

09/09/21

Issue 01

# FRIMLEY TIMES



Dear Parents,

A huge welcome back to everyone for the start of another exciting year here at Frimley. I must also extend that welcome to all of our new families who are joining us for the first time. Thank you very much for choosing Frimley for your child's Junior school experience and we look forward to working alongside all of you during your child's journey through our school. I am so sorry I can't be with you all yet. As I explained in my letter last week, unfortunately I am having to spend the first few days of term self-isolating due to having COVID, this has been far from ideal but I have

been so happy and proud to hear from all the staff about how well the start of term has gone.... I never had any doubt! With luck, by the time you read this, I will be back!

I will be sending home a newsletter each fortnight which will hopefully keep you updated about what is happening in school; please also check our website as this also contains lots of useful information about what is going on. In the meantime, if you do have any questions, please do contact the office who are always happy to help you.

Values: As a school, we focus on 6 Christian values and these form lots of discussions with the children around school. Each half-term we focus on a specific value and the focus one currently is Respect. I introduced this to the children in our assembly at the start of the week (from my dining room!) and we talked about how we can show Respect to ourselves, other people, the school and our belongings. Please talk about this with your child at home and praise them when you see them being respectful to someone or something.

COVID: Please can I remind you that our Risk Assessment, and other documentation linked to our COVID plans/restrictions etc, can be found on our website. If your child does display any COVID symptoms please do not send them to school and arrange for them to have a PCR. It is really important that we try to minimise any risk of spreading it around the school. Please report any PCR results to the school as soon as possible using the following email address: [COVID@frimley.surrey.sch.uk](mailto:COVID@frimley.surrey.sch.uk). Thank you for your support with this.

Change of plans to drop off/collection arrangements: We have received some feedback from some Y4 parents about how congested the front of school has felt each morning while waiting for the Y4 children to go in via the door entrance at the front of school. We have amended this and invite families to wait in the front car park rather than out by the main road. Staff will not be accessing the car park between 8.20 – 8.40 so this is safe for pedestrians during this time. Another change that has been made is that the Y5 gate will now be opened at 3.15 as well as the Y3 gate. To avoid congestion, may I suggest that parents collecting from any of the Y5 classrooms or from 4M enter via this gate instead.

Meet the Teacher: Presentations will be emailed home to all parents next week containing useful information about your child's year group and the academic year ahead. If you have any questions following these, please do not hesitate to contact the office who will arrange for your child's classteacher to contact you. They are also available to talk to at the end of each day when dismissing their class.

Thank you for supporting the school with such a positive start to the new year – let's keep everything crossed that this year runs smoothly!

Clare Wright

## Well done to Declan

Well done to Declan in Year 4 who attended a gymnastics grades qualifying event in Kent this weekend. He was successful in qualifying, which means he will be part of the team representing the south east at the national grades finals in November! What an amazing achievement and we can't wait to hear how he gets on.



## Parking



Please can I remind all parents that they should not, unless by prior agreement with the school, be parking in either of the two car parks at the front of school. Both car parks need to be kept clear for pedestrians as they form part of our COVID plans to keep everyone safe. To further ensure the pupils safety we are closing the carpark gate between 8.20 and 8.40 to reduce any risk.

## Zones of Regulation<sup>®</sup>

In order to support children with identifying and regulating their feelings, we have adopted an approach called Zones of Regulation. There is a Zones of Regulation check-in board in every classroom which children are encouraged to use to show how they are feeling throughout the school day. There are 4 zones on each board:

**Blue** – feeling sad, sick, tired, bored (*a slow state of alertness as the body and/or mind are feeling sluggish*)

**Yellow** – worried, silly, excited, frustrated, scared (*a heightened state of alertness but you still have some control*)

**Red** – elated, angry, wild, terrified (*an over heightened state of alertness and out of control*)

**Green** - in control, calm, focused, happy and ready to learn (*a regulated state of alertness*)

As we continue to develop the approach in school, we are aiming to teach children:

- A broad vocabulary of emotional terms
- How to recognize their own emotions
- How to recognize the emotions of others
- What can trigger certain emotions
- A range of healthy coping and regulation strategies

Watch this space for more about ZoR and ideas on how you can support your child with self-regulation at home!

Sally Williams,  
Inclusion Leader

## Feel Good Friday

In our drive to become a healthy school – both mentally and physically – we are excited to announce ‘Feel Good Friday’. Every Friday afternoon, the children and staff in Frimley will be enjoying an afternoon of wellbeing including their weekly PSHE (Personal, Social, Health, Education) lesson, Star of the Week assembly and time to reflect and fill in their Frimley Learner Passports. Our new PSHE whole-school scheme of work from Jigsaw, includes the progressive new statutory relationships and health education curriculum and gives the relevant context to build confidence, self-esteem and resilience through well-structured and progressive lessons. At Frimley, we believe the health and wellbeing of our children underpins every aspect of school lives therefore we are really excited to embrace our new Feel Good Friday afternoons. Look out for the tweets by following us on Twitter @frimleyjunior



## **This Year's Nominated Charity**

Each year, we select a nominated charity to support and this year we have chosen the Children's Emergency Department at Frimley Park Hospital. I'm sure, like me, most of you will have had to visit this department with your children at some point and I'm sure you would all agree that they do a fantastic job of supporting our children. Each year group will organise a fundraising event throughout this year and hopefully we can raise lots of money!



**Frimley Health  
Charity**  
Improving patients' lives

We are thrilled that Frimley Church of England Junior School has chosen Children's ED at Frimley Park to be your charity this year.

The past 18 months have been really challenging for us. While many things are thankfully returning to normal, we are seeing the delayed effects of not only Covid itself but challenges due to changes in the way we have mixed with one another, leading to changes in children's illnesses. We are busier than ever and are keen that our department changes to suit the needs of the children and families we treat. Ultimately we would like to have a new and improved department. In the shorter term we are looking at not only equipment and training to help improve the health needs of our families but also the non medical equipment that can help relax and improve the experience of the children we see as likely many of you know a trip to the Emergency Department can be really frightening.

Thank you for supporting us.