



Balgreen Primary School
171 Balgreen Road
Edinburgh
EH11 3AT

Headteacher: Mr Richard Napier
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Term Ahead: November 2021 - Primary 4B

Dear Families,

Welcome back, I hope you had a lovely October holiday! 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 #BalgreenP4b.

<p style="text-align: center;">Literacy and English</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, oral comprehension skills and the ability to discuss characters, events and themes in stories.</p> <p>Our writing focus this term is on poetry. We will be exploring a poem called 'Is Plastic Fantastic' and we will be using this to inspire our own poetry writing.</p> <p>Our grammar lessons will focus on using commas in lists, writing different sentence starters and using adjectives and adverbs to make our writing more exciting.</p> <p>We will continue to practice spelling in class. The spelling words are attached to the Homework Wall.</p>	<p style="text-align: center;">Numeracy and Mathematics</p> <p>In numeracy, we are learning to add and subtract numbers within 1000. We will be learning a range of strategies to help us with these calculations.</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>In maths, we are learning about data handling which will link into our topic work. We will also be learning about money near the end of the term.</p>
<p style="text-align: center;">Learning Across the Curriculum</p> <p>Our topic this term is World Warriors. We will be learning about COP26, climate change and how to look after our environment.</p> <p>We are also working on various environmental challenges to complete our silver RSPB Award which you can read about here: https://www.rspb.org.uk/fun-and-learning/for-teachers/schools-wild-challenge/</p> <p>Health and wellbeing lessons will continue to 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 style="text-align: center;">Administration</p> <p>P.E: will take place every Wednesday with our PE specialist Mr Murray. Kit must be worn to school.</p> <p>Outdoor Learning: will take place every Monday in our woods. Children must come to school in appropriate clothing with waterproof coats and footwear.</p> <p>Additional Support for Learning in Literacy: Tuesdays</p> <p>Additional Support for Learning in Maths: Thursdays</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.

Lisa Christy





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>