



Earith Primary School

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1ST September 2025

Dear Parents,

I do hope you've all had an enjoyable summer with your *little stars*. Nearly time to return them to us, and for our new parents & children, for the first time – welcome.

Pupils' first day back is Wednesday 3rd September 2025.

School starts at 08:45. Please ensure your child arrives before 08:45, ready to go into school every day at this time.

Key Information: *Information for Parents doc*

-Read *Information for Parents 2025/2026*: [LINK](#) (also attached for your convenience).

Important you know/are reminded of some of the key expectations we have of parents and children.

-Changes to this doc include:

- reviewed ethos, vision & values
- new curriculum statement
- drawing particular attention to yellow highlights (**All**)
- drawing particular attention to blue highlight (**Year 5/6: Morpurgo parents**)

PE Days

PE days: children come to school in their indoor/outdoor PE kit. PE kit requirements: [LINK](#).
Reminder: remove earrings on PE days if your child cannot themselves.

The first PE lessons of the year will start on Friday 5th September.

Year R: Bryon Class: Wednesday (Indoor) & Friday (Outdoor)

Year 1/2: Yarlett Class: Monday (Outdoor) & Friday (Indoor)

Year 3/4: Blabey Class: Monday (Indoor) & Wednesday (Outdoor)

Year 5/6: Morpurgo Class: Tuesday (Indoor) & Friday (Outdoor)

Celebratory Assembly/Newsletter

The first Friday Celebratory Assembly and newsletter will be on **Friday 12th September**.



Zones of Regulation

This year, within PSHE lessons, from September, children will be taught the *Zones of Regulation Digital Curriculum*. You may have noticed these displays going up around school towards the end of the year. Here's further information:

Greetings

I am excited to introduce you to The Zones of Regulation, a curriculum to support your learner's social and emotional development and regulation skills! The Zones of Regulation provides a simple way for learners (and the adults who support them) to understand, communicate around, and care for their feelings. *The Zones of Regulation Digital Curriculum (2024)* uses evidence-based practices, strategies, and activities to build skills that are essential for well-being.

Over the course of this curriculum, we will:

- Explore feelings and build emotional awareness.
- Recognize body signals related to our feelings.
- Identify situations and triggers that impact our feelings.
- Explore a variety of regulation tools.
- Pause to problem-solve before acting on our impulses.

Together, we will practice regulating feelings and behaviors in real-time and reflecting on if our regulation is working well for us

RED ZONE

Angry/Mad • Terrified • Elated • Wild
Devastated • Panicked • Out of Control

YELLOW ZONE

Frustrated • Worried/Anxious • Excited
Silly • Energetic • Overwhelmed

GREEN ZONE

Happy • Calm • Okay
Content • Focused • Proud
Relaxed • Comfortable

BLUE ZONE

Sad • Lonely • Shy
Tired • Exhausted • Bored
Depressed • Hurt • Sick

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Your involvement is essential for your learner to successfully apply what they are learning about The Zones into your setting. Be on the lookout for a Zones Bridge letter for each Digital Curriculum concept that summarizes what we are learning and ways to practice together.

You can learn more about The Zones of Regulation here:
zonesofregulation.com/how-it-works/

Please reach out with any questions. I look forward to exploring emotional regulation with your child/learner.

For further information, please visit <https://zonesofregulation.com/how-it-works/> and look out for *the Zones Bridge* letters referenced above to support your understanding of what is being taught within PSHE and how you may wish to support your child at home.



If you would like any further information, please reach out to Mrs Matthews & Mrs Barber (Zones of Regulation Leads).

In the meantime, thank you in advance for your support.

Yours sincerely,

Mr Abbs

Head Teacher