



Stamford Green

Primary School and Nursery



2 March 2026

Dear Parents/Carers,

Club Room Weekly Information – w/b 2.3.26

World Book Day

This Friday the school will be celebrating World Book Day.

The children are welcome to come to school as a book character. However, if they would prefer to come in in their school uniform they are more than welcome to.

Parent Carer Teacher Consultations

Just a reminder, if you haven't already please make sure you have signed up for a meeting with Miss Burgess.

Library Books

We encourage all children to explore the library within the week. If they have a book that they wish to return please encourage them to bring these in so that they can be changed.

Zones of Regulation

This week, our focus is on the Red Zone. The Red Zone describes very strong emotions such as anger, rage or feeling out of control. We will be learning about what happens to our bodies when we are in the Red Zone. For example, our hearts may beat faster, our breathing may change, our muscles may feel tight and our faces may feel hot.

We will explore that while these feelings are big and intense, they are normal emotions that everyone experiences at times. We will discuss and practise strategies to help us regulate, such as taking slow deep breaths, counting to ten, using calming spaces, talking to a trusted adult and giving ourselves time to cool down before responding.

Understanding our body's signals helps us recognise when we are moving into the Red Zone and supports us in choosing safe and positive ways to manage our emotions.

Values

Our value this week is Forgiveness. We will be learning about the importance of forgiving others and also forgiving ourselves. Children will discuss how everyone makes mistakes and that forgiveness helps us to move forward, repair friendships and show kindness. We will explore how saying sorry, accepting apologies and letting go of negative feelings can help us feel lighter and happier.

Learning

This week our aims are:

EYFS – Children will focus on recognising and naming different emotions. Through stories, role play and discussion, they will begin to identify how emotions feel in their bodies and develop strategies to express their feelings appropriately.

Key Stage 1 – Children will explore emotions through the story *Ravi's Roar*. They will discuss the character's feelings, what caused them and how problems can be resolved in positive ways. This will link closely to our Red Zone learning.

Key Stage 2 – Children will continue with personalised learning activities in Maths and English tailored to their individual needs. Different year groups will also be taking part in planned visits and trips.

providing valuable opportunities to develop independence, responsibility and real world learning experiences.

Have a lovely week!

Miss Burgess and Mrs Thomas
Club Room Leaders of Learning