

King Athelstan Primary School

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Headteacher: Emily Newton

19th March 2020

Dear Amazing King Athelstan Pupils,

We are so proud of you and we are so happy that you are part of our King Athelstan family.

The next few weeks might seem a bit strange because most of you will not be at school. The most important thing that you can do over the time you are at home is to be kind and caring to your family. Look after each other and keep making each other smile or laugh. Do lots of things together like playing board games and perhaps cooking. We want you to read as much as you can - this is the most important skill you can all practise. We have given you all an exercise book with a pen/pencil so that you can do some learning at home. We have given your parents/carers a letter with lots of learning ideas on it and this is also on our school website

(<http://www.kingathelstan.kingston.sch.uk/>). We will send you more learning activities in the coming weeks. We hope you will do lots of our Thinker's Project ideas. Please email a picture in to the school email address (admin@kingathelstan.rbksch.org) if you make something amazing! We'd love to see it!

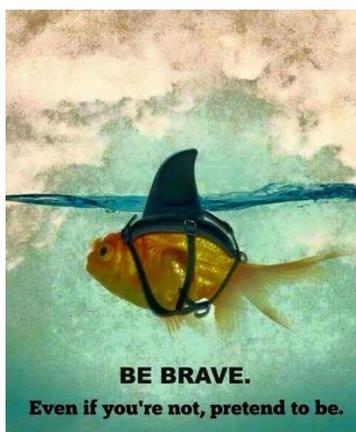
A few children might still be coming to school - we will take care of you here and make sure you have lots of fun as well as doing your learning.

We have put some of our pictures from assembly on this letter to help you be brave when you are finding things difficult. Don't forget to use the Zones of Regulation to help you manage how you are feeling.

Remember even though you are not at school, we will still be thinking about you and missing you. We can't wait to see you again when school re-opens.

With best wishes from,

Miss Newton and all the staff at King Athelstan



Blue Zone <small>REST AREA</small> I am running slow. Sad, Tired, Bored, Sick I can use these tools: Take a Break, Talk to Adult, Relax	Green Zone <small>GO</small> I am good to go. Happy, Calm, Ready to Learn I can use these tools: Concentrating, Expected, Listening
Yellow Zone <small>SLOW</small> I need to slow down. Excited, Anxious/Worried, Frustrated I can use these tools: Inner Coach, Walk, Size of Problem	Red Zone <small>STOP</small> I need to stop. Angry, Out of Control, Aggressive I can use these tools: Take a Break, Run, Belly Breath

