



Balgreen Primary School  
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Edinburgh  
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Term Ahead: August 2022 - Primary 6B

Dear Families,

Welcome Back, I hope you had a lovely summer! I'm looking forward to getting to know you this year so please come across and say hello! I hope that you'll find the information below useful. You can also find updates on what we're up to on Twitter so check us out using #BalgreenP6b.

<p style="text-align: center;"><b>Literacy and English</b></p> <p>Our strong focus in literacy is on fostering a love of books and reading in our children. We are working in book groups where we develop vocabulary, comprehension skills and the ability to discuss characters, events and themes in stories.</p> <p>Part of our 'We Love Reading' work will involve a book topic on Wonder by R. J. Palacio. This book covers important themes such as inclusion, friendships and bullying which we will be discussing in class.</p> <p>We will be learning to write diary entries this term as well as doing some creative narrative writing. Our grammar will link to our writing units and will cover tenses, reported speech, alliteration, similes and metaphors.</p> <p>Spelling concentrates on revising 'sounds' from last year and some tricky words and homophones. You can find the spelling words alongside the homework grid.</p>	<p style="text-align: center;"><b>Numeracy and Mathematics</b></p> <p>In numeracy, we are securing and extending our understanding of place value of numbers up to 1 000 000. We are moving on to rounding these numbers as well as being able to mentally find 100,1000 and 10 000 more or less. Later on in the term, we will be using our knowledge of place value to support addition and subtraction of whole numbers.</p> <p>Problem solving has been an integral part of our work and we are working hard to decide what part of a problem needs to be tackled first and whether one answer is enough to prove our ideas.</p> <p>During outdoor learning we will explore angles, symmetry and transformation. This will support the learning which will take place after the October Break.</p>
<p style="text-align: center;"><b>Learning Across the Curriculum</b></p> <p>Our topic this term is based on the novel <i>Wonder</i> by R. J. Palacio. The story lends itself to all manner of learning about values, individuality, acceptance and resilience. We will extend our learning through drama, art and health and wellbeing lessons.</p> <p>As part of the Empowered Learning programme, we will be learning how to use technology safely. This will also compliment and extend the learning taking place in class.</p> <p>Health and wellbeing lessons will focus on The Zones of Regulation programme. We have included information about this on the reverse and the colour zones will be used throughout the year in all areas of learning.</p> <p>On a wider scale, we have explored the UN Rights of the Child and used this to establish class routines and expectations.</p>	<p style="text-align: center;"><b>Administration</b></p> <p><b>P.E:</b> will take place every Tuesday with our PE specialist Mr Murray. Kit must be worn to school.</p> <p><b>Outdoor Learning:</b> will take place on Thursdays in our woods. Children must come to school in appropriate clothing with waterproof coats and footwear.</p> <p><b>Homework Grid:</b> Please look at the homework grid to find activities which will support the learning taking place in class.</p> <p>Learning outdoors can take place at any time, in any weather. It is important that children are dressed for this. Remember that it could be sunny and warm before coming to school but cold and wet by lunchtime!</p> <p>Windows and doors are open at all times for ventilation so please bear this in mind. Your child may want to wear more layers so that they can add and remove clothing as they feel the need. It helps if clothes are named – even initials in Sharpie.</p>

If you have any queries or concerns, please do not hesitate to contact me through the school office.





The Zones of Regulation 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)
- 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
- Coping strategies: Various techniques and strategies that help achieve emotional regulation and manage strong emotions
- 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.
- 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.

## The Zones of Regulation™

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