children's learning – please ask if you need books! We cover new spellings each week – each child is in a colour group and should know 	 Number: securing and extending understanding of place value (specifically 3-digit and 4-digit numbers and what each digit represents); the importance of zero; different ways of representing and taking numbers apart; mentally find 10 and 100 more or less; revision of 2, 5 and 10 times tables; beginning 3x and 4x tables; patterns in times tables and counting. Maths: position and direction, symmetry, angles and measure. Techniques/skills: sequencing when investigating numbers; providing proof by using another example. Visitors: three sessions of learning about money with from MyBnk https://www.mybnk.org/our-work/financial-education/money-twist-lower-ks2/
which one! NB spelling words may alter as needed.	
Learning Across the Curriculum	Administration
Our overarching learning this term, moving into next term, will be based on dragons! Through this we will be learning about: diversity and acceptance; living things; criteria for categorising animals, plants and other groups; design and materials including simple woodwork skills; painting skills; musical elements and songs. We will be reading a variety of books with a dragon theme, often these deal with many personal, social and moral issues which are relevant to us such as friendship; being different; fear; how families are made up and kindness. The Zones Of Regulation: helping us talk about and manage our feelings – sheet attached.	 P.E. with Mr Murray: P4A Friday. P4B Wednesday. Kit must be worn to school, including jumper and trainers/gym shoes. Outdoor Learning: P4A Tuesday. P4B Monday. Wellies would be helpful and can be changed into. Spare socks are a good idea too! Additional Support for Learning in Literacy: three mornings a week with Mrs Anderson Dress for Anything! We often learn and play outdoors throughout the week. Please make sure a waterproof coat is available each day as rain does not stop us going out. Pencil cases: many children want to bring in their own stationery. We welcome this as it supports children taking responsibility for and valuing page.
Over the year we expect to complete our silver standard RSPB Wild Challenge Award.	possessions. One pencil case each of a reasonable size, please! We will encourage them to bring it home each day.

<u>The Zones of Regulation</u> programme teaches a variety of social-emotional skills to children, starting with early emotional skills and advancing on to self-regulation and navigating social situations.

Here are some skills taught during The Zones of Regulation:

· Identifying your emotions by categorizing feelings into four zones (more on this below)

 \cdot Self-regulation: Achieving the preferred state of alertness (zone) for a situation. This is all about regulating your body and emotional regulation.

· Identifying triggers: Learning what makes you "tick" and why

 \cdot Coping strategies: Various techniques and strategies that help achieve emotional regulation and manage strong emotions

 \cdot Size of the problem: Introduces the idea that the size of your reaction should match the size of your problem, how to identify the size of your problem, and strategies for problem-solving.

 \cdot Expected behaviour vs unexpected behaviour: This also covers perspective taking and how your behaviour affects the thoughts and feelings of the people around you.

It is important to note that the yellow and red zones are not 'bad' or 'naughty' as all zones will be entered at some point or other by everyone. Use of The Zones is intended to be neutral and come without judgement.



Sad Sick Tired Bored Moving Slowly	GREEN ZONE Happy Calm Feeling Okay Focused Ready to Learn	YELLOW ZONE Frustrated Worried Silly/Wiggly Excited Loss of Some Control	RED ZONE Mad/Angry Terrified Yelling/Hitting Elated Out of Control

Aug 21	Aug 28	Sept 4	Sept 11	Sept 18	Sept 25	Oct 2
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back	beak	wall	sink	week	weak	happy
stuck	look	ball	pink	peek	sneak	very
drink	looked	small	drank	leek	leak	tricky
thanks	cakes	call	think	green	team	sticky
pick	make	called	bunk	sleep	dream	body
link	like	fall	tank	asleep	cream	baby
shock	snake	tall	blink	creep	please	sunny
smack	flake	taller	brink	queen	cheat	lonely
clock	stroking	smaller	shrink	bleeding	least	angry
stink	baked	stall	thinking	cheeky	teach	duty
tucked	squeaky	hall	wink	screen	reach	empty
speck	croak	football	blank	agree	leave	every
dark	speaking	meatball	chunk	speech	heal	really
shark	weekly	birdcall	trunk	freeze	deal	family
knickers	streak	install	rethink	breeze	breathe	everybody
pocket	peeking	waterfall	wrinkle	squeeze	really	hungry
flicked	disliked	appalled	yank	fourteen	decrease	memory
thinking	joking	appalling	dunked	eighteen	repeat	particularly
hammock	motorbike	eyeball	blanket	refugee	disease	injury
haddock	spookily	squall	pranked	committee	beneath	especially
darkness	choked	bookstall	swanky	coffee	revealed	apology

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