



East Sheen Primary School

Headship Headlines

December 2021

Welcome to the first edition of the Headship Headlines this academic year. This newsletter will reflect on some of the highlights or new initiatives at ESPS. We hope that you enjoy the content but any feedback is welcome via info@eastsheen.richmond.sch.uk



As they say in the football world, this term has certainly been one of two halves! We returned to school in September full of optimism that school life could return to normal, free from the limitations of Covid-19 restrictions. We had a great start and it was wonderful to reconnect as a whole community. So much happened during the term:

We welcomed a new cohort of children to Reception who have settled beautifully into school life at ESPS producing a wonderful Christmas Concert after only one term at school.



Year 1 visited the zoo and were inspired to produce wonderful writing when back in school using thinking maps to plan their writing.



Year 2 have become Penguin experts and understand the perils that face these birds, including the environmental impact on their habitat. They conducted a 'blubber' investigation in science to see how penguins are adapted to their environment.



Year 3 visited the Living Rainforest to enhance their learning of this topic so they 'know more and remember more'. They have been working on writing stunning Rainforest books since returning to school.

Year 4 have studied the impact of World War 2 on the local community and visited the air raid shelter in East Sheen. The models of their Anderson shelters were fantastic!



Year 5 looked back in history to Viking times and this topic was brought to life through a workshop in school and they even managed to present an assembly to parents in real life!



Year 6 have made a fabulous start to their last year at ESPS taking on roles of responsibilities as house captains, sports leaders and playground buddies. We look forward to their Egyptian assembly at the very start of the New Year.



*The last few weeks have seen restrictions upon us once more. However, as ever our children and staff have shown great resilience and flexibility to change plans at the last minute. There has still been lots of festive cheer around school and so much evidence that our children are **happy, curious, resilient and kind**.*

The end of term is here; we wish everyone a happy and healthy holiday. Everything is crossed that families are able to enjoy the holidays as planned. We look forward to welcoming everyone back to school on Tuesday 4th January 2022.

*Best wishes,
The Headship Team*

Community Spirit

This term, it has been wonderful welcoming parents and visitors back into school to support with reading, art and other classroom activities.

We were also able to invite parents in school for the curriculum evenings, parents' evenings and mental health well-being coffee mornings. Thank you for the feedback via google forms after these events; this really helps us to shape future events and ensure they meet expectations.

The PTA Quiz Night was a huge success – unfortunately the Headship Team only managed second place this year despite the return of Mrs Page! The AGM was also very well attended and it was great to see so many people committed to supporting the school.

Huge thanks to the outgoing committee for all their hard work and amazing fundraising during such challenging times and a very warm welcome to the new committee who have volunteered to take forward our PTA. We have already seen them hard at work organising the Christmas raffle and Silent Auction and thank everyone who has contributed to these fundraising efforts.

Zones of Regulation

The Zones of Regulation is a cognitive-approach based around the use of four colours to help children (and adults!) self-identify how they're feeling and categorise it based on the colour. We have been using this approach in school for some time now but this term have revisited with all pupils and staff to further develop a common language with which to describe our feelings and to categorise behaviour as 'expected' or 'unexpected' rather than 'good' or 'bad'. We learn that there are no good or bad zones – we may all feel 'red' at times but identify the strategies that will help us to calm. This approach can work equally well at home and next term we plan to share resources with parents and carers through the website and/or workshops according to demand.

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

Environmental Strategy

As part of our developing environmental strategy, each year group has identified an environmental issue that they will particularly focus on throughout the year to develop the children's understanding of 'green issues'.

Reception: Oceans

Year 1: Green transport

Year 2: Climate change

Year 3: Deforestation

Year 4: Waste/consumption

Year 5: Sustainable fashion

Year 6: Air quality



The Green Team in Action

Mental Health and Emotional Well-being

Anxieties and worries can be a barrier to learning, so we have been fortunate to have the support of Victoria Steele, Education Emotional Wellbeing Practitioner in school this term. Victoria has been leading a programme of activities including parent coffee morning workshops; 'Colour Monster' sessions with years 1 and 2; a resilience group in years 3 and 4; and a managing anxiety group in years 5 and 6.

[Place2Be: Parenting Smart: Articles](#)

Parenting Smart offers practical advice for parents and carers of children aged 5-11.

<https://parentingsmart.place2be.org.uk/>

