

Edmund Waller WEEKLY NEWSLETTER

17th October 2025

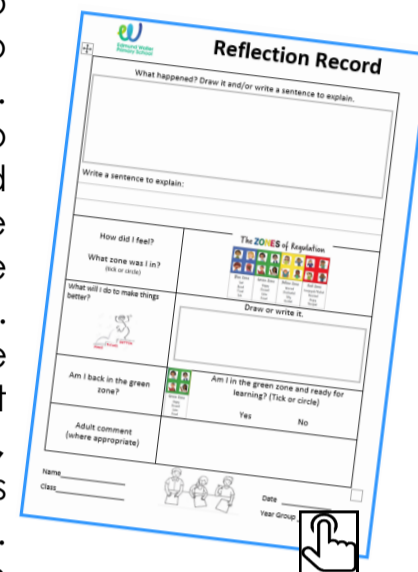
The ZONES of Regulation

Blue Zone Sad Bored Tired Sick	Green Zone Happy Focused Calm Proud	Yellow Zone Worried Frustrated Silly Excited	Red Zone Overjoyed/Elated Panicked Angry Terrified

A Moment to Reflect

Having had some feedback from parents recently, we thought it might be a good idea to explain the thinking behind 'Reflection Records'. These are closely linked to the school rules (Ready, Respectful, Safe) and the Zones of Regulation (ZoR). The ZoR are designed to allow children to understand their behaviour into four simple colours. What is crucial here is the understanding and acceptance that all emotions are valid. The children understand that there are places and times where, for example, it is completely acceptable to be in the **YELLOW** zone (**excited, energetic, silly**) - during playtime for instance. The key to being successful in the classroom is to be in the **GREEN** zone (**focused, calm, proud**). Inevitably, as we work with children and not machines, there are times when children find themselves in the **RED** (**angry, panicked**) or **BLUE** (**sad, bored**) zones, when they need to be in class. If this dysregulation persists the children will be asked to fill in a reflection record. This is a moment for the child to reflect and reset, It is NOT about being in trouble, not about being told off and does not mean there are further consequences. On the

form is a box to indicate whether the child feels that they are back in the **GREEN** zone and ready to go back to class and continue their learning - 99% of the time, this is enough for the child to return to class successfully. For the 1% who are not ready, we have a 'toolkit' of ideas that will support them to regulate - from 5mins with Lego, a movement break or even a drink of water... [See HERE for examples of the Reflection Records and some children's responses...](#)



Sporting Greatness Beckons...

This year, we are taking advantage of a new initiative, designed to promote competitive sports in Lewisham. This will provide a greater number of opportunities for a wider range of pupils to participate in a wider range of sports. Starting off with a trusted favourite - our football teams. Well done to the boys teams, who came second in their group, this week. Also well done to the girls team who came home with silver medals from their tournament last week. As ever, a huge thanks to the adults - Talullah, Nathan & Dorson for making sure the kids go there safely and had a great time.



EWrap Next Half Term

Well, this is the longest half term known to humankind! And the longest one of the entire academic year. As we prepare to bid adieu to Autumn #1, we are pleased to let you know that bookings for Breakfast and Afterschool Club for after half term, **will open on Monday(20.10)**. No rush, but for those of you keen to get an admin job done - you can book all the childcare you need up until the Winter Break.

PTA Sale

It's that ghoulish time of year again soon. All Hallows Eve will be doubly exciting for some people as it falls on a Friday and during the school half term too. The PTA are holding a costume sale - you can bring your old ones to donate too. See the details below:
Halloween second hand costume and wellies sale
Thursday 23rd October 3:30-5 Blume Hall.
- WITH ADDED SNACK SHOP -
Please bring donations to the office (second hand costumes, wellies, coats and Christmas jumpers) by 22nd October.



Harvest Thanks

From Sharon @ Feed the Hill:
"Please extend my thanks to everyone in the school - we were bowled over by the generosity and thoughtfulness of the school community."
What she said!! Thanks you lot.

Autumn Term #1

Parent Teacher Meetings
Tues 21st & Weds 22nd Oct
Thurs 23rd Oct - PTA Sale
HALF TERM (& Playscheme)
Mon 27th - Fri 31st October
6th Nov - Flu Vaccinations
6th Dec - PTA Winter Fair
19th Dec - LAST DAY OF TERM
2PM FINISH

Keep those Jolly Jars coming...





FANCY DRESS

WELLIES, COATS
AND XMAS JUMPERS

SALE

THURSDAY

23

OCTOBER

3.30-5pm

Blume Hall

SNACK
SHOP
OPEN!

Ahead of that, please bring in all your second-hand costumes, wellies, coats, and Christmas jumpers to the school office.

Come grab a bargain, give some much-loved costumes and winter clothes a new home, and enjoy a treat from our snack shop!

Edmund
Waller
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WINTER PERFORMANCES 2025

Monday 1st December, 4.10pm, Rosen Hall

Y1 Choir performance

Thursday, 4th December, 8.30am, Rosen Hall

Early Birds performance

Thursday, 4th December, 2.30pm, St Catherine's Church

Lower Phase Christmas concert

Thursday, 4th December, 4.10pm, Rosen Hall

Upper Phase Choir performance

Friday 5th, 8.30am, Rosen Hall

Orchestra performance for parents

Friday 5th, 2.30pm, St Catherine's Church

Upper Phase Christmas concert

Friday, 5th December, 4.10pm, Rosen Hall

Lower Phase Choir performance

Saturday, 6th December, Rosen Hall

PTA Christmas Fair

1.30pm Y2 – 6 choirs

Thursday, 11th December, 9.30am, Rosen Hall

Y1 show

Friday, 12th December, 2.45pm, Rosen Hall

Reception Concert

Save the date:

Thursday, 11th June, 6pm Y2 – 6 Concert at Goldsmiths