



Friday 6th January 2023

Weekly Newsletter

Zones of Regulation

#Care #Collaborate #Grow #Achieve

It's all systems go at Altrincham CE as we return to school for the beginning of a busy and productive Spring Term ahead.

Following extensive staff training in the Autumn Term, we are ready to launch our whole school approach to self-regulation on Friday 6th January.

In brief, 'The Zones of Regulation' is a curriculum designed to foster self-regulation and emotional control created by Occupational Therapist Leah M. Kuypers. Self-regulation can be described as the ability to adjust your level of alertness (including your senses, emotions and impulses) to fit the situation you are in and express this through socially appropriate behaviours.

The lessons and learning activities are designed to help the children learn different strategies to cope and manage their emotions based on the zone they're in. They are taught to be able to self-identify how they're feeling and categorise it based on colour – blue, green, yellow and red.



Celebration Assembly

Each child was chosen for showing one, or more, of our school values

	Stars of the Week	
FI	Conrad C	Olympia F
W	Matteo D	Ruby F
O	Yin K	Sienna H
S	Harry H	Isla S
D	Lithesh C	Krishav K
F	Lester N	Lucas H
N	Abby M	Lynette L
K	Alia S	Alexia W
E	Frank M	Zach H

#Grow #Achieve

Class of the Week: **Fledglings**

Head Teacher Award: **Ellis W**



Christian Value of the Half Term:

PERSEVERANCE

This half term in school we will be focussing on the value PERSEVERANCE.

I am attaching a Home Worship Sheet which I hope you and your child will find useful as you explore the value together.

Very little that is really worthwhile in life can be achieved without perseverance. An athlete may train for years before they are ready to compete at the highest level. A musician must practice every day, sometimes for hours at a time, if they are to really master their instrument.

- How would each family member rate themselves on a scale of 1 - 10 at perseverance?
- Can you give an example of something you have achieved by determined perseverance?
- Is there a skill that you think you could improve with perseverance?