



BLABY STOKES

Finding out what life's about

News

9th March 2020

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World Book Day

Well done to everyone who created a potato character for World Book Day. We thought your characters were brilliant. It was great to see so many parents /carers/grandparents in school sharing stories as well. Below are a few potato characters, see Twitter for more!



Blaby Stokes on the news

Well done to all of those children and staff who were interviewed by the BBC local news team and taught the region how to wash their hands. Everyone was brilliant!

If you missed it, here is the link:

<https://www.bbc.co.uk/programmes/m000g0zq>

Prams and pushchairs for lunchtime

We are on the hunt for any toy prams and pushchairs for the KS1 children to use at lunchtime. If you have any that you no-longer need then please speak to the office. Thank you in advance.

Song for assembly

As you know, part of our lunchtime involves the whole school getting together to sing. It is a fantastic opportunity for us to get together as a school community and sing our hearts out! The song for the week this week is 'You Raise Me up'. The link for it is:

<https://www.youtube.com/watch?v=t7tGUNVrqPs>

So why not listen to it as a family? I'm sure by the end of the week we will all be humming it! This song has a fantastic message and link to our whole school Christian vision of Jeremiah 29:11 'For I know the plans I have for you, declares the Lord, plans for welfare and not for evil, to give you future and a hope.'

PSHE focus

In PSHE lessons this term the whole school is looking at how to develop self-awareness and self-management skills to achieve school and life success. In these lessons we are learning how to describe a range of emotions and how to express these emotions.

In our lessons we talk about 4 zones of regulation:

- The **Red Zone** is used to describe extremely heightened states of alertness and intense emotions.

A person may be elated or experiencing anger, rage, explosive behaviour, devastation, or terror when in the Red Zone

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

Why not talk to your child and see if they can remember the 4 zones and what strategies they could use to get back to the Green Zone? Remember to remind them that all these emotions are perfectly normal, in life we just need to learn how to deal with them!



Blue Zone

sad

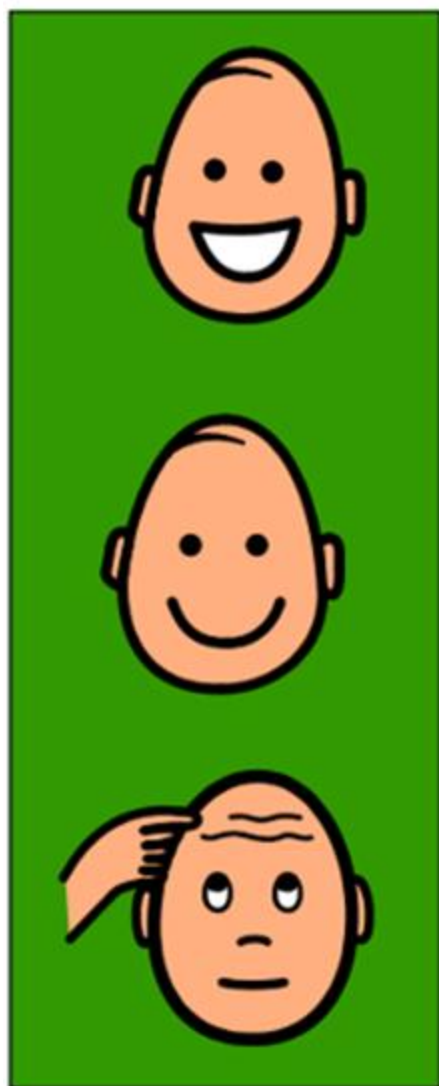
tired

sick

moving

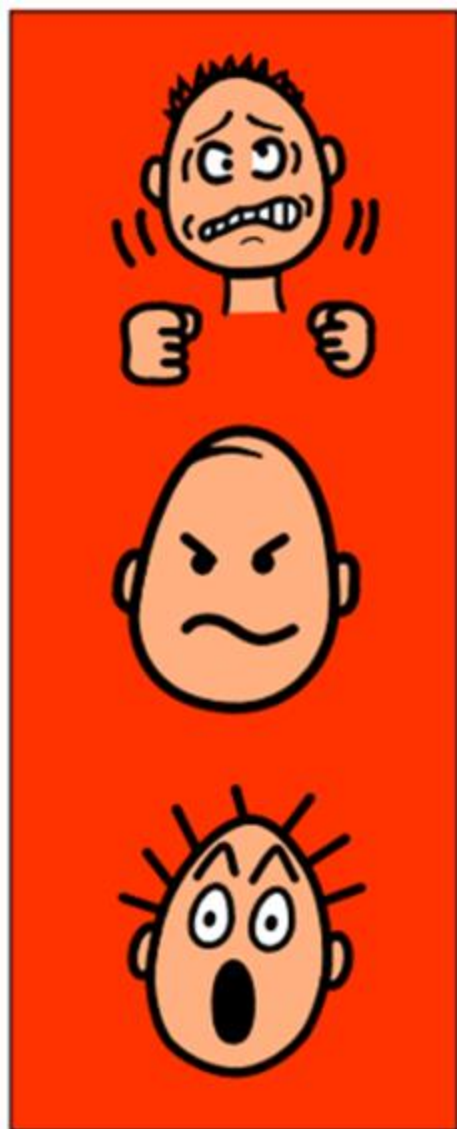
tired

slowly



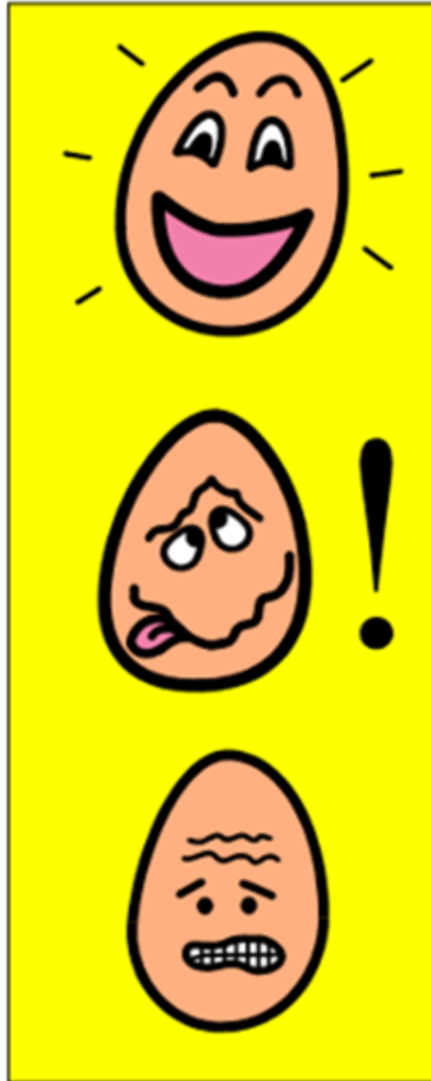
Green Zone

happy
calm
feeling ok
focused
ready to learn



Red Zone

mad/angry
terrified
yelling/hitting
elated
out of control



Yellow Zone
frustrated
worried
silly/wiggly
excited
loss of some control

Blaby Stokes PTA Update

Please help support the PTA by using 'Easy Fundraising' and 'Amazon Smile', so we can receive donations from companies when you buy things.

Easy fundraising:

<https://www.easyfundraising.org.uk/causes/blabystokespta/>

Amazon smile :

<https://smile.amazon.co.uk/ch/1017388-0>

Volunteering – Just One Hour

Last year the PTA funded the Wonderdome (Space experience), sports trophies and £1000 for reading books. This year we are hoping to fund more activities and resources to help all students enjoy their time at Blaby Stokes, but we need your help.

Just One Hour could.....

- **Register students at the disco.**
- **Help with the setting up and tidying after the disco.**
- **Stock take the sheds**
- **Label the tombola**
- **Sell raffle tickets**

and much more

Remember ... Everyone is welcome at the meetings if you can give Just One Hour, send us an email and we will add you to our contact list and follow us on Facebook or Twitter

Keep up to date via...

Email: blaby-stokes.pta@hotmail.com

Twitter: [blaby-stokes.pta](https://twitter.com/blaby-stokes.pta)

Facebook: [Blaby Stokes PTA](https://www.facebook.com/BlabyStokesPTA)

Dates for your diary

March 2020

9th -13th - Science Week and Sports Relief Week

20th - Ostrich Assembly

26th - Disco

Friday 27th March - Kookaburra Assembly

April 2020

3rd - School closes for Easter holiday

20th - School reopens

May 2020

8th - School closed for May Day bank holiday

15th - Robin Assembly

25th-29th - Half Term

June 2020

Friday 5th June - Nightjar Assembly

13th - Summer Fair

16th and 18th - Parents' Evening

19th - Woodpecker Assembly

25th - FS and KS1 Sports Day

26th - Flamingo Assembly

July 2020

2nd - KS2 Sports Day

8th - Year 6 Fun Day

10th - Year 6 Leavers Assembly

10th - School closes for the Summer holiday

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