



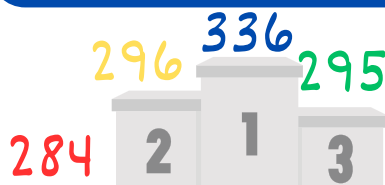
Welcome

Term 6

Friday 12th June

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Well done to this week's winners - the blue house with 202 points!



Wellness Wednesday

Our Wednesday Wellness assemblies are aimed at helping children develop a better understanding of their emotions and wellbeing. Through learning about the Zones of Regulation and exploring the different emotions represented by the Inside Out characters, pupils will gain strategies to recognise and manage their feelings. Each week, Miss MacLachlan will suggest a Wellness for the Week challenge, encouraging children to reflect on their emotional wellbeing and make positive choices. This week, they will be bringing home a 'Feelings Diary'. This is to encourage pupils to think about how they are feeling at different times throughout the day, helping them build self-awareness and emotional resilience. They will have the opportunity to share these next Wednesday if they would like to.

Wellness for the week...

Which Zone Are You In?	My Feelings Diary
Wednesday	Sad when I fell over Grateful when my friend cheered me up
Thursday	Scared to answer a question but proud that I did!
Friday	Feeling super tired after a busy week
Saturday	Cross because I wasn't allowed out on my bike but Mum helped me understand why I couldn't.
Sunday	Excited about seeing my friends again tomorrow
Monday	
Tuesday	

Transitions

Author and former Children's Laureate Anne Fine discusses how stories might soothe, reassure and suggest answers during worrying times.

Books that could support children through transition



[Click here for more information](#)

Key Dates:



Tuesday 23rd June - Wrates Class Photos



Thursday 2nd July 1:00pm - Sports Day



Wednesday 8th July 2:15pm - Summer Reading Picnic



6th - 10th Meet your new teacher week



Saturday 11th July - PTA Summer Fair



13th - 15th Panda PGL trip



Monday 20th July 9:10am - End of Year Service at Church



Tuesday 21st July 9:10am - Y6 Leaver's Assembly - all welcome



Wednesday 22nd July - Last Day of School



Thursday 3rd September - First Day Back



Book of the Week:

In Walsham, superpowers are the norm- except for Sara, who feels like the odd one out. But when the school football trophy and best best friend's lucky charm vanish, she's determined to crack the case, powers or not.