



INSET days
School Closed
 Monday 10th March
 Monday 21st July

Eastfield Primary School
 Colliery Road
 Wolverhampton WV1 2QY
 Email: office@eastfieldpri.co.uk
 31st January 2025

Dear families,

We are finally at the end of January, it has been a very long month! Hopefully, as the days get longer and the mornings / evenings get lighter then we will all start to move out of the 'tired blue zone!' We have seen a few children arriving at school this week dysregulated and saying that they are tired and don't want to come to school, this is perfectly normal at this point in the term, and does not mean that there is anything wrong with school or with their class / friends. Children work really hard at school and are physically and mentally tired ½ way through a term - a good bedtime routine will help them to be ready to face school each morning!

Congratulations to our Stars of the Week!

Class 1	Arabella P
Class 2	Saarisa K
Class 3	Isabella C
Class 4	Rose S-S
Class 5	Aaliyah-Milan D
Class 6	Nikodem M
Class 7	Lillie J
Class 8	Kaitlyn P
Class 9	Jacob HG
Class 10	Namita S
Class 11	Jensen M
Class 12	Tadei S
Class 13	Sarah S
Class 14	Keiran P



SCHOOL DINNER MENU NEXT WEEK IS WEEK 2, please see the school website for our school dinner menu

Well done to our school football team who beat Lanesfield Primary School last night 2-0.
 Have a lovely weekend,
 Mrs Hay
 Head Teacher

Class Assemblies
9:30am in main hall (families invited)
 Friday 14th February – Class 9
 Friday 14th March – Class 8
 Friday 21st March – Class 7
 Friday 28th March – Class 6

Dates for Spring Term 2025

Friday 14th February – break up for half term

Monday 17th – Friday 21st February – school closed

Thursday 6th March – World Book Day (more details to follow)

Monday 10th March – school closed INSET day

Friday 14th March – Red nose day, come to school wearing red

Tuesday 18th March – Parent's evening 3:30-6:30pm (appointment only)

Friday 4th April – parent workshop (eating) with Mrs Heaton

Tuesday 8th April – Lower phase Easter concert at St Matthew's Church (Class 5,6,7,8)

Tuesday 8th April 2:30pm – Year 6 Reflexions parents' workshop (preparing and supporting your child for SATs)

Friday 11th April – break up for Easter at 1:45pm

Monday 14th April – Friday 25th April – school closed

Zones of Regulation

For the last 2 weeks, I have featured information about the zones of regulation in our weekly letter. In school we talk about children being regulated or dysregulated and we are now teaching your children strategies to help them to regulate.

Here are some tips for you to use at home:

Tips for helping your child to regulate

- Know yourself and how you react in difficult situations before dealing with your child's behaviours.
- Know your child's sensory threshold. We all process sensory information differently and it impacts our reactivity to situations.
- Know your child's triggers or sparks.
- Be consistent in managing your child's behaviour and use the same language you use at home.
- Empathise with your child and validate what they are feeling.
- Have clear boundaries/routines and always follow through.
- Do not deal with an angry, upset child when you are not yet calm yourself.
- Discuss strategies for the next time when you are in a similar situation.
- Remember to ask your child how their choices made you feel (empathy).
- Praise your child for using strategies. Encourage your child to take a sensory break to help regulate their bodies.
- Create a 'calm' box or 'sensory box' full of things which help to keep your child calm and alert.

STOP, OPT & GO



The Zones of Regulation®

