



Special Visitors

Continuing our Dreams and Goals PSHE topic, the children enjoyed some more special visitors this week.

First we had Sara Heary, who came in to talk to the children about her job as a Clinical Psychologist

Sara explained that her job involves helping children understand and manage their feelings, especially when they may be feeling worried or unsure. The children were invited to share the different feelings they already know, and Sara was very impressed by how knowledgeable they were. The children confidently named a wide range of emotions, including happy, nervous, loved, shocked, and surprised. The children also asked some fantastic questions, such as "What made you want to do that job?" and "How do you make children feel better?"

Sara explained that she helps children by talking with them about the things they might be worried about, helping them understand what is going to happen when they are in hospital, and giving them extra skills to support them through these feelings.

Sara then talked through some of the techniques she uses with the children in her care. We had lots of fun joining in with the animal relaxation techniques, and the children did a great job following along. We were also treated to a lovely surprise when Sara showed us how to practise bubble breathing to help us feel calm. Each child was given a pot of bubbles to take home so they can continue practising their bubble breathing.

Sara also showed the children some of the wonderful resources she uses in the hospital, such as feeling puppets and visual feeling cards. The children were able to link these feelings to our *Zones of Regulation*, showing a strong understanding of emotions and how we can recognise and manage them.

Thank you so much to Sara for taking the time to visit us. We had a wonderful time listening, learning, and finding out all about your job.



Then we had Peter Hamil, A firefighter from Byker Community Fire Station.

Peter talked to the children about his important job, explaining what he wears and why. The children were thrilled to try on some of the firefighter clothing themselves! They learned how firefighters help keep us safe, what to do if there is a fire, and why we practise fire drills in school.

It was an exciting and informative experience for everyone. Thank you so much for taking the time to come in and talk to us Peter.



Reading Books

The children have been working really hard in their phonics and reading lessons, continuing to practise and build their reading skills.

They are making great progress, and we will be reviewing this further in the first week back through our phonics assessments.

We've continued our regular reading sessions in school this week, and your support at home really helps the children grow in confidence. Reading can happen anywhere — on the sofa, in the car, at bedtime, or whenever a few spare minutes appear. As writing is one of our next learning focuses, regular reading at home gives children the vocabulary and ideas they need to succeed. A little extra practice each week makes a big difference.

Thank you for helping us keep those reading habits strong.



School uniform

Just a gentle reminder about our EYFS school uniform expectations, particularly regarding hair accessories.

Bobbles and headbands should be slimline and in dark colours or school colours only. Unfortunately, brightly coloured bobbles and large or oversized headbands are not part of our uniform and should not be worn to school.

If you would like more information about our school uniform, please refer to the school website <https://www.southeridgefirst.org.uk/uniform>, where full guidance is available.

Thank you for your support in helping us maintain a smart and consistent school uniform for all children.



Important diary dates and information

9.2.26 & 10.2.26 - Parent Consultations

13.2.26- Magical Mischief Day!- See whole school email sent on the 16th January for full details.

13.2.26 - Break up for February Half Term holiday

23.2.26 - School open for Spring Term 2

6.3.26 - Reception farm trip to Whitehouse Farm

Reminders:

- **Home learning Journals-** Thank you for all the wonderful entries this week. We have loved to see the children's work in their books. We will be collecting the journals back in after half term on the 23rd February.
- **Labelling items of clothing-** Please can you ensure all items of clothing including hats, gloves, scarfs, shoes, jumpers/cardigans and coats are labelled clearly with your child's name.
- **Reading folders-** Please ensure your child's reading folder is in their book bag every day. We change books usually on a Monday and Friday, but we sometimes get a chance to read with your child through the week too.
- **Cool Milk.** Please remember that your child/ children are not eligible for free school milk after their 5th birthday. If you would like your child to continue having milk at school, you must contact Cool Milk directly at least two weeks before their birthday.



Southridge First School

'Proud to Make a Positive Impact'

Have a lovely weekend
The Reception Team 😊