

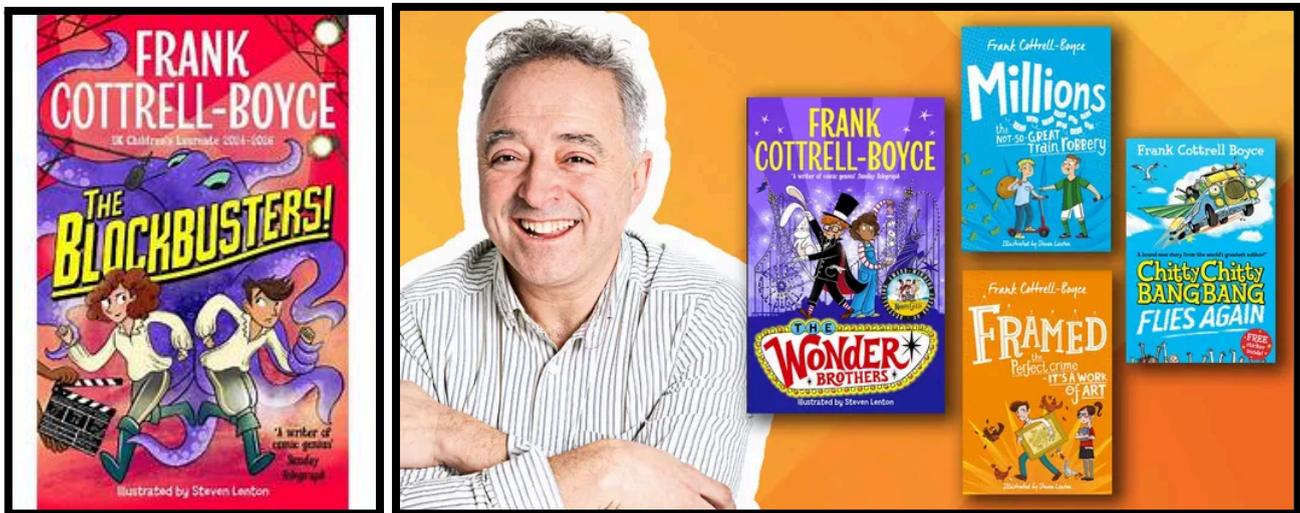


School News & Updates - 16th January, 2026.

A note from Mr Jolley:

Christmas feels like a distant memory as we cap off our second week back in school. Behind the scenes we have been busy developing events and experiences for children and parents to enhance our offer. We are still very excited at the upcoming visit of Frank Cottrell-Boyce, we are delighted to give more information about the upcoming parent workshops in school and also to continue to promote the after school club offer.

Frank Cottrell-Boyce - Book order



I hope that Y3, Y4, Y5 and Y6 will be excited for the upcoming visit to school from the Children's Laureate, Frank Cottrell-Boyce! You may pre-order his latest book, which he will sign on the day of his visit. It is quite an offer to get a signed book from an esteemed author - so head onto Arbor to purchase from the online shop. The book is priced at £7.99. If you have any issues Arbor-related, please contact the school office. We have started to see some orders appear on the portal - get yours now too! The shop should allow you to purchase up to 2 copies, for if you wish to order for siblings or relatives.

Smartphone-free Childhood

Last week I included a link and some information about smartphone-free approaches to childhood - I wanted to include the link again, just to continue to raise awareness around the research and movement around delaying when young people have access to these.

<https://www.smartphonefreechildhood.org/>

School Clubs

This week Y3, Y4, Y5 and Y6 should have received letters for the Northern Arts Factory. Please hand these into the school office, and we will organise your payment to be set-up and confirm your child's



Additionally, children from Reception up to Y6 will have received letters about our initial multi-sports club - which will adapt and select other sports in the future that suits the cohorts' interests.



The Zones of Regulation

We are excited to share that our school is introducing the **Zones of Regulation** program. This is a simple and effective way to help children understand their feelings, energy levels, and emotions. Through regular assemblies and class lessons children will begin to identify which "zone" they are in and are supported with strategies to help them feel calm, focused, and ready to learn. These skills support emotional wellbeing, positive behaviour, and learning both in and out of the classroom.



There is more information and practical tips on 'The Zones' in our **Parent Guide**, this will be found on our school website soon. **We have included this at the bottom of the newsletter this week.**

We want to encourage families to help reinforce this learning at home by talking about the zones together. Asking questions like, “*What zone are you in right now?*” or “*What could help you get back to the green zone?*” encourages children to reflect on their feelings each day and support them with helpful strategies.

Parent Workshops

Thank you to all the parents who took the time to respond to our recent survey about parent events. We really appreciate your feedback and ideas.

As a result of your responses, we are pleased to share that we have planned three upcoming parent events for your diary:

Friday 27th February – An informal event for parents of children with SEND (diagnosed and undiagnosed) to come together to share experiences and offer mutual support.

The session will be facilitated and supported by specialist SEND coordinators from our Family Hubs. This may be an opportunity to seek advice, ask questions, or be signposted to additional support. We also recognise that sometimes it is helpful to chat with other parents who understand similar experiences.

Wednesday 22nd April – An Understanding and Managing Emotions workshop, focusing on how children recognise and regulate their emotions. This workshop will be led by specialists from the Leeds MindMate Team. Following the workshop, parents will be invited to pop into their child's classroom to have a peek at their child's Zones of Regulation toolbox as well as observe a class '[Get up and Move](#)' session taking place.

Wednesday 16th June – An Understanding Anxiety workshop, exploring ways to support children with worries and anxiety. This workshop will also be led by specialists from the Leeds MindMate Team. After the session, parents will again have the opportunity to visit their child's classroom to review learning.

We hope these events will provide valuable opportunities to support your child's emotional wellbeing, strengthen home–school links, and celebrate learning together.

Thank you, as always, for your continued support. We look forward to welcoming you into school.



Make sure you check out our Instagram for more this term.

Please see important dates for the next half term

Date	Event
Tuesday 20th January	Y4 Roman Experience Day
Tuesday 20th - Thursday 22nd January	Y1 Balance-ability
Friday 23rd January	Phonics - Reception Parent event 09:00 - 09:30 - Separate letter to be sent by Mrs Shorthouse
Friday 30th January	Y5 Shakespeare Workshop
Monday 9th February	Wonderdome Experience - Whole school
Monday 9th February - 13th	Theme Week - Literature Festival
Friday 13th February	School closes
Monday 23rd February	School opens
Thursday 26th February	Children's Laureate, Frank Cottrell-Boyce event in school - KS2 - Separate communication has been sent
27th February 9am (Fri)	SEND workshop with Specialist SEND coordinators from the family HUB - see above for more details
22nd April 9am (Wed)	Mindmate workshop - see above for more details
10th June 9am (Wed)	Mindmate workshop - anxiety workshop - see above for more details

Assembly Awards:

<p>Year 3</p>	<p>Handwriting: Finley Reading: Sienna Writing: Olive Maths: Ilaria Listener: Vivienne Independent Learner: Kit</p>
<p>Year 4</p>	<p>Handwriting: Reading: Seb Writing: Jude Maths: Toby Listener: Caleb Independent Learner: Tabitha</p>
<p>Year 5</p>	<p>Resilience: Thomas Reading: Ivy Writing: Samar Maths: Saydah Listener: Zakariya Collaborative Learner: Mabel</p>
<p>Year 6</p>	<p>Handwriting: Avneet Reading: Summer Writing: Sophia Maths: Ruby S Listener: Nellie Independent Learner: Marina</p>

The Zones of Regulation

A Guide for Parents

What is The Zones of Regulation?

The Zones of Regulation is an internationally renowned intervention which helps children to manage difficult emotions. Our goal is to equip all children with coping and regulation strategies so they can manage anxiety, stress, and challenging situations more effectively.

From time to time, all of us (including adults) find it hard to manage strong feelings such as worry, anger, restlessness, fear or tiredness, and this stops us from getting on with our day effectively. Children who feel these emotions often find it hard to learn and concentrate in school. The Zones of Regulation aims to teach children strategies to help them cope with these feelings so they can get back to feeling calm and ready to learn.

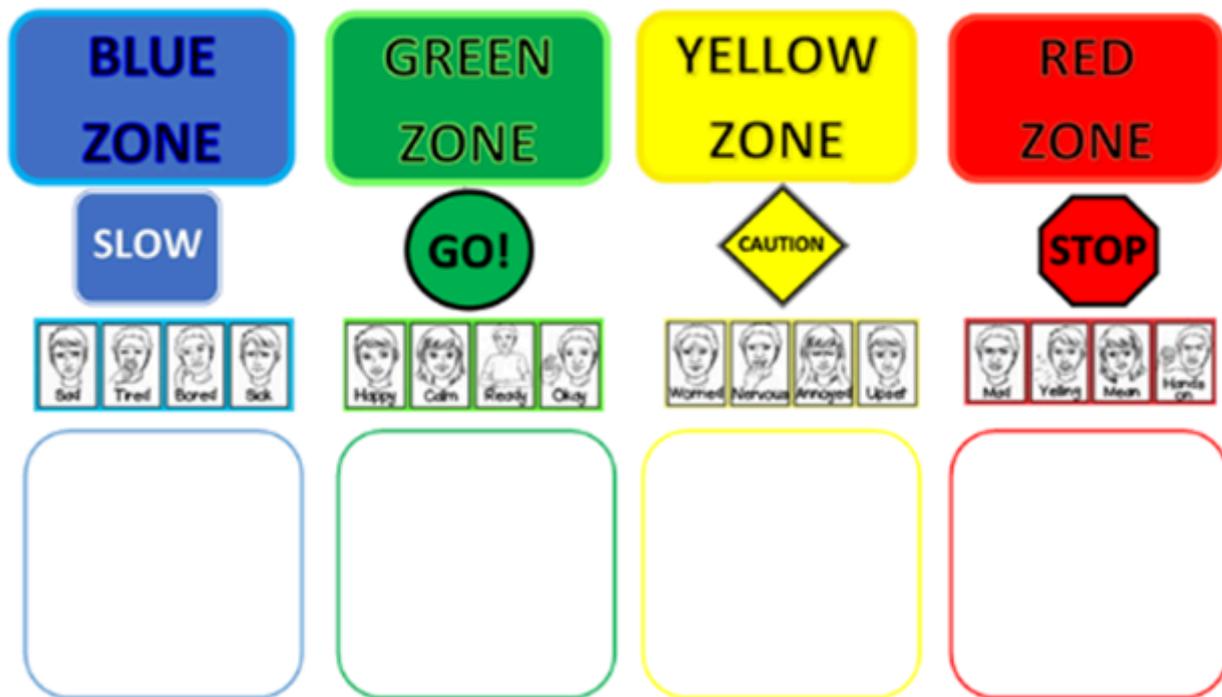
By learning how to cope with these feelings, children can develop **resilience**, tackle challenges more confidently, and avoid giving up when things get difficult. Teaching these skills from a young age helps children better manage the transition to secondary school and thrive, reducing the likelihood of developing negative coping strategies that affect mental or physical wellbeing.

The Zones

- **Blue Zone** – Low level of alertness; not ready to learn; may feel sad, tired, bored, or moving slowly.
- **Green Zone** – Calm and alert; optimal for learning; feels happy, calm, focused, or okay.
- **Yellow Zone** – Heightened alertness with some control; may feel frustrated, worried, silly, excited, or a little out of control.
- **Red Zone** – Intense emotions and high alertness; not ready to learn; out of control; may feel angry, terrified, or extremely upset. This sometimes affects rational thinking.

It is important to note that **all Zones are normal** and no Zone is “bad” or “naughty.” For example, the Blue Zone is useful when falling asleep.

The ZONES of Regulation



What will you be teaching my child?

Through the Zones of Regulation, we aim to help children:

- Recognise when they are in different Zones and learn how to change or stay in a Zone
- Increase their emotional vocabulary to describe how they are feeling
- Recognise when others are in different Zones and develop empathy
- Understand what might make them move into different Zones
- Recognise that emotions, sensory experiences (such as lack of sleep or hunger), and the environment can influence which Zone they are in
- Develop problem-solving skills and resilience
- **Identify strategies they can use, forming a toolkit personalised to them that can be used when they face everyday challenges.**

WHAT MIGHT HELP YOU?

TALK TO SOMEONE
STRETCH
TAKE A BRAIN BREAK
STAND
TAKE A WALK
CLOSE MY EYES

WHAT MIGHT HELP YOU?

THIS IS THE GOAL!
WHAT CAN YOU DO TO
GET TO THE GREEN
ZONE?
HOW CAN YOU BE
HAPPY, CALM AND
READY TO LEARN?

WHAT MIGHT HELP YOU?

TALK TO SOMEONE
COUNT TO 20
TAKE DEEP BREATHS
SQUEEZE SOMETHING
DRAW A PICTURE
TAKE A BRAIN BREAK

WHAT MIGHT HELP YOU?

STOP WHAT I AM DOING
MAKE SENSIBLE CHOICES
TAKE DEEP BREATHS
ASK FOR A BREAK
FIND A SAFE SPACE
ASK FOR HELP

How will my child learn about the zones?

- Children will learn the Zones through **dedicated assemblies and lessons**.
- Zones language will also be used throughout the school day by all staff, not just the class teacher.
- Some children may have small group or individual sessions to further support their understanding.
- Sometimes children may prefer to label emotions directly rather than using Zone names, and this is **encouraged**.

How can I help with The Zones at home?

Parents can support their child's learning in the following ways:

- Name your own feelings using Zones language (e.g., "I'm frustrated; I think I'm in the Yellow Zone.")
- Talk about which tools you will use to return to the Green Zone (e.g., "I'm taking four deep breaths to help calm down.")
- Discuss which Zone your child or a character in a book or film might be in (e.g., "You look sleepy; are you in the Blue Zone?")
- Avoid discussing Zones when a child is in the Red Zone; wait until they are calm
- Teach your child which tools they can use (e.g., reading together in a comfy chair to move to the Blue Zone)
- Regularly check in: "How are you feeling now?" and "How can you get back to Green?"
- Model using tools yourself and explain it to your child
- Share how their behaviour affects your own Zone (e.g., "Your calmness helps me feel happy too.")
- Display Zones visuals and tools at home
- Praise and encourage your child when they identify their Zone

Tips for Practicing the Zones

- Understand your own reactions before addressing your child's behaviour
- Be aware of triggers (e.g. what happens to before your child go into a zone)
- Be consistent in managing behaviour and using the same language at home
- Empathise and validate feelings (e.g. it's OK to feel ...)
- Keep clear boundaries and routines, and always follow through
- Don't address a child who is angry or upset until you are calm
- Discuss strategies for next time and encourage empathy by asking how their choices made you feel
- Praise your child for using strategies, and encourage sensory breaks to help regulate their bodies
- Create a **tool box** with items to help your child self-regulate when they are in each zone

Common Questions

Can my child be in more than one Zone at the same time?

Yes. A child might feel tired (Blue Zone) because of lack of sleep and anxious (Yellow Zone) about a school activity. Identifying multiple Zones shows good awareness of feelings.

Should children be punished for being in the Red Zone?

It's best to let children experience natural consequences. For example, if they hurt someone or damage property, they should repair the situation and reflect on what they could do differently next time.

Can children appear to be in one Zone but feel another inside?

Yes. Children may "mask" their Zone to meet social expectations at school. They may only express their Red Zone emotions at home, where they feel safe.

AT THE HEART OF COMMUNITIES
RAISING ASPIRATIONS
INSPIRING POSITIVE AND LASTING CHANGE



4 Day Leeds Rhinos Multi Sport Camps at Calverley CofE

Primary School

Just £20 for 4 days this February!

Leeds Rhinos Foundation has once again joined forces with Outer West Ward Councillors to deliver a multi-sport camp this October for just £20:

- Calverley CofE Primary School – Monday 16 February– Thursday 19th February 2026 – 10am-3pm
(Camp registration starts between 9.30 & 9.45 each day)

The camp, available to 7-14-year olds living in the LS28 and LS13 area is headed by highly qualified coaches, who carry National Governing Body coaching qualifications and hold a valid DBS and safeguarding check, providing a safe, fun and engaging environment for children to succeed.

Our partnership allows us to offer this fantastic opportunity at a reduced cost to local school children and provide them with an experience over half term they will not forget, as well as the chance to get active and meet new people.

Children will need to wear suitable clothing and footwear for the typical English weather as well bringing a packed lunch!!

We have 100 places per camp available and this will be on a first come, first served basis. Please be aware that demand will be high.

To book your child's place on the camp please visit rhinosfoundation.therhinos.co.uk/ (Please note a £1.50 booking fee applies)

Booking is available from 10am Monday 19th of January 2026!

We look forward to seeing you!