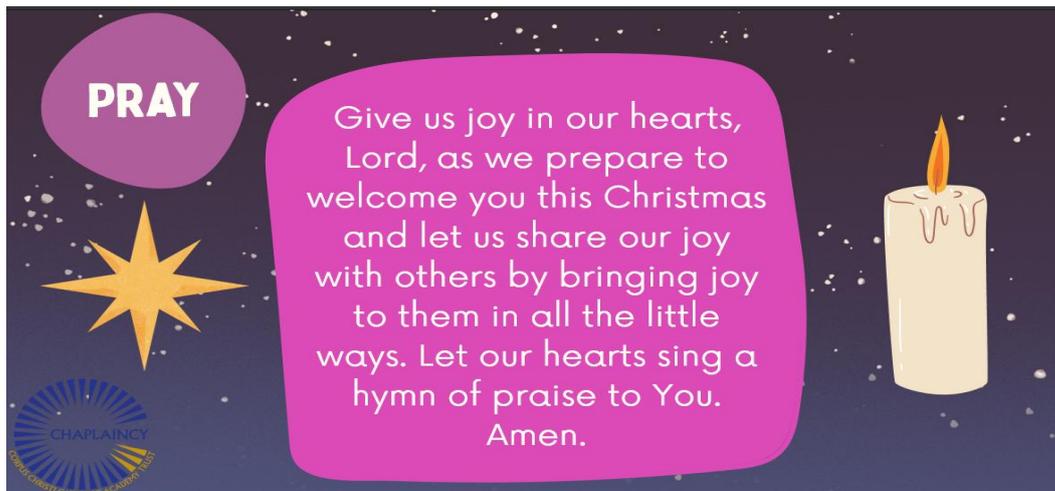


## Parent Bulletin 13/12/24



### Welcome Message

Welcome to the sixth week of our half term. We have had lots of exciting events happening across school this week, including our Christmas Carol Concert, Maths Escape Room, Mental Health Coffee Morning and several events which have raised money for Willow Wood Hospice!

### Attendance

The highest attendance in each year group goes to:

- ❖ 7A - 100% - well done!
- ❖ 8T
- ❖ 9W
- ❖ 10R
- ❖ 11K

Well done everyone!

As part of our ongoing efforts to promote excellent attendance and support all pupils, we are implementing a Whole School Attendance Plan designed to encourage and reward students for their commitment to being present every day.

Here's an overview of our plan and some exciting rewards coming up:

Attendance Support & Monitoring:

- Form Tutors: For students with attendance between 90% and 94%, form tutors will be offering additional support to help improve their attendance. This will include mentoring pupils and working with families to address any barriers to regular school attendance.

- Pupil Progress Leaders: For students with attendance between 80% and 89%, our Pupil Progress Leaders will be providing more targeted support, helping students to get back on track with their attendance and ensuring that they don't fall behind with their learning.

#### Upcoming Attendance Rewards:

- Christmas Reward Week: To encourage 100% attendance, we are introducing a special prize draw for the week before Christmas. All students with perfect attendance (100%) next week will automatically be entered into a draw to win a Kindle Fire. One Kindle Fire will be awarded to one winner from each year group, and the prizes will be drawn on Friday in form time.
- Reward Trip Invitations: Students with 95% attendance and above will receive invitations to the attendance reward trip, which will be handed out on Friday in form time. This is our way of celebrating their excellent commitment to being in school.

Regular attendance is vital for your child's academic success. Even small amounts of missed school can impact learning, so we are encouraging all students to aim for 100% attendance. By supporting our attendance initiatives, we hope to inspire students to take pride in being present every day.

We are excited about the rewards on offer and look forward to celebrating your child's achievements in the coming weeks!



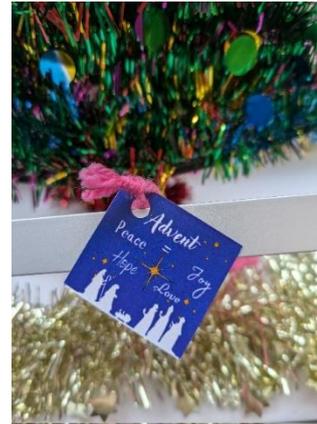
#### Year 7 Christmas Disco

As part of our fundraising for Willow Wood Hospice, our Year 7 forms have come together to host a Year 7 disco! This will take place on Thursday the 19<sup>th</sup> of December and tickets will cost £1. There will also be a range of drinks and snacks sold at the event with all proceeds going directly to Willow Wood. This event will take place after school and all parents will be informed with exact timings.



## Advent Challenge

Each day this week, our Chaplain has been placing knitted stars all around the school in the lead up to Christmas. As we celebrate advent, we are asking pupils to 'follow the star' and hunt for them round school. If pupils find a star, they can exchange it for a chocolate. Thank you to everyone who has taken part this week!



## Parent Coffee Morning

Thank you to everyone who attended our Mental Health Coffee Morning this week. We hope you found it useful! We appreciate your feedback and will be hosting more events like this in the future.



## Fundraising for Willow Wood Hospice

Well done to all of our pupils who have been hosting some fundraising events for Willow Wood this week for the Enterprise Challenge!

Miss Boswell's form hosted a gingerbread decoration event which was very popular, and our Year 11 forms came together to host a cinema event which has raised around £300!



## Non- Uniform Day

Our final day of term (Friday 20th December) will be a non-uniform day. We are continuing to raise money for and kindly request that you pay £1 on Parent Pay which will go directly towards Willow Wood Hospice. Thank you all for your support.



## Christmas Carol Concert

This week, we held our annual Christmas Carol Concert at St Mary's Church. Thank you to all of our wonderful pupils, parents and staff for attending and supporting. A special thank you must be extended to our amazing pupil choir for their fantastic performances, as well as to Ms Millington and Mr Moulsher for working with our amazing singers, and Ms Hazelwood for organising the service. It was a beautiful evening - thank you!



## Maths Escape Room

This week, Ms Olijnyk and School Escape Rooms ran a fantastic Maths event. Working in small groups, pupils worked to open the boxes by solving a maths puzzle. If the pupils were successful at cracking the codes, a key was revealed to stop the timer to register their time. Well done Mathematicians!



## The Zones of Regulation

Please find at the bottom of this week's bulletin the 'Zones of Regulation' table. This table is being used by Teachers and Teaching Assistants in order to help our pupils regulate their emotions.

- ❖ Blue Zone: The Blue Zone portrays down feelings and low energy levels such as when someone feels bored, sick or tired.
- ❖ Green Zone: The Green Zone depicts calmness and the feeling of being in control. A person in the green zone may be described as content, or ready for learning.
- ❖ Yellow Zone: The Yellow Zone describes a person with additional levels of energy and elevated emotions, but remains in more control. An individual may be facing nervousness, wiggles, silliness, excitement, anxiety, frustration or stress.
- ❖ Red Zone: The Red Zone demonstrates strong emotions and extraordinarily high energy. A person is said to be in the red zone when he is feeling angry, elated, terrified, out of control, devastated or enraged.

## Rewards – All Saints Achievement Points

Here are the top 5 performing pupils this week:

1. Phoebe E (7T)
2. Sophie C (8T)
3. Michael A (9R)
4. Isabelle S (10W)
5. Bobby A (11A)



Here are the top 5 performing form groups per year group this week:

1. 7T
2. 8T
3. 9W
4. 10W
5. 11A

Fantastic effort from 10W who are our overall winners this week!



*Well done to last week's winners 9JP who showed the biggest improvement!*

## **Social Media**

Please note that we post daily updates on our 2 social media accounts:

- X (Twitter) – All Saints CC
- Facebook – All Saints CC

Thank you all for your ongoing support. Have a lovely weekend.

Kind regards,

Ms Gilligan

# The Zones of Regulation

<p><b>Blue Zone</b></p> 	<p><b>★ Green Zone ★</b></p> 	<p><b>Yellow Zone</b></p> 	<p><b>! Red Zone !</b></p> 
<p>What you might be doing now...</p> <ul style="list-style-type: none"> <li>• Yawning.</li> <li>• Staring into space.</li> <li>• Putting your head down.</li> <li>• Daydreaming.</li> <li>• Looking at your work but not able to think about it.</li> <li>• Doing things slowly.</li> <li>• Moving things around.</li> <li>• Doodling.</li> <li>• Decorating work but not doing it.</li> </ul>	<p>What you might be doing now...</p> <ul style="list-style-type: none"> <li>• Getting on with your task.</li> <li>• Following instructions</li> <li>• Ticking things off your plan.</li> <li>• Focusing on your learning</li> <li>• Listening to others.</li> <li>• Thinking about the next step.</li> <li>• Helping someone else.</li> <li>• Checking and editing your work.</li> <li>• Improving your work by adding to it.</li> </ul>	<p>What you might be doing now...</p> <ul style="list-style-type: none"> <li>• Being distracted.</li> <li>• Fiddling with things.</li> <li>• Not listening to your teacher</li> <li>• Messing with your friends</li> <li>• Chatting and distracting others.</li> <li>• Getting up and walking around to avoid your learning or work.</li> <li>• Worrying about the next step.</li> <li>• Not knowing what to do.</li> <li>• Doing something else to avoid the task.</li> </ul>	<p>What you might be doing now...</p> <ul style="list-style-type: none"> <li>• Pacing around the room.</li> <li>• Shouting at people.</li> <li>• Avoiding or ignoring people.</li> <li>• Scribbling on work.</li> <li>• Throwing your work away.</li> <li>• Throwing things around</li> <li>• Leaving the room.</li> <li>• Saying unkind things to other people or hurting them.</li> <li>• Stopping other people from working</li> <li>• Crying.</li> </ul>
<p>This might be because you are feeling:</p> <p><b>Sad</b> <b>Bored</b> <b>Tired</b> <b>Lacking in energy</b> <b>Sick</b></p>	<p>This might be because you are feeling:</p> <p><b>Happy</b> <b>Focused</b> <b>Calm</b> <b>Ready to Learn</b> <b>Alert</b></p>	<p>This might be because you are feeling:</p> <p><b>Nervous</b> <b>Confused</b> <b>Worried</b> <b>Restless</b> <b>Fidgety</b> <b>Silly</b> <b>Anxious</b> <b>Frustrated</b></p>	<p>This might be because you are feeling:</p> <p><b>Angry</b> <b>Frustrated</b> <b>Scared</b> <b>Out of control</b> <b>Panicked</b></p>
<p>It might help if you:</p> <ul style="list-style-type: none"> <li>• Talk to someone.</li> <li>• Have a stretch.</li> <li>• Stand up for a couple of minutes.</li> <li>• Take some deep breaths and try to focus.</li> <li>• Ask to work with an adult or friend to support you for a while.</li> <li>• Do some positive affirmations – tell yourself “I am ok, I can do this!”</li> <li>• Think of something that makes you happy!</li> </ul>	<p>It might help if you:</p> <ul style="list-style-type: none"> <li>• Keep going!</li> <li>• Set yourself little targets so you can keep on track.</li> <li>• Reflect on what helped you be in this zone so you can do that again.</li> <li>• Remind yourself you’re doing a great job!</li> </ul>	<p>It might help if you:</p> <ul style="list-style-type: none"> <li>• Talk to someone – ask for help.</li> <li>• Take some deep breaths and re-focus.</li> <li>• Count to 20.</li> <li>• Practise some breathing techniques.</li> <li>• Do a mindfulness activity for a short time to refocus.</li> <li>• Ask to a drawing or quick doodle.</li> <li>• Close your eyes for a few minutes.</li> <li>• Use your fidget stress toy for a moment.</li> <li>• Ask for a wobble cushion or wobble stool.</li> <li>• Ask your teacher for a short time out of your chair.</li> <li>• Have a stretch.</li> <li>• Remind yourself you are awesome and you have got through tough times before!</li> </ul>	<p>It might help if you:</p> <ul style="list-style-type: none"> <li>• Stop and take some deep breaths.</li> <li>• Take a few moments of quiet thought.</li> <li>• Ask for a break.</li> <li>• Close your eyes for a few minutes and maybe rest your head on the desk.</li> <li>• Ask permission to get out of your chair and have stretch/walk.</li> <li>• Ask for a wobble cushion or wobble stool.</li> <li>• Ask to visit your pastoral Keyworker, Do a safe stress relieving activity.</li> <li>• Practise some breathing techniques.</li> <li>• Use your fidget/stress toy.</li> <li>• <b>Ask if you can use your Emmaus regulation or POD pass.</b></li> </ul>