

# ALDERSBROOK NEWS



Friday 18 October 2024

## What is in the Newsletter this week?

This Newsletter is a Zones of Regulation special!

Also find out about our Mental Health Champions, Show Racism the Red Card and our latest sporting achievements!

**Lost Property will be out during Parent Consultation Day on the 25th October - there will also be a parent drop in session in the CICI kitchen to ask questions about Google Classroom**

Years 1 - 6 don't forget to select your Curiosity Shop by Monday!

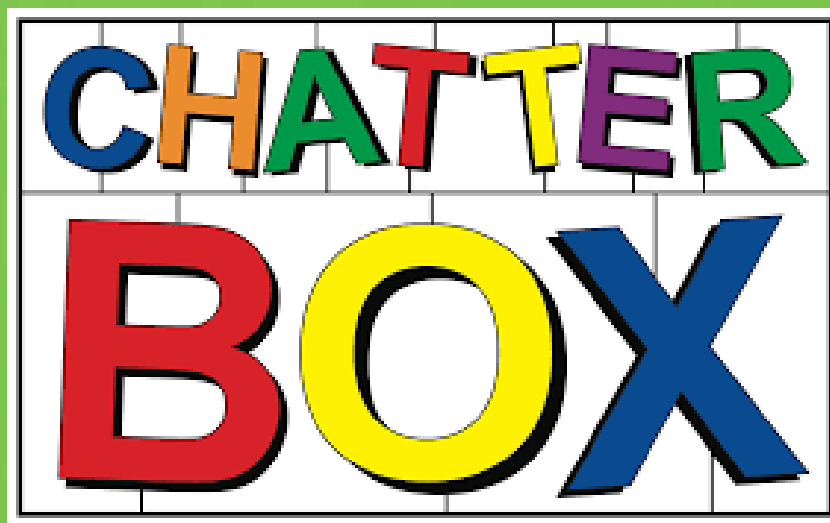


# Mental Health Champions

Our Year 6 Mental Health Champions have been attending their series of training sessions each week.

Once the training is complete, they will be able to share tools and strategies through assemblies, PSHE lessons and peer drop in sessions.

Mental Health Champions will be able to support and promote good mental health strategies throughout the school to ensure that all children build up a bank of methods that they will be able to use independently.



Chatterboxes continue to be used in each classroom. Our ELSAs (Emotional Literacy Support Assistants) and Mental Health First Aiders check in with children so they have a trusted adult who they know they can reach out to.

# Zones of Regulation

Over the next few pages find out more about **The Zones of Regulation** and how you could use it at home. There are four zones.

Blue	Green
	
Sad Sick Tired Bored Moving slowly	Happy Calm Good to go Focused Ready to learn

Yellow	Red
	
Frustrated Worried Silly Anxious I need some help	Mad Angry Yelling / Hitting Out of control I need time and space

# Zones of Regulation

The Zones of Regulation is an approach which supports children in managing their feelings.

By categorising the different ways we can feel, and states of alertness, children can be supported to identify their own feelings and understand how their feelings can then affect their behaviour.

## Why do we use it?

To teach our pupils:

- How to identify their feelings as well as read others' facial expressions
- Understand how their behaviours can influence others' thoughts, feelings and behaviours
- How to regulate their own feelings and in doing so, develop their own 'toolbox' of strategies to self-manage their thoughts and emotions.
- Problem solve and find positive solutions to different emotions

The ultimate goal is for independent regulation.



The **Blue Zone** is used to describe low states of alertness and down feelings such as when one feels sad, tired, sick, or bored.



The **Yellow Zone** is also used to describe a heightened state of alertness and elevated emotions, however one has more control when they are in the Yellow Zone.

A person may be experiencing stress, frustration, anxiety, excitement, silliness, the wiggles, or nervousness when in the Yellow Zone.



The **Green Zone** is used to describe a calm state of alertness. A person may be described as happy, focused, content, or ready to learn when in the Green Zone. This is the zone where optimal learning occurs.



The **Red Zone** is used to describe extremely heightened states of alertness and intense emotions. A person may be elated or experiencing anger, rage, devastation, or terror when in the Red Zone.



# Worth remembering...the Red Zone is not a bad zone!

In fact, none of the zones is bad!

The feelings of anger, terror, devastation etc are perfectly normal to feel but what matters is how children learn to regulate and manage these strong feelings.

it's okay to feel



your feelings

# How can we use it at home?

1. Ask children 'how are you feeling?'/check in with their feelings.
2. Identify which zone they are in. 'Which zone are you in?'
3. Talk through strategies in their toolbox.

## How can you help yourself?

The BLUE zone	The GREEN zone	The YELLOW zone	The RED zone
			
How might you feel?	How might you feel?	How might you feel?	How might you feel?
sad tired bored moving slowly	happy okay focussed ready to learn	nervous confused silly not ready to learn	angry frustrated scared out of control
What might help you?	What might help you?	What might help you?	What might help you?
Talk to someone Stretch Take a brain break Stand Take a walk Close my eyes	The goal of this exercise is to get to the GREEN zone. What can you do to be happy, calm and ready to learn?	Talk to someone Count to 20 Take deep breaths Squeeze something Draw a picture Take a brain break	Stop what I'm doing Make sensible choices Take deep breaths Ask for a break Find a safe space Ask for help

For more information please speak to Miss Newman or a member of the Leadership team.

# WHAT WE HAVE BEEN DOING AT ALDERSBROOK...



Ordering numbers



Owl Babies!



Outdoor music



Colour Towers



Making Hopscotch



During Yoga Club



Learning to write



After Yoga Club

# Show Racism the Red Card!



October is Black History Month and at Aldersbrook we do acknowledge that. However, at Aldersbrook we ensure that history, role models, inspiration and celebrations of all cultures are carefully planned throughout the year and the curriculum.

This week we have had a visit from Leyton Orient Football team to emphasise that racism is NEVER accepted. Wearing red on Friday highlights that we are showing racism the red card. Any incidences of racism are unacceptable and dealt with accordingly.



All teachers and leaders have had training in Racial Literacy this year and this will be rolled out to all staff and Governors. We are committed to having a greater understanding and knowledge so all children can thrive at Aldersbrook.

# Congratulations!

See below some of our more recent sporting highlights!



Redbridge Girls Football Champions

Ten Pin Bowling competition

Thank you to Mr Hussain whose hard work and determination has earned the school Gold and Platinum School Games awards!



Well done to everyone who took part in our first ever Cross Country race, some of whom will be representing Redbridge at the London Youth Games



# On the Ball October Half Term Holiday Camp

On the Ball are returning to Aldersbrook Primary School once again to deliver a fun filled, action packed multi sports activity camp during the October Half Term (28th - 1st). Running daily from 8am - 6pm, our Ofsted registered camps provide a fantastic way for children to stay active and entertained during the school holidays. Our camps are open to Reception - Year 6 children.

We put fun and enjoyment at the heart of everything that we offer, so even if your child is not the sportiest, we are sure that they will still have a great time!

We accept childcare vouchers and tax-free credits.

To book or for more information please visit <https://www.ontheballsports.net>





COACH JESSE

exclusive to Aldersbrook Primary Students

# OCTOBER HALF-TERM SWIMMING SCHOOL

5-day intensive course

Monday to Friday 2-7pm  
Bannatyne Health Club Chingford  
2 Morrison Ave, London E4 8SA

buy 5 sessions get 1 free

call Jesse: 07946 338683 info@coachjesse.co.uk  
www.coachjesse.co.uk






## MAKE ME AN ART STAR

### HANDMADE MELODIES

HOLIDAY ART CLUB  
www.makemeanartstar.com  
28th & 29th October 2024  
BOOK FOR EITHER DAY OR BOTH  
New Art Work made each day  
09:30am - 3:00pm  
£40 per child per day  
Wanstead Cricket Club, E11 2LW  
Ages 6 - 11 years

LIMITED SPACES AVAILABLE  
Any further enquires to - makemeanartstar@gmail.com  
DBS Checked, Safe Guarding & First Aid trained









### Healthy Lifestyle Session

Date: Wednesday 20 November 2024  
Time: KS1 Hall 8.30am or as soon as you drop the children off

For parents/carers—please join me for a healthy eating/lifestyle workshop, once you have dropped the children off at school. This workshop will last approx. 35-40 minutes

- Get tips on leading a Healthier Lifestyle
- Learn more about Healthy Eating:  
Healthy Breakfast options  
Healthy vs Unhealthy snacks  
Sugary Drinks
- The importance of Sleep, Exercise and Oral Health
- Find out what activities and support is available in Redbridge for you and your family.

Any queries, please call Anna Woolnough,  
Health Improvement Advisor on 0300 300 1579 (Option 1)  
or email: [anna.woolnough@nelft.nhs.uk](mailto:anna.woolnough@nelft.nhs.uk)

Lucy in Year 6 is cutting 10 inches off her hair in aid of the Little Princess Trust, which provides wigs for children with cancer to restore their confidence and identity. Any donations gratefully received via JustGiving

[https://www.justgiving.com/page/lucysbighaircut?  
utm\\_medium=fundraising&utm\\_content=page%2Fucysbighaircut&utm\\_source  
=email&utm\\_campaign=pfp-email](https://www.justgiving.com/page/lucysbighaircut?utm_medium=fundraising&utm_content=page%2Fucysbighaircut&utm_source=email&utm_campaign=pfp-email)

**SHOW YOUR SUPPORT**

22 OCT, 7:45PM    9 NOV, 3PM    16 NOV, 3PM    3 DEC, 7:45PM    14 DEC, 12:30PM

eticketing.co.uk/leytonorient

**LEYTON ORIENT FOOTBALL CAMPS**  
 = DELIVERED IN PARTNERSHIP WITH CAMPIONI SOCCER ACADEMY =

28<sup>th</sup> OCTOBER - 1<sup>st</sup> NOVEMBER 2024 | DEBDEN PARK SCHOOL | WILLINGALE ROAD, LOUGHTON, ESSEX IG10 2BQ

<b>4 YEAR OLDS</b> (9AM-12:30PM)	<b>£20</b> PER DAY	<b>5-14 YEAR OLDS</b> (9AM-3:30PM)	<b>£35</b> PER DAY
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INSERT PROMO CODE **SIBLING15** FOR 15% DISCOUNT WHEN BOOKING FOR MORE THAN ONE CHILD FROM THE SAME FAMILY

10 percent discount is available for Aldersbrook Primary School families - please use Aldersbrook10

**Empower a child. Foster for Redbridge.**

**You could be the one to guide, listen to, teach, and enrich a child's life, empowering them to become confident and independent young people.**

**If you have a place in your home and heart to foster a child, please call us on 020 8708 6068 or join us on our next virtual information session to find out more. Visit <https://www.redbridge.gov.uk/fosteringschools> to book a place.**

**"When I grow up,  
I want to be a superhero!"**

LOCAL COMMUNITY  
**Fostering**  
REDBRIDGE



**Foster for Redbridge**  
0208 708 6068  
[www.redbridge.gov.uk/fostering](http://www.redbridge.gov.uk/fostering)

ALDERSBROOK PRIMARY SCHOOL PTA  
BRINGS YOU...

FRIDAY 8 NOVEMBER, 2024

# GLO Party

WITH UV PAINT & GLOW STICKS

NURSERY & RECEPTION: 4:00 - 4:45 PM

YEARS 1 TO 3: 5:00 - 6:00 PM

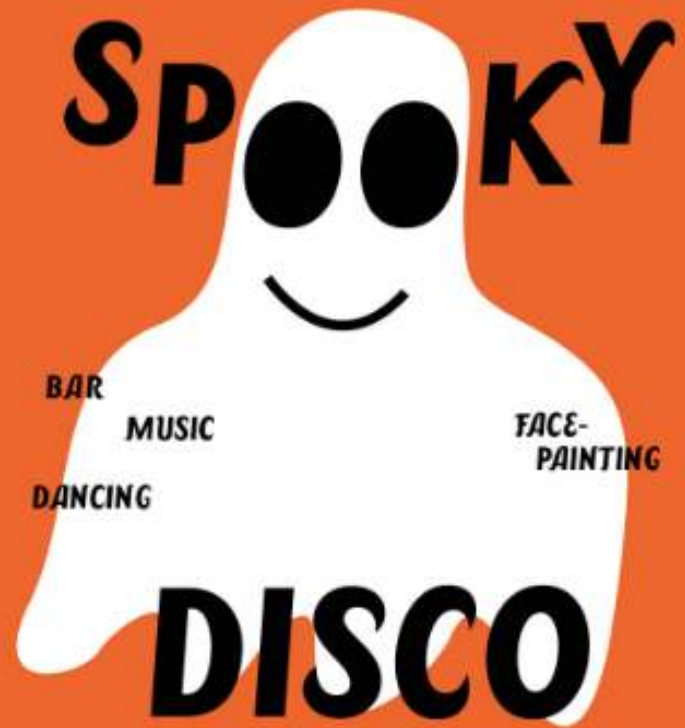
YEARS 4 TO 6: 6:30 - 8:00 PM

TICKETS £7.50 (£5 NURSERY & RECEPTION)

TICKETS ON SALE - MON 21 OCT AT 8:30PM

Wanstead Park Preschool

# SPOOKY



BAR

MUSIC

FACE-  
PAINTING

DANCING

# DISCO

Saturday 26th October  
2.30 - 5.30pm

£10 per family

Please bring a plate of food to share  
St Gabriel's Church Hall, Park Rd, E12 9HQ

All proceeds go to WPP  
Charity number - 1030273

100 MILES  
IN OCTOBER



National  
Autistic  
Society

# 100 MILES IN OCTOBER

DO SOMETHING AMAZING AND  
RAISE FUNDS TO HELP CREATE A  
SOCIETY THAT WORKS FOR  
AUTISTIC PEOPLE.

Rishko and his dad are doing a  
challenge on a **Very Special Cargo**  
bike in support of raising money for  
the National Autistic Society.



✓ Please donate if you can.

✓ If you can't donate, cheer us on  
when you see us next.



To help and donate go to:

[www.justgiving.com](http://www.justgiving.com)

and type in the search bar: Very Special Cargo

STUDY  
SMART  
Free Online Courses



ncfe.

cache



Education & Skills  
Funding Agency

Fully Funded  
School  
Support  
Course

Available  
in Levels  
1, 2 & 3

\*Please go to our website  
for more detailed  
information.

[www.studysmartuk.online](http://www.studysmartuk.online)

6 Week  
Course  
Mon - Fri

Daily sessions

1st session 9:30 - 11:30am

2nd session 12:30 - 2pm

