

The Shuttle

Friday 21st April 2023

DIARY DATES

Monday 1st May is a
Bank Holiday

Friday 5th May
Coronation Day at
Thurlstone!

Monday 8th May is a
Bank Holiday

9-12th May
is Y6 SATs week

BREAK UP FOR HALF
TERM ON FRIDAY
26TH MAY

WELCOME BACK EVERYONE!

CORONATION DAY AT THURLSTONE!

On Friday 5th we are having a special day at school in celebration of the Kings Coronation. It would be lovely if your children could come to school in any red, white and blue clothing they may have - and if you want to go full on royal dress-up, then feel free to use your imagination! We will be doing some special activities in class which we hope to share with you in the form of a virtual art gallery! Because we all like to see each others outfits, we will have a 'Right Royal Parade' in the playground during the day, with a small prize for the most creative outfits!



We have lots of new and exciting after school clubs starting next week! Please get signed up while we have places!

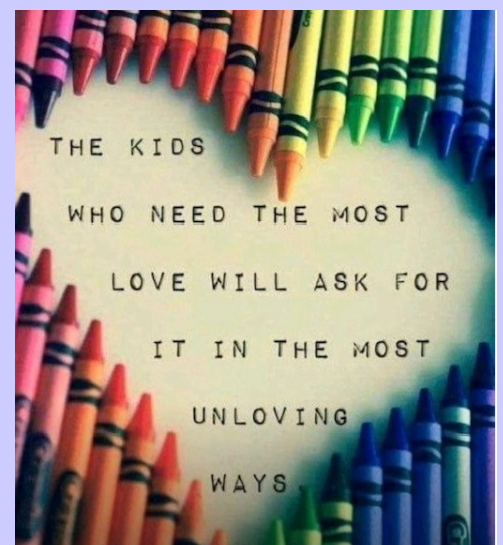
As well as lots of after school clubs, we have some new lunchtime clubs starting soon!

We have a new and very wonderful pupil group who are all very interested in and keen to support the wellbeing of children in school. Our 'Feel Good Group' have decided to host a 'Friday Feel Good Club' at lunchtime - there will be yoga, colouring activities, reading, a chance to chat about any worries or concerns the children may have and generally relax and feel good!. This club will start next week and will initially be for children in KS2.

We are also starting our Debating Club and Games clubs next week - for all ages now!

Friday's cheesy But Wise

WORDS OF WISDOM



Governor Elections

Please check you emails for information regarding parent government elections. The closing date for your votes is Thursday 27th April.

ZONES OF REGULATION

The BLUE zone	The GREEN zone	The YELLOW zone	The RED zone
			
How might you feel?	How might you feel?	How might you feel?	How might you feel?
sad tired bored moving slowly	happy okay focussed ready to learn	nervous confused silly not ready to learn	angry frustrated scared out of control
What might help you?	What might help you?	What might help you?	What might help you?
Talk to someone Stretch Take a brain break Stand Take a walk Close my eyes	The goal of this exercise is to get to the GREEN zone. What can you do to be happy, calm and ready to learn?	Talk to someone Count to 20 Take deep breaths Squeeze something Draw a picture Take a brain break	Stop what I'm doing Make sensible choices Take deep breaths Ask for a break Find a safe space Ask for help

Hopefully you will have read the Zones of Regulation information we have shared on Dojo this week.

This extra information may be useful to you as well!

The blue zone is used when a person is feeling low states of alertness or arousal.

When you're in the blue zone you may be feeling down – sad, sick, tired, or bored. You're still in control, as you are in the yellow zone, but with low energy emotions.



The green zone is used to describe when you're in a calm state of alertness.

Being in the green zone means you are calm, focused, happy, or ready to learn. This is predominantly the state you want to be in.



The yellow zone describes when you have a heightened sense of alertness.

This isn't always a bad thing, and you typically still have some control when you're in the yellow zone.



The red zone describes an extremely heightened state of intense emotions. When a person reaches the red zone, they're no longer about to control their emotions or reactions.

