



# Shetland Islands Council

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Monday 20<sup>th</sup> February 2023

## Newsletter 20/1/23

Dear Parents and Carers,

**Pupil Council** have been busy organising a school dance, with the help of Parent Council. This is to take place on Thursday 23<sup>rd</sup> Feb, 1.30 pm for P1-4 and 6pm for P4-7. P4 can choose which one they attend. Posters have been circulated.

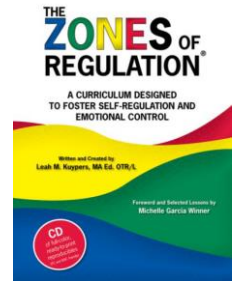
**Breakfast:** Breakfast is the most important meal of the day as it energises body and mind for the day ahead. Yet we know that many children come to school without having had breakfast for one reason or another. Therefore, with the financial support of Parent Council the school will trial having toast available for any child who needs it between 8.45 and 9am. At the moment it will just be toast and butter with gluten free and dairy free options. We are grateful to our head cook who also supports this trial. When children arrive at school at normal time they will be able to go into the school hall for a piece of toast if they need to, ready to line up to go into class when the bell goes. We do not encourage children to have toast if they have had breakfast at home but it is there for those who need it. **However if you would prefer your child not to have that option as you know they have a good breakfast every day, please email the school to let us know.** This trial will start after the long weekend on Thursday 2<sup>nd</sup> March and run for a couple of weeks. We shall evaluate it's use and how manageable it is before deciding whether to continue or not.

**Reading:** research has shown that those children who read and are read to regularly at home will make faster progress than those who do not. Reading develops vocabulary as well as imagination and the ability to find out information. Whilst children are learning the skills of decoding using phonics it really makes a difference if they can practice at home as well as hear lots of different stories read to them- often at bed time when you can snuggle up together. Please try to support your child with reading in whatever way you can. Reading is for life not just for school.



# Shetland Islands Council

**Zones of Regulation:** At Dunrossness Primary School, we are launching the Zones of Regulation throughout the whole school. We want to teach **all** of our children good coping and regulation strategies so they can help themselves when they experience anxiety and stress. In the classroom, sometimes children panic when faced with a tricky learning problem or challenge. Teaching them how to cope with these feelings might make them better at tackling learning challenges and build better resilience so they don't give up so easily when faced with difficulty.



The Zones of Regulation is an internationally renowned intervention which helps children to manage difficult emotions, known as 'self-regulation'. Self-regulation can go by many names such as 'self-control', 'impulse management' and 'self-management'. Self-regulation is best described as the best state of alertness for a situation. For example, when your child takes part in a sports game, they would need to have a higher state of alertness than when, for example, they were working in a library.

From time to time, all of us (including adults) find it hard to manage strong feelings such as worry, anger, restlessness, fear or tiredness, and this stops us from getting on with our day effectively. Children who feel these emotions often find it hard to learn and concentrate in school. The Zones of Regulation aims to teach children strategies to help them cope with these feelings so they can get back to feeling calm and ready to learn. These coping strategies are called 'self-regulation'.

You will find further information about the Zones on the blog in the next week or so.

**South Mainland Up Helly Aa:** We are all getting very excited about this event which takes place on 10<sup>th</sup> March. During the week leading up to this children will participate in Viking art and craft to get ready for the day. On 10<sup>th</sup> March Dunrossness School will hold our own event with our P7 Jarl squad leading the school to the Boddam Sports Field for the ceremonial burning of the school galley. The squad and children will line up on the playground at 9.15am and then follow the fire engine down to the field where the burning of the galley will take place at 9.45am and parents are invited to join with the children either at school at 9.15 or at the field for 9.45. This will be followed by the South Mainland Jarl Squad visiting the school at 2pm. Again parents are welcome to come along to join in at 1.45pm in the school hall.

**Industrial Action** is planned by the teaching unions for the 28<sup>th</sup> Feb and 1<sup>st</sup> March. We expect that to be confirmed on Tuesday. If it does go ahead school will be closed for primary-aged children but we are hopeful that nursery will be open on both days and NOOSC open for child care on the Wednesday 1<sup>st</sup> March only. Please look out for further information and a link to a NOOSC booking form, later this week.



# Shetland Islands Council

**World Book Day** - Thursday 2nd March. To celebrate this day - children are invited to either dress up as their favourite book character or to make a model or drawing of that character to bring into school on the day.

## Celebration Assembly

Some of the key aspects of a growth mind-set are:

Taking on challenges in learning

Putting in effort

Learning from mistakes and feedback- evaluating

Not giving up- persevering

Listening

Curiosity- asking questions

Courage to work with independence

This time these children were celebrated for their developing growth mind-set: Frankie, Thea, Ruby, Erik, Ollie, Rhys, Junior, Maximus, Lucille, Dylan, Honey, Georgia, Christina, and Archie.



## Dates Term 3: These will be updated each newsletter.

2<sup>nd</sup> March World Book day

6<sup>th</sup> March SMUHA week

10<sup>th</sup> March Jarl's Squad visits

18<sup>th</sup> March Comic Relief Day

20<sup>th</sup> March Report to parents this week

27<sup>th</sup> March Parent requested appointments with teachers this week.

31<sup>st</sup> March Last day of term

Kind regards,

Gina Finch