

STANBURN NEWS

Wellbeing Update



26.1.24



SELF-REGULATION

Our Wellbeing team have launched self regulation strategies for our children. Each class will have a 'Zones of Regulation' area with support and strategies on how to self-regulate. All staff have been trained in facilitating our pupils to make use of the zones and our wellbeing team, Mrs Adamson and Mrs Chalk are always on hand too.



Feeling Low

Sad
Tired

Bored
Sick

REST AREA

Ready To Go

Happy
Relaxed

Calm
In Control

GO

Feeling Low

Sad
Tired

Bored
Sick

REST AREA

Ready To Go

Happy
Relaxed

Calm
In Control

GO

Not Ready To Learn

Silly
Worried

Surprised
Confused

SLOW

Feeling Concerned

Angry
Mad

Mean
Furious

STOP

Not Ready To Learn

Silly
Worried

Surprised
Confused

SLOW

Feeling Concerned

Angry
Mad

Mean
Furious

STOP



KS1

KS2



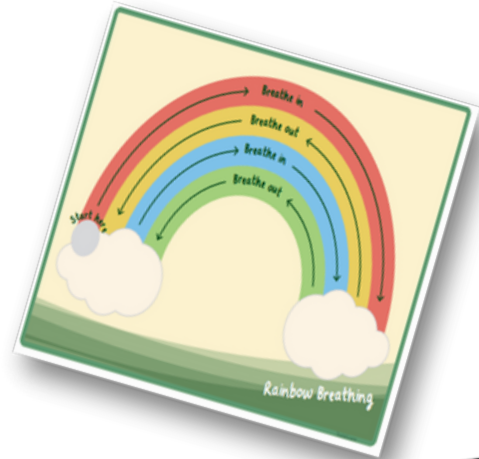
What Can I Do?

- Go for a walk
- Drink water
- Stretch
- Talk to an adult
- Read a book



What Can I Do?

- Play with friends
- Listen and learn
- Try something new
- Help others
- Keep using my tools



What Can I Do?

- Find a calm space
- Talk to an adult
- Pick a yoga pose
- Rainbow breathing
- Choose a sensory toy

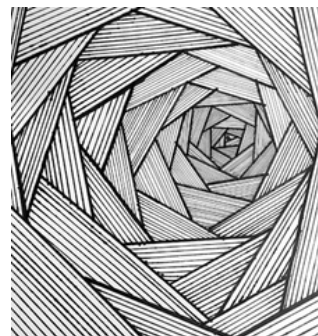


What Can I Do?

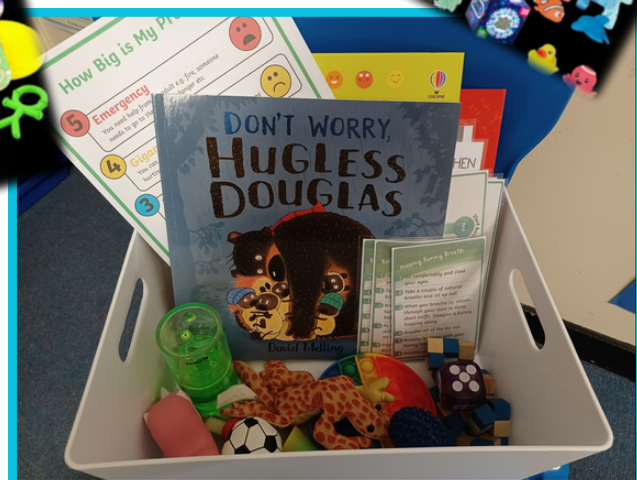
- Stop what I am doing
- Ask for help
- Find a safe space
- Take 5 deep breaths
- Listen to music



Feeling low	Ready to Go	Not ready to learn	Feeling concerned
I feel	I feel	I feel	I feel
What I can do	What I can do	What I can do	What I can do



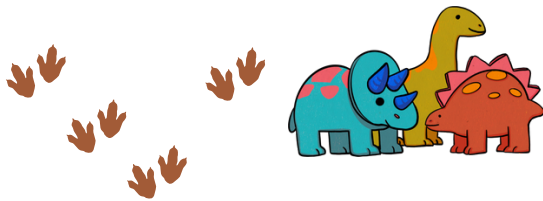
A sample of the strategies we use to help the children regulate.



CLASS ASSEMBLIES



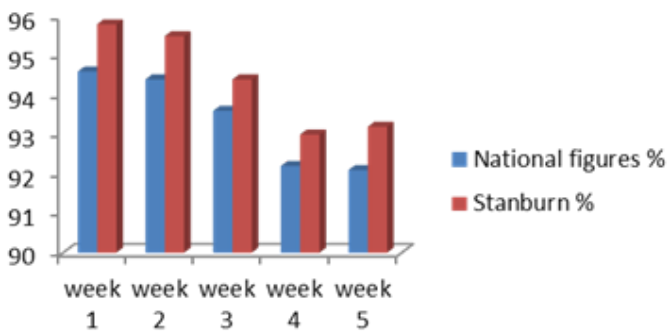
Class assemblies continued this week with Year 1 taking to the stage. 1 Poppy gave us a very excited assembly on Dinosaurs whilst 1 Scarlet told us all the things that made them special.



ATTENDANCE & PUNCTUALITY

We have continued to improve our attendance and punctuality figures . As a school our attendance figures are higher than the national figures . We are continuing to work on reducing the number of pupils coming late to school everyday.

Our attendance is currently 94.% But with your support we can achieve 97% !



The virtual assembly every Friday is still very popular. The children eagerly await the announcement of the class with the best attendance and punctuality .

2Coral, 5Amethyst and 6 Platinum have all had a 100% during the Autumn term.



My favourite photo of the week.

Our staff love making learning fun. This photo shows what we will do to make sure our children engage in their learning.

P.S. It is a frog on Mr Michael's head!
Ms D'Souza



GIRLS' FOOTBALL



Sporting Success!

On Wednesday 24th January the Girls' Football team took part in their first ever 7 a-side competition which ended up being their most successful one yet! The girls were full of spirit in the wake of the competition and they managed to transfer that spirit onto the field with three excellent performances. The girls faced Roxeth in their first match but were unable to capitalise on their chances and ended up losing 1-0. The girls picked themselves up and dominated the second match against St Bernadette's, led by their captain Ameena, who showed amazing energy and created multiple chances for Stanburn. Unfortunately that wasn't enough to give Stanburn the victory as they marginally lost 1-0. In the last game, the girls were determined to make amends, and showed more composure which led to Jessica finding a great pass that Maryam was able to coolly slot in the back of the net. Despite a lot a pressure from Priestmead in the last minutes and thanks to some great saves from our goalkeeper Inaya, Stanburn were able to hold their nerves and claim that vital 1-0 win! The Girls were delighted with the win which helped them finish in 3rd place! To end the afternoon, the girls were also involved in a 3 way penalty shootout competition which the girls won with flying colours! Well done girls!!!



PUPIL FEEDBACK



The best thing about our school is the staff who really care for us. They make sure we are happy and support us with our learning. They are also very kind.

UPCOMING DATES

www.Stanburn.harrow.sch.uk

