



## BISHOP LOVEDAY CHURCH OF ENGLAND SCHOOL NEWSLETTER

*Be kind, be honest and have courage to live 'life in all its fullness' (John 10:10)*

08/03/2024

Dear Parents/ Carers,

### WORLD BOOK DAY

It has been a lovely week in school. The World Book Day costumes were amazing and the children had a wonderful day. We hope you all enjoyed the parade. Some of the children visited Waterstones yesterday afternoon and completed an activity there. A big thank you to Miss Clarke for organising the day's events.

### FRESH START

You should have all received your letters from Fresh Start, the taster day is on the 28<sup>th</sup> March and will take place after school in the hall. Please do join us as it will be a good opportunity to ask any questions that you may have.

### PARKING

We are still having parents parking illegally at school drop offs and pick up. Please do utilise the cricket club for parking and park respectfully.

### ARBOR APP

We are pleased to let you know that we will be launching the Arbor Parent Portal App next week for all of our primary guardians. It will allow you to view your child's profile, attendance and much more. More information will be sent out on Monday.

### SUMMER CLUB

We are pleased to confirm that we will be running the Summer Club again this year. More details are below but if you have any questions please contact the office.

We hope you have a lovely weekend.

Dee Loader

Head of School

### THIS WEEK...

**Important Dates**

**Our Week of Learning**

**Awards**

**FoBLS**

**Other**

### Important Dates:

March 2024	
Saturday 9 <sup>th</sup> March	(Choir) Chipping Norton Music Festival
Thursday 14 <sup>th</sup> March@ 2:50	(Year 1Book Buzz) Please come to the community door for 2:50

Friday 15 <sup>th</sup> March	<i>(Early Years) Trip to the Warriner Farm to see the lambs. (details of the day your child attends has been sent out)</i>
Tuesday 19 <sup>th</sup> March@ 2:50	<i>(Year 2 Book Buzz) Please come to the community door for 2:50</i>
Wednesday 20 <sup>th</sup> March@ 2:50	<i>(Year 4) Residential Information afternoon @ 2:50pm</i>
Wednesday 20 <sup>th</sup> March@ 2:50	<i>(Year 3 Book Buzz) Please come to the community door for 2:50</i>
Thursday 21 <sup>st</sup> March @ 2:40	<i>(Year 4) Egyptian Sharing Assembly @2:40pm</i>
Thursday 21 <sup>st</sup> March @ 3:30 Year 6 Block	<i>(Year 6) SATS Information for parents/carers</i>
Friday 22 <sup>nd</sup> March	<i>(Early Years) Trip to the Warriner Farm to see the lambs. (details of the day your child attends has been sent out)</i>
Sunday 24 <sup>th</sup> March	<i>(All)FOBLS School Disco – Details Below</i>
Tuesday 26 <sup>th</sup> March	<i>Parents Evening – More information to follow</i>
Wednesday 27 <sup>th</sup> March	<i>Parents Evening – More information to follow</i>
Thursday 28 <sup>th</sup> March	<i>(All) Easter Service at Bodicote Church: 09:15 Years 5 and 6 10:00 Years 1 and 2 10:45 Years 3 and 4</i>
Thursday 28 <sup>th</sup> March @ 2:15 Hall/ Outside	<i>(EY) Early Years Easter worship in the hall and Easter family activity outside afterwards</i>
Thursday 28 <sup>th</sup> March@ 3:15 Hall	<i>(All) Fresh Start Taster session and Question &amp; Answer</i>
Thursday 28 <sup>th</sup> March	<b>End of Term 3 - 3.15pm</b> <i>(Homework Club and WAC will continue as normal)</i>
Friday 29 <sup>th</sup> March	<b>School Closed for Easter Break</b>
<b>April 2024</b>	
Monday 15 <sup>th</sup> April	<b>School Reopens for Term 4 – 8.55AM</b>
Friday 26 <sup>th</sup> April	<i>(Year 5) Trip to the Black Country Museum in Dudley</i>
<b>May 2024</b>	
Tuesday 7 <sup>th</sup> May – Wednesday 8 <sup>th</sup> May	<i>(Year 4) Residential Trip to Frank Chapman</i>
Wednesday 22 <sup>nd</sup> May	<i>(All) School Year Group Photos and Year 1 Individual photos</i>
Thursday 23 <sup>rd</sup> May	<i>(All except year 1) Individual school photos</i>
Thursday 23 <sup>rd</sup> May	<i>(Year 4RS) Drumming performance to parents starts at 9.00 outside.</i>
Thursday 23 <sup>rd</sup> May	<i>(Year 1) Trip to Stratford-Upon-Avon Butterfly Farm</i>
<b>June 2024</b>	
Friday 14 June	<b>All - Sports Day</b>
Friday 28 June & 5 July	<b>Reserve Sports Day</b>
<b>July 2024</b>	
Friday 5 <sup>th</sup> July @ 5.30pm	<b>Church and School Fete</b>

## Our Week of Learning:

**Early Years** this week have been talking about why our mummies are special. We have read the books 'The Mummy Shop' and 'Where's my Mummy'. We looked at baby animals and worked out who was its mummy. We have continued learning our phonics and the third group of children will be enjoying their trip to the farm today. We had a fantastic day yesterday celebrating World Book Day. The children shared lots of books and their costumes were fantastic!

**Year 1** caterpillars have arrived in Year 1! We are excited to see the changes that will happen over the next few weeks. In RE, we looked at the story of Easter, that can be found in the Gospels. We have made Easter story wheels to help us remember and retell the key events. Some groups of children have been to The Warriner Farm- photos to follow!

**Year 2** have been learning about explorers travelling across the seas to South America to look for El Dorado in the search for gold! We discussed- why did they travel by ship and what would El Dorado have been like? In PE we used apparatus to make strong and stable balances in our gymnastics and in maths we started dividing by 2.

**Year 3** children loved all the activities for World Book Day and looked splendid in their costumes. They have continued their Art learning by painting a seascape on fabric ready to stitch details next week.



**Year 4** have really enjoyed participating in the World Book Day activities and joining the parade. They have also enjoyed looking at decimals and their relationship to fractions ready for the next maths unit. We also designed our Shaduf ready to make it next week - please can we all bring in an empty yoghurt pot.


**Year 5** have begun looking at diary writing, preparing to write our own next week based on our Victorian novel. In maths we are learning about decimals. In history we have compared the lives of rich and poor children and in geography we learnt about how canals were used in the Victorian era. World Book Day was the highlight of our week, with fabulous costumes, book quizzes and lots of reading.

**Year 6** have had a great week! We have thoroughly enjoyed celebrating World Book Day. We were great friends to the younger pupils during the World Book Day house event where we shared books and enjoyed reading to them. We loved sharing our costumes and creating posters about how we can find our reading superpowers!





## Brilliant Learning Star of the Week:

BE KIND, BE HONEST AND HAVE COURAGE TO LIVE 'LIFE IN ALL ITS FULLNESS' (JOHN 10:10)









# Brilliant Learning Star of the week

EY1	<b>Cole</b>	EY2	<b>Grace S</b>
1CW	<b>Billy</b>	1TS	<b>Jorgie</b>
2LH	<b>Quona</b>	2PS	<b>Nathan</b>
3BW	<b>Abi</b>	3DC	<b>Malik</b>
4CS	<b>Ryan</b>	4RS	<b>William</b>
5JM	<b>Jensen</b>	5KB	<b>Jenson</b>
6PA	<b>Honey</b>	6WV	<b>Jasmine</b>

## House Points:

This weeks winner is..... **ICE**

	FOREST 'Thunberg'	WATERFALL 'Rashford'	SUN 'Mercury'	ICE 'Ayling-Ellis'	OCEANS 'Daley'	FIRE 'Malala'
						
This Week's TOTAL	62	64	77	103	104	65
This Term's TOTAL	219	191	216	311	302	203

## Bronze Award:



BISHOP LOVEDAY PRIMARY SCHOOL

### BRONZE AWARD

PROUDLY PRESENTED TO :

In recognition of you achieving 50 gold stickers and demonstrating brilliant learning behaviour

MRS LOADER

DATE

BE KIND, BE HONEST AND HAVE COURAGE TO LIVE 'LIFE IN ALL ITS FULLNESS' (JOHN 10:10)



Ava G  
James B  
Oscar B  
Noah B  
Isla M  
Poppy-D Binks  
Shreya S-S  
Freddie H  
Casey M  
Tori G

## Silver Award:



BISHOP LOVEDAY PRIMARY SCHOOL

### SILVER AWARD

PROUDLY PRESENTED TO :

In recognition of you achieving 100 gold stickers and demonstrating brilliant learning behaviour

MRS LOADER

DATE

BE KIND, BE HONEST AND HAVE COURAGE TO LIVE 'LIFE IN ALL ITS FULLNESS' (JOHN 10:10)



Chester J  
Kane H-S  
George B  
Filip R  
Immy M  
Hollie T  
Maisie R  
Indy F  
Evelyn G  
Jack J  
Grace W  
Antony D  
Emily K  
Misha S-B  
Joseph P

Alby B  
George M  
Joshua J  
Benjamin D  
Grace S  
Isabelle H  
Ethan R  
Harry O'B  
Isla S  
Arthur H-A  
Reuben S  
Charlie B  
Daisy P  
Grace H  
Phoebe W  
Ted R  
Mollie B  
Izabella H  
Nawal J  
Amelie B  
Aaliyah S  
Taylor F-B  
Etta H  
Elise R  
Evie H  
Ella H  
Cole B  
Annie C  
Iden T-O  
Rayan K  
Eli B  
Jonah W

## Gold Award:



BISHOP LOVEDAY PRIMARY SCHOOL

### GOLD AWARD

PROUDLY PRESENTED TO :

In recognition of you achieving 150 gold stickers and demonstrating brilliant learning behaviour

MRS LOADER

DATE

BE KIND, BE HONEST AND HAVE COURAGE TO LIVE 'LIFE IN ALL ITS FULLNESS' (JOHN 10:10)



Sienna R









## Swimming:

Beginners Stage: Benett M

Confidence Stage: Rex H

10 Meter Distance: Jasmine D, Emma D, Poppy R, Archie P, James H, Sebastian M

25 Meters Distance: Benett M, Ruby M, Alice N, Fearne P

## Awards:

Immy M (5KB) received her Silver Award at Wade Gymnastics.

Marnie D (3DC) received certificates from the Associated Board of Dance for Tap, Modern Jazz and Ballet.

Belle P (3DC) - passed her ballet tap and modern exams with distinction at Danielle Buick Academy of theatre arts.



Alice A (3BW) won second prize in the Children's Cosplay competition at London Comic Con this weekend, as the 13th Doctor (Jodie Whittaker). A real positive female role model.



Tommy H (3DC) played in a rugby tournament at Oxford Quinn's on Sunday and his whole team played extremely well and all received medals at the end.

Harry B (3DC) received a medal for taking part in the Oxford Quinn's tournament.

Annabelle, Imogen, Betty and Gabija received a Talent for Writing certificate for the Young Writers 2024 creativity award.

Lily P (3DC) – Received her Purple Award at Wade Gymnastics.





Charlotte P (3DC) competed in the ultimate victory dance competition and got a trophy for 1st place for her Jazz duet and 3rd place for her Jazz solo.

### Be the Change: Weekly Challenges:

'Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time'.

Thomas Edison, inventor of the electric lightbulb

Electric lighting is fundamental to our way of living today, and we are enormously grateful for Edison's perseverance, but could we use it more sparingly? This week's Young Climate Warriors challenge encourages children to 'zap the lights' at home - relying on the sun's light when they wake up, switching off unnecessary lights - and reducing our electricity-related carbon emissions.

Harnessing solar energy can play a substantial role in reducing our global carbon emissions, and whilst taking action at home this week Young Climate Warriors are also encouraged to investigate solar energy projects around the world.

'TIME' is the theme of this year's British Science Week - every 1.5 millionths of a second, the sun releases more energy than all humans consume in an entire year... definitely scope for more solar energy projects!!

## Summer School:

<https://forms.office.com/e/aA8eNub0xi>



# Back for 2024

## BISHOP LOVEDAY SCHOOL

# SUMMER CLUB!

Arts & Crafts

Den Making

Forest School

Water Fun

Park Walks

We are open for all years during the first two weeks of the summer holidays:

**Thursday 25<sup>th</sup> July 9<sup>th</sup> August 2024**

8:30am – 3.30pm

£25.00 per session

8:30am – 5.00pm

£30.00 per session

Includes breakfast & snacks (please provide packed lunch)  
(Childcare Vouchers accepted)

Arts & Crafts



If you are interested in booking a place please complete the online booking form by 30th April 2024. We will then confirm your child's place and ask for payment to be made to secure your booking. Payment in full will be due by 30th June 2024 latest. Thank you.

## FOBLS:



Tickets are selling fast so please make sure you have booked your tickets by Thursday 14<sup>th</sup> March <https://forms.office.com/e/ze7Ki9n1xp>

Easter Trail: Please make payment via ParentPay for a map. Each map is £1.50 and its 1 per child.

## Raring2Go Magazine:

Please click on the link for the Spring Edition of Raring2Go Magazine with lots of events and information for what is going on around Banbury, Bicester and Burford:

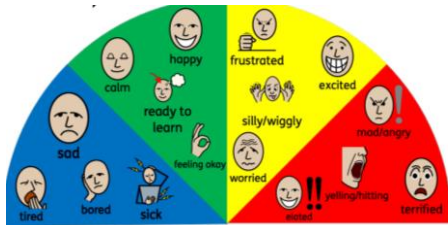
[Raring2go! Banbury, Bicester & Burford](#)

## Other





## A Parents' Guide to The Zones of Regulation



The Zones of Regulation is an internationally renowned intervention which helps children to manage difficult emotions, known as 'self-regulation'.

Self-regulation can go by many names such as 'self-control', 'impulse management' and 'self-management'. Self-regulation is best described as the best state of alertness for a situation. For example, when your child takes part in a sports game, they would need to have a higher state of alertness than when, for example, they were working in a library. From time to time, all of us (including adults) find it hard to manage strong feelings such as worry, anger, restlessness, fear or tiredness, and this stops us from getting on with our day effectively. Children who feel these emotions often find it hard to learn and concentrate in school. The Zones of Regulation aims to teach children strategies to help them cope with these feelings so they can get back to feeling calm and ready to learn. These coping strategies are called 'self-regulation'.

At Bishop Loveday Primary School, we use the Zones of Regulation throughout the whole school. We want to teach all of our children good coping and regulation strategies so they can help themselves when they experience anxiety and stress. In the classroom, sometimes children panic when faced with a tricky learning problem or challenge. Teaching them how to cope with these feelings might make them better at tackling learning challenges and build better resilience so they don't give up so easily when faced with difficulty. We want children at our school to grow into successful teenagers than adults. Teaching the children at a young age about managing their feelings will support them in later life so that they don't turn to negative coping strategies which affect their mental and physical wellbeing.

### **We aim to help children to:**

- Recognise when they are in the different Zones and learn how to change or stay in the zone they are in.
- Increase their emotional vocabulary so they can explain how they are feeling.
- Recognise when other people are in different Zones, thus developing better empathy.
- Develop an insight into what might make them move into the different Zones.
- Understand that emotions, sensory experiences such as lack of sleep or hunger and their environment might influence which Zone they are in.
- Develop problem-solving skills and resilience
- Identify a range of calming and alerting strategies that support them (known as their personal 'toolkit').

### **What are the different Zones?**

Blue Zone: low level of arousal; not ready to learn; feels sad, sick, tired, bored, moving slowly.

Green Zone: calm state of alertness; optimal level to learn; feels happy, calm, feeling okay, focused.

Yellow Zone: heightened state of alertness; elevated emotions; has some control; feels frustrated, worried, silly/wiggly, excited, loss of some control.

Red Zone: heightened state of alertness and intense emotions; not an optimal level for learning; out of control; feels mad/angry, terrified, yelling/hitting, elated, out of control.

We will teach the children that everyone experiences all of the Zones. The Red and Yellow zones are not 'bad' or 'naughty' Zones. All of the Zones are expected at one time or another. We will show them that the Blue Zone, for example, is helpful when you are trying to fall asleep.

### **How will my child learn about the Zones of Regulation?**

We will be introducing the Zones through discrete teaching lessons and through our PSHE curriculum. We will also be using the Zones language as part of daily school life so all staff will be referring to them, not just their class teacher.

Some children might prefer not to use the 'Zones language' but label the emotions directly – this is fine and encouraged

How can you help your child use The Zones of Regulation at home?

- Identify your own feelings using Zones language in front of your child (e.g.: 'I'm frustrated. I think I am in the Yellow Zone.')
- Talk about what tool you will use to be in the appropriate Zone (e.g.: "I need to take four deep breaths to help get me back to the Green Zone.")
- At times, wonder which Zone your child is in. Or, discuss which Zone a character in a film / book might be in. (e.g.: "You look sleepy. Are you in the Blue Zone?")
- Engage your child in discussion around Zones when they are in the Red Zone is unlikely to be effective. You need to be discussing the different Zones and tools they can use when they are more regulated / calm.
- Teach your child which tools they can use. (eg: "It's time for bed. Let's read a book together in the comfy chair to get you in the Blue Zone.")
- Regular Check-ins. "How are you feeling now?" and "How can you get back to Green?"
- Modelling It is important to remember to show the children how you use tools to get back to the green zones. You might say "I am going to make myself a cup of tea and do some breathing exercises because I am in the blue zone" and afterwards tell your child how using those tools helped you get back to the green zone.
- Share how their behaviour is affecting your Zone. For example, if they are in the Green Zone, you could comment that their behaviour is also helping you feel happy / go into the Green Zone.
- Put up and reference the Zones visuals and tools in your home.
- Praise and encourage your child when they share which Zone they are in.

Tips for practicing the Zones of Regulation

- Know yourself and how you react in difficult situations before dealing with your child's behaviours.
- Know your child's sensory threshold. We all process sensory information differently and it impacts our reactivity to situations.
- Know your child's triggers.
- Be consistent in managing your child's behaviour and use the same language you use at home.
- Empathise with your child and validate what they are feeling.
- Have clear boundaries/routines and always follow through.
- Do not deal with an angry, upset child when you are not yet calm yourself.

- Discuss strategies for the next time when you are in a similar situation.
- Remember to ask your child how their choices made you feel (empathy).
- Praise your child for using strategies. Encourage your child to take a sensory break to help regulate their bodies.
- Create a 'calm' box full of things which help to keep your child calm and alert. Advice about what could go in the box can be found on our website in the 'Zones Toolkit' section.

