

# Middle Syndicate Newsletter

**Dear Parents and Caregivers**

Welcome back to school in 2021.

Already your children are settled into their new classrooms, with teachers and pupils getting to know each other.

As always, the teachers welcome the interest you take in your child's learning and in Syndicate events.

Teachers are always available to discuss any concerns you may have about your child's social or academic needs. It would be helpful to make an appointment as teachers are with children before school and do have some after school meetings.

***Please join us for a Middle Syndicate family picnic tea at school on Tuesday 23<sup>rd</sup> February from 5:30pm until 6:30pm.***

Regards

Hannah, Kere, Andrea, Samantha, Pauline and Sam.



## Middle Syndicate Teachers

**Room 7 :** Samantha Hickman

**Room 8 :** Pauline Miller

**Room 9 :** Sam Baxendine

**Room 10:** Hannah Douglas

**Room 13:** Andrea Moore

**Room 14:** Kere Scott



## Middle Syndicate Camp

As part of our Outdoor Education programme, the Middle Syndicate will have an overnight camp in Term 4. This is an excellent introduction to the Senior Syndicate camping experience that children will have when in Year 5 or 6.

A parent meeting will be held later in the year to share more information about this exciting event.

Please note the following dates in your calendar:



**Rooms 9 & 10**  
**15/16 November**

**Rooms 7 & 8**  
**16/17 November**

**Rooms 13 & 14**  
**17/18 November**

## Water Bottles

We encourage children to have a named water bottle to drink from during the day (no juice). These need to be taken home and cleaned regularly.

## Hats

It is Henley School policy that all children wear wide brimmed or bucket hats during Terms 1 and 4. Please ensure that your child has a named hat every day.

## Footwear

The 'Henley School Uniform Policy' states that footwear must be sensible such as Velcro, lace up runners, shoes or flat sandals that securely strap the foot. High heeled shoes, jandals and heeled/wheeled shoes are unsuitable for school wear.

## Walking to school



Please encourage walking or scootering to school over biking. Children should not bike to school until age 10, according to the Police.

This is to do with the development of spatial awareness.



## Before School Routines

In the Middle Syndicate we encourage children to develop independence and personal organisation skills. This means children are expected to have the necessary equipment organised to start the day before the bell goes. Please encourage your child to do this.

A friendly reminder that children are allowed into the classrooms when the 8.30am bell goes. If they arrive at school before this, they need to wait in the designated areas.

### Library

We promote respect and care of Library books. All books must go home in a protective bag and need to be returned weekly (but may be re-issued).



#### Weekly Timetable

**Monday:** Room 13  
**Tuesday:** Rooms 7 & 8  
**Wednesday:** Room 14  
**Friday:** Rooms 9 & 10



### Zones of Regulation - Emotional Regulation

In class we will be using the Zones of Regulation programme.

#### What is it?

- The ability to effectively manage and respond to emotional experiences

#### Why is it important?

- To help children identify how they are feeling and teach efficient self-regulation strategies
- To teach children that there are no 'bad' emotions, but to recognize whether their emotional response is appropriate to the situation.

#### What can I do?

- Talk to your child about how they are feeling, help them to identify the emotion.
- Talk about their body cues when they feel that emotion (e.g., "You are crying. Are you sad?")
- Discuss why they are feeling a certain way, has anything happened?

### **The Zones of Regulation: BLUE / GREEN / YELLOW / RED**



Sad  
Sick  
Bored  
Sleepy  
Moving Slowly



Good to Go!  
Happy  
Calm  
Focused  
Ready to Learn!



Frustrated  
Worried  
Scared  
Silly  
Excited



Angry  
Mad  
Yelling  
Out of Control  
I need some space

## Homework

The Middle Syndicate have Homework to reinforce children's learning and to keep you informed about topics covered in class. Homework will be starting later on in Term 1.

Homework should not be too challenging for your child. There is the expectation that each child reads for at least 10 - 15 minutes per night and practises their weekly spelling words nightly.

Occasionally there will be home projects linked to our topics for the children to complete at home and share at school.

*Teachers appreciate your positive encouragement and support when you sign off your child's efforts at home.*

## Swimming



This subject is included in our P.E. programme as part of the school curriculum. **All children are expected to take part in swimming lessons.** As weather conditions can change during the day please ensure they have their togs every day. **Please ensure all swimming gear is clearly named - including goggles.**



## Topics for Term 1

**Sport:** Swimming, Triathlon, Summer Sports

**Health:** Nutrition and the Digestive System

**Mathematics:** Statistics, Addition and Subtraction

**Te Reo Maori:** Greetings, Feelings, and basic commands

**Art:** Sketching / Observational Drawing

**Reading:** Drawing on our prior knowledge, predicting and decoding

**Writing:** Using nouns, verbs and adjectives to enhance our writing

**Oral language:** Conversational talk and responsive listening

**Science:** Plant life cycles

