



Dear parents/carers,

I hope you have started 2025 well. It's great to be back at school. Much has been planned for this year so we look forward to a productive time working together.

Some groups of children have already enjoyed some wider enrichment opportunities through clubs, educational trips and sports events. Thank you to Mrs Birch, Miss Bingle and all the staff team for their time preparing for these. Thank you to our wonderful PA who have been busy organising events as well. Resources have been sorted and arranged in cupboards —what a difference! Thank you to everyone who helped.

RESPONDING TO PUPIL SURVEY ON INSET DAY

As you know our recent KS2 survey was very positive. 78% of children enjoyed school (much higher than the county average of 64%); 82% of children felt lessons were fun and interesting (much higher than the county average of 67%), 90% said they felt that school gave them useful skills (the county average was 74%) and 93% said they felt school deals with bullying well (higher than the county average of 82%). In addition, it was pleasing to know our children undertook on average 5.7 hours of exercise weekly—again higher than the county average of 4.8 hours. This was great for us to hear as increasing our PE offer has been a focus of Governors/school over recent years. However most pleasing for us were our WEMWEB results which were classed as very good at 54.7 and significantly higher than county average. (The Warwick-Edinburgh Mental Wellbeing Scale is an internationally used measure of mental wellbeing covering both feeling and functioning elements of mental wellbeing. The average score of the general population in the UK is 51.0. A higher score indicates higher overall wellbeing.)

Within the results of the survey it was noted that children in school are not washing hands before eating as much as we would like—the school council have worked on this and are encouraging children to hand wash/sanitise. In the survey it was noted that 23% of children had problems sleeping due to worry and 27% of children wanted support with feelings. Although these last two results were in line with county, as a school we felt this percentage was high and we wanted to be proactive in supporting our children more in this area.

In response to the above Rachel Carrick, our wonderful SENDCo, led training on Zones of Regulation for the staff team on INSET—an approach which supports all children.

Regulation is something we all work on whether we are aware of it or not. We all encounter trying circumstances that can test us. If we recognise when we are becoming less regulated, we are able to do something

about it to manage our feelings and get ourselves to a healthy place. This is a skill that needs more attention and practice for some than others.

The approach accepts that feelings are complicated. They come in different sizes and are unique within our brains and bodies. To make them easier to talk about, think about, and regulate, The Zones of Regulation organises our feelings, states of alertness, and energy levels into four coloured Zones – Blue, Green, Yellow, and Red. The simple, common language helps make the skill of regulation more concrete for learners and for those who support them. Schools that use the approach say it leads to:

- Increased self-awareness and social and emotional skills with others
- A common language for communication, problem solving, and emotional understanding
- A healthier, more inclusive school climate

As we move forward and learn more, we plan to alter our PSHE curriculum to include teaching on the Zones of Regulation. We hope to teach and share this with children in Spring Term 4.



Sea Songs—Bournemouth Symphony Orchestra

Children in Y4-Y6 enjoyed a wonderful concert at Bristol Beacon recently. The children were incredibly well behaved throughout the entire morning, walking sensibly through Bristol City Centre, crossing roads perfectly and entering the venue.

When we arrived we were taken to our seats in the upper tier, where we had a fantastic view of the Bournemouth Orchestra. It was quite high up!

We were treated to several pieces of music—all had a link with the sea. We were introduced to the different families of instruments within the orchestra too. After this, we joined in with the inter-active songs that we had learnt in school using body percussion and Makaton. The sound was amazing!

We then listened to a couple more pieces of music before the grand finale which we were invited to join in with - a song from Moana! Lots of children loved this piece the best.

Year 4, 5 and 6 all thoroughly enjoyed the experience as well as all of the adults. We were so proud of our pupils and the way they joined in so well.

Thank you to Mrs Birch for spotting the great opportunity and for the staff team and wonderful parents who volunteered to help.



Staffing

As you know Mrs Redpath will be leaving us for maternity leave at the end of Spring Term. We are pleased to have appointed Mr Matt Ramsden as part time teacher of Class 2 during this period. Mr Ramsden is an experienced teacher who has a passion for inclusion and the use of outdoor learning. The children in school are already familiar with Mr Ramsden as he has taught many classes, including Class 2, on supply. Mr Ramsden will have time with Mrs Harrison and Mrs Redpath to ensure a smooth transition.

We are also delighted to have appointed Mrs Kate Proctor as a new TA in our school. Mrs Proctor has worked in school as a TA supporting in a wide range of roles and will be supporting a child in Class 2. Please do give a warm Eastington welcome to both of our new staff when you see them.

DIARY DATES:

Spring Term 3

January 6th	Staff Inset
January 7th	First day of term for children
January 9th:	C5 swimming starts
January 17th:	Y4-Y6 Sea Music with Bournemouth Orchestra at Bristol Beacon
January 24th:	Multi-skills Festival Y1
January 28th:	Life Education sessions with Coram (links to PSHE curriculum)
January 29th:	Life Education sessions with Coram (links to PSHE curriculum)
January 31st:	PA Cake Sale after school
February 3rd:	Open afternoon for parents 2.50pm-3.05pm
February 10th:	Reception/Y6 School nurse visit to measure height etc
February 14th:	PA Friendship Disco—see poster for further information

Thank you for your ongoing support,
Zoe Avastu

Aiming high.....together

