

# Weekly Newsletter

Week Beginning: 9th February 2026



## This week at School

We have started talking about and making preparations for Lunar New Year including making lanterns, watching dragon dancing and reading The Great Race. We will continue this learning after half term. Will you be attending the celebrations in the City Centre?

As it's also Children's Mental Health week, we have been recapping calming strategies that help us get back into the green zone. This has included yoga, peer massage, breathing techniques and drawing to music.



## Ideas for Home

Take a look at our Zones of Regulation page on our school website. Does your child talk about the Zones at home? On our website you can find a list of calming strategies and books that we recommend to support your child's mental health and well being. Check the link attached to this post!

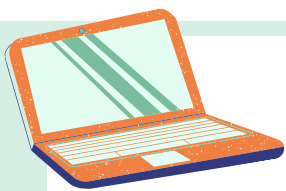
## Dates for your Diary

24<sup>th</sup> Feb - Return to school

5<sup>th</sup> March - World Book Day

27<sup>th</sup> March - Finish for Spring Break

Blue	Green	Yellow	Red
Sad Sick Tired Bored Moving Slowly	Happy Calm Relaxed Focused Ready to Learn	Excited Silly/Wiggly Anxious Worried Frustrated	Mad/Angry Out of Control Mean Shouting Scared



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