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Education and Families

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Dear Parents/Carers,

Welcome to Week 8 of Remote Learning 2021

I can't believe we've reached the month of March- already! I hope this letter continues to find all members of our school community safe and well.

Remote learning continues for P4- P7 pupils and our teachers remain in direct contact with their pupils online through GLOW and Microsoft Teams.

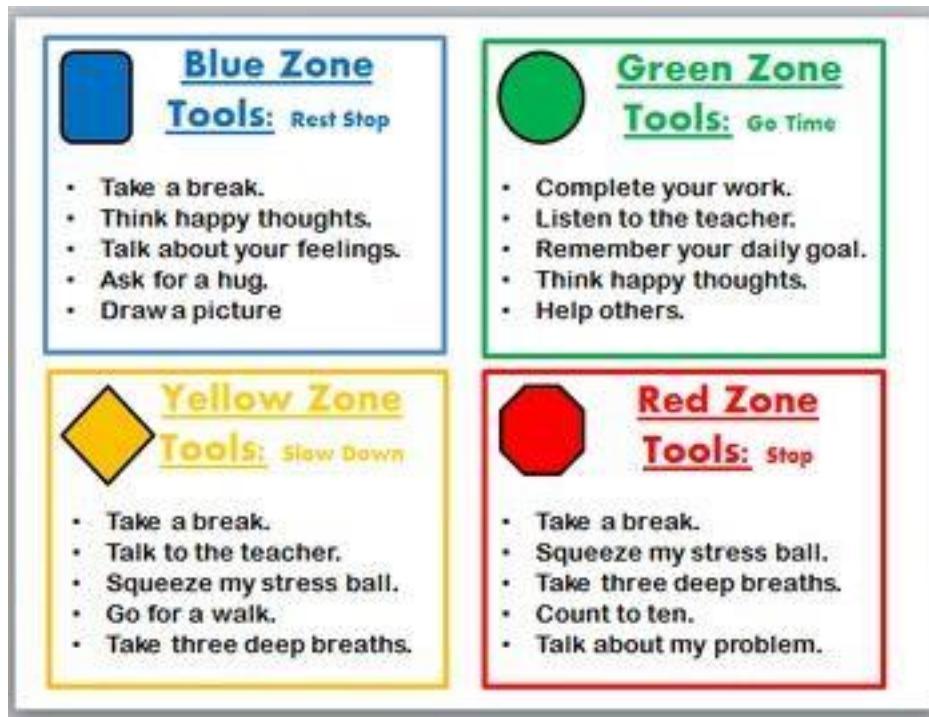
At the most recent assembly, Mrs Hart and some of our senior pupils continued to focus on strategies to support our wellbeing. We know that many of our pupils are experiencing a variety of emotions at this time and we wanted to offer some support. In our school, we use the '**Zones of Regulation**' and its terminology to support our emotional regulation. We use the following four zones to describe how your brain and body feel:

- **BLUE Zone** – Your body is running slow, such as when you are tired, sick, sad or bored.
- **GREEN Zone** – Like a green light, you are “good to go.” Your body may feel happy, calm and focused.
- **YELLOW Zone** – This zone describes when you start to lose control, such as when you are frustrated, anxious, worried, silly or surprised.
- **RED Zone** – This zone is for extreme emotions such as anger and aggression. When you are in this zone, you have trouble making good decisions and should **STOP** – take some **Time Out!**



It is really important for everyone to have their own toolkit of coping strategies. Mrs Hart has already shared her **blue** and **yellow** zone toolkits with us.

Here is a suggested toolkit of strategies to support regulation:



For more information, please click the link below and this will take you to a section on our school website.

<https://blogs.glowscotland.org.uk/nl/cumbernauldprimary/mental-wellbeing-and-additional-support-needs-resources/>

Our whole school competition closes on Wednesday 3rd March. We would really love to see your entries on our CPS Family Teams page. Go on.... have a go!!

We were delighted to announce Primary 5b, as our 'Class of the Week'. Well done! (an extra playtime for everyone in this class)

I would like to take this opportunity to remind all parents and carers to complete our 'Cost of the School Day' survey. Your views do matter to us and they will be used to inform decision making and school policy. So far, we have received 82 responses. If you have still to complete it, please click the link below:

<https://forms.office.com/Pages/ResponsePage.aspx?id=oyzTzM4Wj0KVQTctawUZKRhuxiKQg6hPjzk3uksG8rRURjBON1hFUDNaNjFUQkVRVUNJT05VUk1HRi4u>

We are also keen to hear the views of our senior pupils (P6 & P7) and have asked them to complete a short survey on this matter. So far, only 28 pupils have responded. The link to this survey is provided below:

<https://forms.office.com/Pages/ResponsePage.aspx?id=oyzTzM4Wj0KVQTctawUZKRhuxiKQg6hPjzk3uksG8rRUM0c4VEg5NDJLNUczR1QyVjIXSFhUWVITNS4u>

Both surveys will close on Tuesday 9 March 2021.

Please know that we are here to help our whole school community. As always, if you would like to discuss any matter, please contact me directly at the school or email enquiries@cumbernauld-pri.n-lanark.sch.uk

I will, of course, continue to keep you up to date with any future announcements and what it means for you and your family.

Finally, please continue to stay safe, take care of yourselves and each other. Hopefully our whole school family can all be back together again soon.

Yours sincerely

Ed Clinton

Head Teacher