



Heatherside Junior School Newsletter



21st November 2024

Friday 22nd (tomorrow) is an INSET day

Dear Parents

This Half Term is whizzing by and next week sees the first of the Christmas events! On Wednesday evening (27th) our choir will be singing at the 'Fleet Christmas Festival' so please do come along to support them at 6.06pm if you are in the town. They will also be singing at the Fair next Friday after school and I hope that lots of families will be able to join us for this annual HSA event.

The Christmas Fair will be running from 4-7pm at Heatherside Infants in the new slot of Friday early evening! I know that the HSA team have been working really hard to organise this year's event and I look forward to seeing you there; I'll be on the Chocolate Bingo again! **PLEASE** [click here](#) to offer your help as so far only 13 extra volunteers have signed up across both schools!

Mrs Dunn

Awesome Egyptians

Year 4 spent a whole day learning more about life in Ancient Egypt last week. This included writing in hieroglyphs, dramatising the story of Isis and Osiris and entering a tomb via 21st Century VR technology!



The entries for the photograph competition were amazing; we are just arranging for the final judging before announcing the winners next week!



House Charities 2024 to 2025

Following some incredibly thoughtful and caring speeches, the children have voted to support the following charities this year.



Clubs for the Spring Term will start w/b 13th January. Club flyers will be posted on our website [here](#) on Wednesday 4th December at 4pm

Hart Leisure Centre Adopt a school initiative

We have partnered with Hart Leisure Centre who are offering some free sessions and reduced memberships to our families. Parents need to register to access this offer, scan the QR code or [see our website](#) for more details.



House	Charity	Nominated by
Osprey	Blue Cross	Sarvin, Elizabeth & Emma
Eagle	Great Ormond Street Hospital	Eliza
Falcon	Parkinson's UK	Thomas
Kestrel	WAVE	Ben & Alex

A huge thank you and well done to all those children who shared their charity speeches. Even though we can't support them all it is a really good opportunity to raise awareness of them and the work they do.

The ZONES of Regulation®

BLUE ZONE	GREEN ZONE	YELLOW ZONE	RED ZONE
Sad Sick Tired Bored Moving Slowly	Happy Calm Feeling Okay Focused Ready to Learn	Frustrated Worried Silly/Wiggly Excited Loss of Some Control	Mad/Angry Terrified Yelling/Hitting Elated Out of Control

As part of our wider curriculum support, we are introducing the [Zones of Regulation](#) across the school this term. This approach is designed to help children recognise different feelings and emotions, develop a shared language when talking about feelings as well as learning strategies to help them if bigger feelings become a bit overwhelming. We thought it would be helpful to share this with parents and hope that the children will find the activities engaging and beneficial. For us, children's progress and learning in their social and emotional development is as important as the academic curriculum. Click [here](#) for further information on our website.