



Balgreen Primary School
171 Balgreen Road
Edinburgh
EH11 3AT

Headteacher: Mr Richard Napier
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Term Ahead: October 2022 - Primary 4

Dear Families,

Welcome back! We hope you all had some fun and peace over the summer break – certainly the weather made things seem very summery this year. Your children have returned to school full of hope and promise and we think they are feeling the fun learning vibe in our classroom already!

Thank you to those who have already supported us in making sure the children are here on time and ready for... well, anything! We know what a juggle each day can be and if there are ways we can think of to make things go smoothly we will. Please come across 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 homework wall of learning is also being sent out. You will find updates on what we're up to on Twitter: check us out using #BalgreenP4a. If you have any queries or concerns, please do not hesitate to contact us through the school office.

Jo Murray and Catherine Hinchcliffe (P4a Class Teachers) and Rachel Wyllie (P4b Class Teacher)

<p style="text-align: center;">Literacy and English</p> <p>Reading: fostering a love of reading; reading independently for sustained periods; skimming and scanning text to find a piece of information; using evidence from a text to prove an answer to a question; to comment on the language the author has used to convey character, plot and setting</p> <p>Writing: recounts from the point of view of a character in a story; including feelings when writing about personal experiences.</p> <p>Spelling, Grammar, Punctuation: revision of phonics and some sounds from P3, basic sentence punctuation (capitals and full stops at least) for accuracy and meaning; common conjunctions and common verbs in the past tense We cover new words each week – each child is in a colour group – these are attached for information.</p>	<p style="text-align: center;">Numeracy and Mathematics</p> <p>Number: securing and extending understanding of place value (specifically 3-digit and 4-digit numbers and what each digit represents); rounding numbers to the nearest 10 and 100; 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.</p> <p>Maths: position and direction, symmetry, angles and measure.</p> <p>Techniques/skills: sequencing when investigating numbers; providing proof by using another example.</p>
<p style="text-align: center;">Learning Across the Curriculum</p> <p>Our overarching learning this term, moving into next term, will be based on themes from the fabulous novel, 'The Wild Robot' by Peter Brown. Through this we will be learning about robots; environmental issues; food chains; design and materials; simple woodwork skills.</p> <p>The story deals 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. All these areas will be touched upon or explored further. Additionally, we'll begin to learn about The Zones Of Regulation, helping us talk about and manage our feelings – sheet attached.</p> <p>Over the year we expect to complete our gold standard RSPB Award which you can read about here: https://www.rspb.org.uk/fun-and-learning/for-teachers/schools-wild-challenge/</p>	<p style="text-align: center;">Administration</p> <p>P.E: will take place every Friday for P4a and Monday for P4b with our PE specialist Mr Murray. Kit must be worn to school instead of changing at school.</p> <p>Outdoor Learning: will take place every Tuesday for P4a and Thursday for P4b. On wet weather days wellies in a plastic bag are recommended.</p> <p>Reading Books If your child comes home with a reading book, please ensure it is sent in each day.</p> <p>We will continue to learn and play outdoors, not just on our Outdoor Learning day. Please continue to make sure your child is suitably dressed and has a waterproof coat each day as rain does not stop us!</p>





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