

**Thornford CE Primary School
NEWSLETTER – February 2024**

Dear Parents and Carers,

It is with sadness that I inform you that I will be retiring from my role as Headteacher at Thornford School at the end of the academic year (31st August 2024). I am so grateful to our parents and governors for their support over the 22 years I have worked here. I started teaching part time in Y3/4 and then moved to Y5/6; became Deputy and then Headteacher in 2015. I have worked in several schools in the UK and abroad and can categorically say that this is the best school, I have ever taught in and that I have absolutely loved working here. Being headteacher at Thornford has been a great honour and I shall miss the fantastic Thornford Team very much and of course our wonderful children. I hope that Thornford has given them all a very positive start to their learning journey and that they all go on to achieve their dreams and goals.

Welcome to new pupils

We would like to welcome Jacob who has just started at Thornford School and has been joining Beech Class children for activities. Next week, we look forward to welcoming Bella into Year 6 in Oak Class. Both are very welcome into the Thornford family.

The Zones of Regulation

In the December newsletter, I mentioned **The Zones of Regulation** as a framework for teaching regulation strategies for managing feelings and sensory needs to children. Rooted in cognitive behavioural therapy, the framework uses four colours (**Blue**, **Green**, **Yellow** and **Red**) to help children identify how they are feeling in the moment given their energy, feelings and level of alertness. By implementing the Zones of Regulation curriculum we aim to teach our pupils to identify emotions in themselves and others and provide them with bank of strategies to help regulate their emotions and improve their wellbeing. 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.

Blue	Green	Yellow	Red
Low	Happy	Wobbly	Angry
Running Slow	Good to Go	Caution	STOP
unhappy tired withdrawn tearful	positive proud calm focused	excited nervous frustrated annoyed	mad furious yelling aggressive

When in the **Blue Zone** we often need to rest and recharge to meet our goals. If we are feeling sick in the Blue Zone, we may need to rest. If we are feeling tired, we may need to energize. If we are feeling sad, we may need comfort.

In The **GREEN ZONE** we may be feeling happy, focused, content, peaceful, or calm. The nervous system feels safe, organized, and connected, helping us be primed to learn. We might regulate by choosing to eat a healthy snack, exercise, take a break, or pause for a mindful moment.

In the **Yellow Zone**, if we are feeling very energetic, it helps to use caution and take a deep breath, so we do not spill something or hurt ourselves. If we are feeling nervous before a performance, we can slow down our racing thoughts and speech by using mindfulness. When we are frustrated, and pause to take notice, we can decide to take a break to collect ourselves before we say something we regret.

The **RED ZONE** describes a state of extremely high energy and intense, overwhelming feelings. We may be in a heightened state of alertness, potentially triggering our fight, flight, freeze or flee protective response. We may feel elated, euphoric, anger, rage, devastated, out of control, panicked, or terrified. If we are feeling angry it may help to pause and count to 10 before we act. If we are panicked, we can stop and use our self-soothing talk to help us gain a sense of control. If we are elated, such as when a teammate scores the winning goal, we might need to pause and take a big breath to regulate our impulse to run out on the field to celebrate if the match has not finished.

Packed Lunches

Unfortunately, we are not able to keep packed lunches in a fridge during the school day. If the contents of your child's lunch should be kept cool, please use a freezer block.

Please remember that Thornford is a nut free school, if you provide a breaktime snack or packed lunch for your child, ensure that it does not contain nuts. Thank you.

Beech Class Village Walk

On Friday 12th January We combined geography fieldwork, art research about local buildings and IT skills, using ipads to take photos of buildings and their features. We used the photos as the basis for sketches in the classroom, using hard and soft pencils.



Year 5/6 Girls Football

The girls football team played a friendly game against Sherborne Primary on 17/01/24. The girls showed great improvement throughout the match and began to dominate by the second half. It was great to see incredible goal keeping and true moments of excellence on the pitch from all involved.

SAST Hockey Tournament

On Thursday 18th January, some of our year 6s took part in the Sherborne Area Hockey tournament held at the Gryphon. Despite the weather, a great night of hockey was had by all, and each team showed more skill and understanding of the game as the evening went on. Well done to Sherborne Primary who won the event. We finished a very respectable 2nd place.



Boys' Davison Cup

On Tuesday 23rd January our year 5/6 boys travelled to Shaftesbury Abbey for their 2nd round match in the Davison Cup. Some great football played by both teams meant a very close game and a 2-2 score line at full time. Thornford move in to the quarter finals after winning on penalties 3-2.

Girls' Davison Cup

Three days later and it was the girls' turn. Their 2nd round Davison Cup match saw them take on Sherborne Abbey. Some excellent skills on show from both sides and another very close game. Congratulations to Sherborne Abbey who proceed to the quarter finals after winning 3-2. This is the first time Thornford Primary School has ever had a girls football team and we are extremely proud of all of them.

Basketball

The month ended with the Sherborne Area Primary School basketball tournament hosted by The Gryphon. It was great to see so many children involved and enjoying a fast and very exciting afternoon on the court. Thornford and All Saints Bishops Caundle were tied for first place after all games had been played. The result between the teams had been a draw so it came down to a hoop out sudden death. Congratulations to All Saints who retained the trophy.



Thornhackett Parish Council Questionnaire

Please see a link to the Parish Council Questionnaire, please do complete if you live in the Thornhackett area: <https://www.surveio.com/survey/d/V9D2M9D0O6M0Y1I3G>

Reminder – Times Table Rockstars and Numbots

Please can parents encourage children to use TT Rockstars and Numbots at home as this will help increase their number fluency/accuracy and recall for their times tables. Class teachers can remind children of their logins.

School Nurse

The School Nursing Team have a text messaging service 'ParentLine 5-19' that can be accessed during school term time between 9am and 4pm. ***ParentLine 5-19 (Text messaging service) 07312263131. Text for advice from a member of the School Nursing team.***

Wraparound Care

- **Lower Covey** offer daily after school childcare at their site in Yetminster. Please contact them directly to book a space.

- **Breakfast Club** starts at 8am every school day and is booked via ParentPay. Please book by 12 noon on the Friday the week before a space is required.

Clothes Recycling Bin

The FTS are paid for the collections from the clothes recycling bin by weight. All money raised goes to school. Please donate:

- All men's ladies' and children's clothing including school uniform*, paired shoes, handbags, bags, ties and belts, bedclothes, towels and soft toys. Anything that is not good enough to sell is used to make cleaning materials and insulation.

Please note, they cannot accept:

- Duvets – both synthetic and feathered, pillows and cushions, carpets and rugs, soiled or wet clothing, workwear, shredded or mutilated textile material, textile off cuts, yarns or threaded material.

**Please try to sell uniform via the FTS facebook page or pass to Laura Daniells before putting in the recycle bin. Thank you.*

Thornford Kitchen – Recipe of the Month!

Oat and Honey Biscuit

75g Butter
15g Honey
30ml Milk
75g Wholemeal Flour
75g Oats
4g Baking Powder
50g Caster Sugar



Method:

- Melt butter honey and milk over a low heat.
- Add the dry ingredients.
- Divide the mixture into 9 equal balls.
- Bake in the oven for 10 mins at 170°C

Dates for the Autumn Term	
Friday 2nd February	NSPCC Number Day - 'Dress Up for Digits' Dorset Music School – KS2 Ukulele KS1 Parents' Assembly
Thursday 8th to Friday 9th February	Year 5 – Leeson House Residential Trip
Friday 9th February	'Wear Your Scarf to School Day' Dorset Music School – KS2 Ukulele KS2 Parents' Assembly
Monday 12th February to Friday 16th February	HALF TERM
Monday 19th February	INSET DAY – SCHOOL CLOSED
Tuesday 20th February	NO Art Club today
Thursday 22nd February	Year 4/5/6 Cross Country Tournament at the Gryphon

Friday 23rd February	KS2 Parents' Assembly
Friday 1st March	Year 3/4 Hockey Festival Year 5/6 Tag Rugby Tournament KS1 Parents' Assembly
Thursday 7th March	Year 5/6 SAST Netball Tournament at Sherborne Abbey
Tuesday 12th March	Mel Lane's Inclusion Workshop
Wednesday 13th March	Beech Class Trip – Rural Life Museum Year 5/6 Football match at Sherborne Abbey Year 3/4 Netball match at Sherborne Abbey
Friday 15th March	Red Nose Day – non-uniform
Saturday 16th March	ESFA – Small Schools Cup Regional Finals in Keynsham
Thursday 28th March	LAST DAY OF TERM Easter Service in Thornford Church
Friday 29th March to Friday 12th April	EASTER HOLIDAY
Wednesday 17th April	Beech Class Trip – Bournemouth Symphony Orchestra at Westlands
Thursday 25th April	Mini Handball Tournament
Monday 6th May	BANK HOLIDAY – SCHOOL CLOSED
Monday 27th to Friday 31st May	HALF TERM

As always, if you have any issue to discuss, please contact me or my staff at the school.

[Neela Brooking](#)

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