



City Of York Council

Fishergate Primary School, Fishergate, York. YO10 4AP

Head Teacher: Tina Clarke

Tel: **01904 555335** Absence Line: **553869**

Email: admin@fishergateschool.com

7.2.2023

Dear Parent/Carer,

I hope that this newsletter finds you and your families well and looking forward to our half term holiday. Today's e-safety information leaflet is all about TikTok - definitely worth a read - particularly as it is only supposed to be used by children aged 13+.

I have been asked to remind you that we have a variety of music tuition opportunities in school. These include guitar, string, woodwind, keyboard and singing lessons. They all take place during the school day and need to be paid for by parents/carers. If you are interested and would like further details then please contact Helen or Emma in the school office.

I thought that you would be interested to hear about the Zones of Regulation approach that we have adopted as a school wide strategy. It is a framework and curriculum that develops awareness of feelings, energy and alertness levels while exploring a variety of tools and strategies for regulation, social skills, self-care, and overall wellness. This curriculum provides us with an easy way to think and talk about how we feel on the inside and sort these feelings into four coloured Zones, all of which are expected in life. Once we understand our feelings and zones, we can learn to use tools/strategies to manage our different zones in order to meet goals like doing schoolwork or other tasks, managing big feelings, and healthy relationships with others. The simple, common language and visual structure of The Zones of Regulation helps make the complex skill of regulation more concrete our children.



It might be a useful tool for you to use at home as well!





City Of York Council

Fishergate Primary School, Fishergate, York. YO10 4AP

Head Teacher: Tina Clarke

Tel: **01904 555335** Absence Line: **553869**

Email: admin@fishergateschool.com

We are very securely in our Ofsted inspection window at the moment, and expecting the call any time now. So far we have only had four responses to the Ofsted Parent View questionnaire. I have attached the link so that you can access it easily and record your judgements about how well you feel Fishergate is supporting your children. If you have any concerns or ways in which we could be doing things better then please let me know directly so that I can act on it immediately.

<https://parentview.ofsted.gov.uk/parent-view-results/survey/result/15892/13>

Finally, we still on the look-out for relief midday supervisors. If you would like more information or an application form please ask Helen or Emma in the office.

Wishing you al happy and healthy half term!

Tina Clarke

