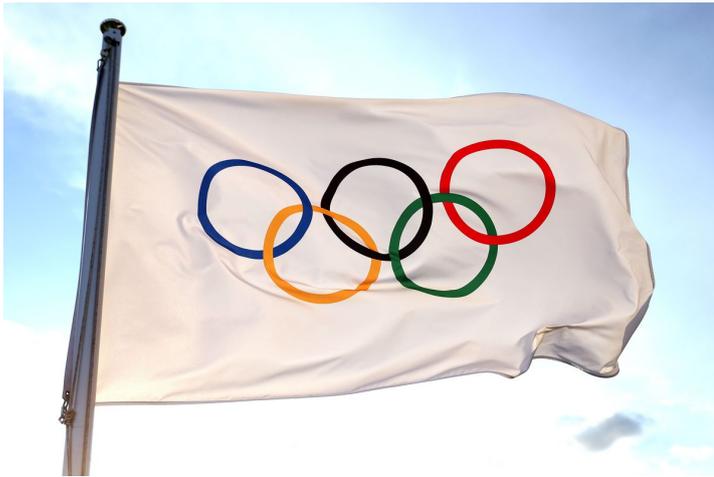




ROOM 11 NEWSLETTER

TERM 3 2021



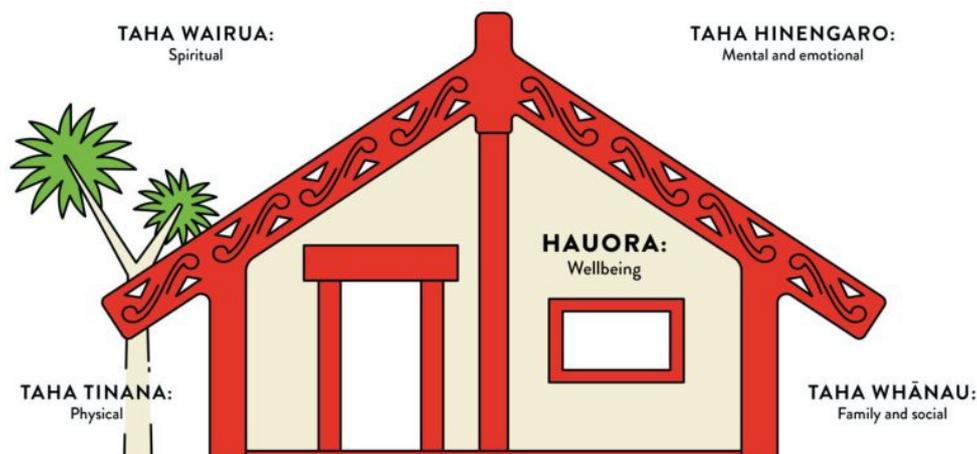
Welcome back for Term 3!

We have had a great start to Term 3 so far. The students have been enjoying learning about athletes from around the world who are currently participating in the Olympics.

Hopefully this will help with some inspiration and motivation when we start practicing athletics next term!

Wellbeing

Towards the end of last term we started learning about wellbeing by using the Te Whare Tapa Wha model. We have been discussing all the different components that contribute towards our wellbeing, and what we can do if an area of our wellbeing is not feeling as strong as usual. Last term we learnt about healthy foods, and why some foods are 'every day' foods and others are 'treat foods'. This term we have started looking at our whanau and relationships in our lives, and who our important people are. Next we are going to be looking further into our identity, what makes us, who we are, and what we value.



Zones of Regulation

Zones of Regulation is a program we use in Room 11 which helps students regulate their emotions. Throughout the day students will move themselves through the Green (calm), Blue (tired or sad), Yellow (excited or frustrated) and Red (angry) Zones based on the way they are feeling. Students know a range of strategies that they can use to help them get back to the green zone. Feel free to come and have a look at how we use it in the classroom.

Fitness

We will continue with fitness each day. There are a range of activities students will do including ball skills, running, circuits and Jump Jam.

Golden Time

Golden Time tends to be students favourite time of the week! And as it should be! Each week students are given 30mins of Golden Time on a Friday if they have worked hard throughout the week and showed positive behaviour. Students are welcome to bring named toys or games from home each Friday for their Golden Time.

Buddy Class

Each Friday we have Buddy Class with Room 7. This is a lovely opportunity for the Room 11 students to get to know some Year 3 students, and be a big buddy for them.

Feel free to get in touch if you have any queries - not matter how small!

Kind regards,
Amy Bos

What Zone Are You In?			
Blue	Green	Yellow	Red
			
Sick Sad Tired Bored Moving Slowly	Happy Calm Feeling Okay Focused Ready to Learn	Frustrated Worried Silly/Wiggly Excited Loss of Some Control	Mad/Angry Mean Yelling/Hitting Disgusted Out of Control

Library

Mondays will continue to be our library day. Please remind your child to bring their library books back to school so they can choose a new one each week!

Homework

Students need to read for at least 10mins each night. If your child does not bring a book home from school, they can read something from home or an online story. Students can also spend time practicing their literacy and maths on Reading Eggs, Maths Buddy, or Prodigy. If you need their logon details please get in touch.

