



Bunwell in Brief

01953 789318

office@bunwell.cee.coop

Together, we will strive to ensure that we C.A.R.E and our children are: confident, able learners, responsible members of the community and effective learners.

Newsletter 3— November 2024

Ladybirds:

Ladybirds' topic this term is 'light and dark'. We have been looking at the symbol of light in different celebrations, such as bonfire night, remembrance day and Diwali. We have explored poetry relating to these topics, as well as religious stories and factual texts. Alongside our topic, we have been observing the changing weather, expanding our vocabulary relating seasons and environment. In maths we have focused on the numbers 1-5, as well as finding and discussing circles, triangles and 4 sided shapes in our surroundings.

Hedgehogs:

In Hedgehogs we have been learning all about different explorers in History, our first few lessons focussed on the life of Christopher Columbus before learning about Neil Armstrong. In English we are writing a recount of a trip to Shropham Woods where we made dens for cuddly toys, went on bug and treasure hunts and drank lots of hot chocolate!

Dates for your diary

Thursday 5th December - Christmas performance 2pm

Tuesday 10th December—Christmas performance 4pm

Friday 20th December—last day of term

Tuesday 7th January—term starts

Tuesday 14th January—KS1 parents maths workshop 1pm

Wednesday 15th January—Ladybirds to TotsTown

Monday 20th January— NCFC Y3/4 Girls League

Wednesday 12th February—Spirit of the Games (Y2-Y4)

w/b Monday 17th February—half term

Thursday 27th February—Badgers to Theatre Royal

More dates on Class Dojo.

Before and After School Club

Our breakfast club is staffed by the teachers on a rota. Doors open at 7:45am and children are served toast, cereal or fruit. Mrs Stoneman and a rota of support staff run after school club until 5:30pm. There is a light meal such as sandwiches, pasta, soup or toasties. Sessions cost £5 for breakfast club and £9 for ASC.

Cross Country

A couple of weeks ago, KS2 completed the annual cross country competition at the village hall. It was great to see so many children improve on last year's event with all the children showing determination and perseverance to complete the course. This year, we won three medals. Hugo won gold in Y3 race, Harrison came in 2nd in the same race and Bodhi came 3rd in the Y4 race. It was great to see the children mixing with their peers across the Trust, many of them have friends from outside school or recognise each other from previous events.

Badgers:

Recently in Badgers we have learnt about the role of women in World War I and have written poems about our learning. In Geography we have been learning more about our local area and using maps to look at Bunwell.

In DT our topic has been Eating Seasonally where we have learnt and practised different ways of cutting fruit and vegetables such as peeling, grating and cutting.

In PE we have been doing gymnastic at the Village Hall. We have been learning how to do different types of rolls safely and have been using the gymnastics equipment.

This week we earned our next Dojo reward, a sweet treat of hot chocolate and cake.

Foxes:

This month in year 5/6, we have been very busy as usual, including leading the remembrance service at the church and singing four songs.

In maths we've been multiplying and dividing fractions, solving long multiplication and division with whole numbers and looking at place value of decimals, as well as our daily arithmetic practise.

In English we wrote some beautiful remembrance poems, and now we have started our newspaper reports unit. We're also basing our class reading sessions on a book called Letter from the Lighthouse, by Emma Carroll.

In history we are learning about World War 2, and in science, studying the properties of materials, having carried out a few experiments.

In art, we are making memory boxes which we are really enjoying, and in PE, doing gymnastics at the village hall!

Top 10 Tips to Stay Safe Online



Safeguarding at Bunwell

At Bunwell all staff have a responsibility to safeguard children. If you ever have a concern about a child or a member of staff then please contact one of our designated safeguarding leads: Miss Husbands, Mrs Brookes, Mrs Mitchell (PSA) or Mrs Clarke (Trust Deputy). You can also ring the number 0344 800 8020 if you have a concern about a child outside school.

Bunwell Primary School is registered with Operation Encompass. This means that Norfolk Police will contact the school concerning any domestic incidents which involve the families of our children the day after the incident oc-

Headteacher Update

At Bunwell Primary School, we have recently introduced the 'Zones of Regulation' which helps children manage difficult emotions through self-regulation. It can be hard, as adults or children, to manage strong feelings such as worry, anger, fear or tiredness and this can stop us from being able to get on with the day successfully. Children who struggle to manage these feelings often find it more difficult to concentrate and focus. The Zones of Regulation aims to teach children strategies to help them cope with these feelings so that they can get back to feeling calm and ready to learn.

We have launched the 'Zones of Regulation' to all the children throughout the school in an age appropriate way. We want to teach **all** the children good coping and regulation strategies so that they can help themselves when they experience different emotions. Teaching children from a young age about managing their feelings will support them later in life so that they don't turn to negative coping mechanisms which could in turn affect their mental and physical well-being.

The 'Zones of Regulation' approach acknowledges that feelings are complicated. It organises our feelings and energy levels into four coloured zones—blue, green, yellow and red. The green zone is the calm zone where we feel happy, calm, focused and ready to learn. This is the zone to be in to achieve our goals for the day. When we are in the blue zone, we may feel sad, tired or bored with low energy. In order to move back into the green zone, we may need to rest and recharge through seeking comfort or rest. In the yellow zone, we might be stressed, frustrated, anxious, excited or confused. To calm ourselves down, we might need to take some deep breaths, take a break or use some mindfulness.

The red zone, describes a state of high energy and intense, overwhelming feelings where we are increasingly feeling out of control. In order to regulate our emotions from here, we might need to count to 10, find a safe space or ask for help.

It is important to remind children that we all experience emotions in all four of the different zones and there are no good or bad zones and that we must be able to identify our emotions in order to regulate them. It might be useful to talk to your child about what makes them feel in the different zones and what strategies they can use to manage those emotions.

*Life is 10% what happens to us and 90% how we react to it.—Charles
Sindall*

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

PTA Update

The PTA are working hard to organise more events and support the school. They have discussed events for the year ahead and allocated funds to classes to fund school trips. Trips are a really valuable opportunity for children to get outside the classroom but are increasingly expensive. Having our trips subsidised by the PTA is a huge benefit for our families. The PTA would love some additional members to support the work they do. Our committee are a friendly group of parents who put in a lot of hours to make the PTA run smoothly. If you think you can spare a bit of time to help out, let us know.



Attendance

We do still aim for **96%** attendance and hope to achieve this as the year goes on. Our whole school attendance for 2023/24 was 94%, so there is some work to do towards our target. Here are the attendance figures for each class since the beginning of term.

We recognise that children get ill, but with 90% attendance it means that your child misses:

- one half day each week
- nearly four weeks every school year
- over one school year in a school career

Mrs Mitchell is always available to offer support in getting your child into school.

| October | |
|--------------|-------|
| Ladybirds | 94% |
| Hedgehogs | 96% |
| Badgers | 96% |
| Foxes | 95% |
| Whole School | 95.6% |

