



The West Jesmond Family Newsletter 4 Spring Term 2024



Welcome to our Week 4 Newsletter.

Children's Mental Health Week & Zones of Regulation at West Jesmond

This year we are embarking on a new framework to support our children as they develop their emotional literacy. As part of Children's Mental Health Week, we will be introducing 'The Zones of Regulation' as a whole school approach. This framework will help to give our children the language and skills to talk about, and practise, self-regulation. Feelings are complicated. They come in different sizes, intensities, and levels of energy that are unique within our brains and bodies. To make them easier to talk about, think about, and regulate, The Zones of Regulation organises our feelings, states of alertness, and energy levels into four coloured Zones – Blue, Green, Yellow, and Red. The simple, common language and visual structure of The Zones of Regulation helps make the complex skill of regulation more concrete for learners and those who support them. We learn to regulate our Zones to meet our goals and task demands, as well as support our overall well-being.



Why Teach Self-Regulation?

Regulation is something everyone continually works on whether we are aware of it or not. We all encounter trying circumstances that can test our limits. If we can recognize when we are becoming less regulated, we are able to do something about it to manage our feelings and get ourselves to a healthy place. This comes more naturally for some, but for others it is a skill that needs more attention and practice. This is the goal of The Zones of Regulation.

All the Zones are Okay

A core belief of The Zones of Regulation is that all the Zones are okay. We routinely experience several of the Zones across a day. It is critically important that we don't convey the message that the Green Zone is the only acceptable Zone to be in. Acknowledge, accept, and support these feelings, never make anyone feel like the Green Zone is the norm.

We hope many of you at home will find sharing some of this approach and language useful. Look out for more information and workshops for parents coming up later in the year.

Furious	Terrified	Jealous	Shocked	Anxious	Frustrated
Angry	Scared	Hurt	Surprised	Worried	Annoyed
Mad	Afraid	Irritated	Excited	Nervous	Displeased
Embarrassed	Bored	Disappointed	Ok	Happy	Content
Lonely	Tired	Sad	Focused	Joyful	Pleased
Grieving	Exhausted	Miserable	Calm	Cheerful	Proud

Headteacher: Matt Ward

Deputy Headteacher: Tom Jones

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Teacher Training at west Jesmond

We are very proud of the work we do as a school supporting and working with other schools and teachers. Earlier this week we hosted a large group of Early Career Teachers for Maths training and work groups led by our Maths Lead Helen Sykes. For the second year, Helen is working alongside the Great North Maths Hub to lead in the development the maths skills of recently qualified teachers.



Thank You Teaching Students

This week we say goodbye to four Teaching Students who have been working with us over the last few months. Alfie, Summer, Megan and Molly have been with us as a part of their studies with Northumbria University. I know that our children and staff have really enjoyed working with them and we wish them lots of success as they develop their careers in education.

100 Dojo Achievements

We have had lots more 100 Dojo achievers this week! Well done to every child who has reached this milestone – here are a few of our children who reached the milestone over the last couple of weeks.



West Jesmond Story Telling Night Thursday 8th February: Book Donations

We look forward to seeing lots of you at the Friends Story-Telling Night on Thursday. There is still time to book a place via Weduc. If you are able to spare any donations of books for a pre-loved bookstall please drop off at the office.



School Book Fair

From Thursday 8th February until Tuesday 13th February, we have the Scholastic book fair in school. It's a great chance for our pupils to buy some new and exciting books! If your child would like to buy a book, please provide them with some money in a named envelope on the day that their class will be visiting the fair. Please expect your child to spend all of the money, as no change will be given. An adult will help choose appropriate books and stationery to ensure that all their money is spent.



- Thursday: Reception
- Friday: Year 1 and Year 4
- Monday: Year 2 and Year 6
- Tuesday: Year 3 and Year 5

Spring is coming (possibly) and Ice Creams are back!

We welcome back our friends Mark and Lynne and the West Jesmond Ice Cream company trike at the end of this half term. They will be on the schoolyard, alongside our brilliant Cake Stalls, at the end of the week and 10% of all profits go to the Friends of West Jesmond.

The Jesmond Ice Cream Company

will be visiting on

Fri 16 Feb	Fri 8 March
Fri 22 March	Thur 28 March
Fri 19 April	Fri 3 May
Fri 17 May	

(Weather permitting)

Ice Cream Tubs	£3.00
Lemon Drizzle	£2.80
Victoria Sponge	£2.80
Brownie	£2.80
Rocky Road	£2.80

10% of takings to WJPS PTA

We sell Doddington's ice cream, made in Wooler from their own fresh milk and natural ingredients.

Bienvenidos Year 4

Last Thursday, Year 4 enhanced their learning in their Geography topic, comparing life in Andalucía and Northumberland, by visiting El Torero restaurant in Newcastle. We had a brilliant time trying lots of new authentic Spanish foods and learn a lot from the wonderful staff about the region too.



On Wednesday, Mrs Vince came in to tell Y4MO all about her life when she lived in Andalucía. She showed us some brilliant pictures of the amazing festivals they have there and told us what it was like living and working in the region. Thank you for helping bring our learning to life Mrs Vince!



Healthy Food in Year 2

Year 2 enjoyed having a dietician visit our classes. The dietician Lisa, who is a West Jesmond parent, explained about the different food groups and we all classified a piece of food into the correct group using the Eatwell Guide.



Have a lovely weekend everyone!
Matt Ward (Headteacher)

Dates for Your Diary

The Week Ahead

- ❖ Monday 5th February
 - Year 4 Healthy Lifestyles Event
 - Year 6 Lego Engineering sessions
 - Year 6 Dance Workshop
- ❖ Wednesday 7th February
- ❖ Thursday 8th February 5 – 6.30pm
 - Friends Story Telling Evening
 - Year 4 visit to Newcastle Buddhist Centre
 - School Team Football Matches
- ❖ Thursday 8th – Tues 13th February
 - Book Fair in School
 - Year 1 RE Visit to St Hilda's
- ❖ Friday 9th February
 - Cake Stall R2

Further Ahead


- ❖ Monday 12th – Weds 14th February
 - Year 4 Residential Robinwood
- ❖ Monday 12th February
 - R2 Parents' Writing Workshop
- ❖ Tuesday 13th February
 - R1 Parents' Writing Workshop
 - Year 6 Online safety Workshops
- ❖ Thursday 15th February
 - R2 Parents' Writing Workshop
 - KS1 'Things You Love' Disco

Break up for Half term Friday 16th February

- ❖ Monday 26th – Friday 1st March
 - STEM Week
- ❖ Monday 4th – Friday 8th March
 - Careers Week
- ❖ Tuesday 12th & Thursday 14th March
 - Parent Consultation Evenings
- ❖ Friday 15th March
 - Comic Relief
- ❖ Tuesday 26th March
 - Year 6 Shakespeare Performance Northern Stage
- ❖ Thursday 28th March
 - Break up for Easter Holidays


EasyFundraising

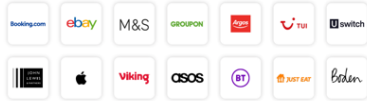
The Friends are registered with a shopping app called **easyfundraising**. Over 7,000 brands will donate to us when you use the **easyfundraising** link to shop with them – at no extra cost for you. All you need to do is sign up and remember to use **easyfundraising** whenever you shop online. It is easy and completely FREE. These donations really help us.



How to sign up

- 1 Visit the link below or scan the QR code
www.easyfundraising.org.uk/support-a-good-cause
- 2 Search for us
"Friends of West Jesmond Primary School"
- 3 Your favourite brands donate whenever you spend with them





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easyfundraising App

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Excellent
3,945 reviews on
Trustpilot