

Core homework and family homework is available here:
[Home Learning | Eastfield Primary](#)
eastfieldprimaryschool.org.uk

Eastfield Primary School
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 Email: office@eastfieldpri.co.uk
 7th February 2025

Dear families,

HOMEWORK - family homework and core homework

Over the last few weeks we have seen some amazing 'family homework' - we have had shields, solar systems, lego models etc. Since September we have moved to core and family homework. Core homework is reading, learning spellings / words and learning maths facts / timetables - please help your child to learn their spellings and maths facts / timestables (test them if you can!). We expect every child to complete core homework each week, however family homework can be completed at any point during the term. **All homework (core and family homework) has been uploaded to our school website - see the link above.**

Just a reminder that we need you to sign your child's reading record when they have finished their book, if you want to add a little comment then that can be really useful to teachers too!

Congratulations to our Stars of the Week!

Class 1	Jaxon B
Class 2	Manraj D
Class 3	Haajara A
Class 4	Mia B
Class 5	Jacob W
Class 6	Morgan R
Class 7	Prince JF
Class 8	Mercy N
Class 9	Brogan Y
Class 10	Samanta V
Class 11	Ellie D
Class 12	Olivia F
Class 13	William S
Class 14	Cameron G



SCHOOL DINNER MENU NEXT WEEK IS WEEK 3

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

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**

Class Assemblies

9:30am in main hall (families invited)

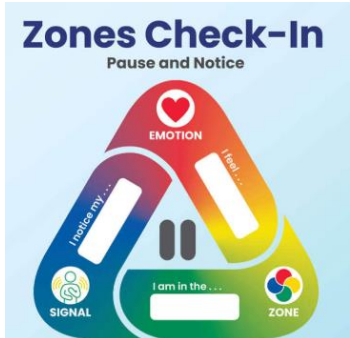
- Friday 14th February - Class 9
- Friday 14th March - Class 8
- Friday 21st March - Class 7
- Friday 28th March - Class 6

Next week is our last week of the 1st ½ of the Spring term. Next ½ term lasts for 7 weeks!

Have a lovely weekend,
 Mrs Hay
 Head Teacher

Zones of Regulation

We check in several times each day! Ask your child to show you how to do an emotional check in



- Zones Check-In**
 Pause and Notice
- Everyone pause, listen to your body signals, how does it feel? What is it telling you?
- Put your hands on your **heart**, how fast or slow is it beating?
 - Put your hands on your tummy, how you **breathing**, is it quick, short breaths or slow deep ones?
 - What is your **energy** level, is it slow and tired or high and energetic?
 - Is your **movement** still, fidgety or comfortable?
 - Is your **mind** racing, foggy, or focused?

Our body signals tell us how we are feeling.

What did your body tell you ?

My heart is beating quickly, my breathing is getting faster and I am quite fidgety.

I feel anxious

I feel

We connect situation, body signals and emotions to our Zones for regulation:

My heart is beating quickly, my breathing is getting faster and I am quite fidgety, I feel anxious.

I'm in the Yellow Zone

I'm in the