



## Family Day Out





Hopefully you will have seen the letter sent home this week regarding our proposed trip to Wembley Stadium in London to watch the Women's FA Cup final in May.

This is a fantastic opportunity for the children to experience top quality sport in a world class environment.

It is an important part of a child's development to expose them to many and varied experiences and, despite being a small school, we take our responsibility in this area seriously. Hopefully this will be a popular trip and be well supported by the school community. To avoid disappointment, please return your permission slip as soon as possible.



## ZONES OF REGULATION!

Blue	Green	Yellow	Red
			
Sick Sad Tired Bored Moving Slowly	Happy Calm Good to Go Focused Ready to Learn	Frustrated Worried Silly/Wiggly Anxious Excited	Mad/Angry Mean Yelling/Hitting Out of Control I Need Time and Space

You may have heard your children talking about 'Zones of Regulation' or maybe the colourful characters that have appeared across the school in the last few weeks.

As staff we are always looking at ways to improve our school so the children get the best deal; supporting them emotionally is a key way for children to feel safe, valued and in a place to learn.

The Zones are a really good way for children (and the grown-ups in school) being able to express how they are feeling and talk about any frustrations, worries or excitement they may be feeling. The children all start the day in the green zone and, if needed, they independently move themselves to red, blue or yellow. This movement of their name tag means the staff can be really attuned to the emotional needs of the children and support them moving back towards the green zone.

I have certainly found it useful! This week I found out a 'yellow' child was excited as she was getting her first pet, and a 'blue' child needed some support because they were missing someone.



## Notices

- **COVID update** - We have one new staff case this week but no pupil cases.
- **Christian Distinctiveness Parental Survey** - Please remember to complete the following survey <https://docs.google.com/forms/d/1YowGg17lt37crSxViV6GN3cBj37y6ll3ZPKYTEbqEcY>
- **Clubs** - All clubs are running as usual next week.
- **Dinner Menu Changes** - pudding changes next week due to the broken cooker in the kitchen is **Week 3 Mon** - carrot cake is now mousse and **Tue** - cookie is now fruit.
- **Dinner Options Term 4** - Dinner options can now be made via ParentPay for Term 4.
- **Gastroenteritis** - There have been cases of diarrhoea and/or vomiting in school. This is caused by an infection in the gut and can be easily passed to others. Anyone with symptoms is regarded as very infectious and must refrain from coming to school until the diarrhoea and vomiting has stopped and they have been passing normal stools for at least 48 hours. To reduce the transmission in school, the children are regularly cleaning their hands and having hand sanitiser applied throughout the day. We are also continuing to clean the touch points around school twice daily that have high traffic usage in common areas, including door handles, toilets and toilet cubicles, etc.
- **St. John's Church** - Sunday Service Link can be found at <https://mailchi.mp/a03ec087aa2a/paulton-benefice-zoom-service-15813706>.
- **Year 6 Residential** - Final payment for the year 6 Little Canada trip is due on 17th February.

## Friends of Farrington Gurney School

We hope you all enjoyed the school disco last Friday. It was a huge success and was really lovely to see so many children with their families having fun together!

Quiz night will be Friday 11th February at the school. We will have a small bar selling prosecco, beers and soft drinks. Chilled prosecco can be pre-ordered by emailing [fofgs@hotmail.co.uk](mailto:fofgs@hotmail.co.uk). Please let us know if you are planning to enter a team so we have an idea on numbers, we'll keep the event on our Facebook up to date so you know the plans.

Reminder that we will be having a cake stall at the Table Top Sale in the Village hall on Sunday 13th February - any cake donations gratefully received and these can be dropped off in the outdoor classroom after school on Friday 11th, or dropped to the village hall from 11am on Sunday 13th.

**Friends of Farrington Gurney School**

**Quiz Night!**

Friday 11th February  
8pm, class 2

Teams of 4, £20 per team

Pre-order a chilled bottle of prosecco  
(email [fofgs@hotmail.co.uk](mailto:fofgs@hotmail.co.uk)).

Bar available on the night.

Let us know if you're entering a team  
so we have an idea on numbers!

## Diary Dates

### February

Friday 11th	FOFGS Quiz Night
Friday 18th	Wellness Day
	Term 3 ends
Monday 28th	Term 4 begins

### March

Monday 7th	Year 6 Cross Country Event at Somervale School
Wednesday 9th	Year 6 Lifeskills Trip
Tuesday 15th	Class 1 Trip to Westonbirt Arboretum
Friday 18th	Red Nose Day (details to follow)
Monday 28th	Dance Umbrella at Bath Forum



### **Farrington's Thought for the Week by Mr Marvin**

This coming Tuesday is 'Safer Internet Day'. The children at school will be talking about how to be more safe online and they will be watching some short videos about different characters who are dealing with online issues or problems.

For those of you who have children in KS2, here is a link to a short trailer of the videos they will be watching – [www.thinkuknow.co.uk/parents/playlikeshare](http://www.thinkuknow.co.uk/parents/playlikeshare). On the same website there are lots of details of short activities you can do with your children from ages 4-14+, giving you some ideas about how to engage with your child(ren) about their online activity. There is also a quick Parents' and Carers' helpsheet for KS2 children, which just gives a few pointers on how to talk about anything internet related – [https://drive.google.com/file/d/1YTmydtXqfXkmRJelgHdcixY\\_bOHHJw2K/view?usp=sharing](https://drive.google.com/file/d/1YTmydtXqfXkmRJelgHdcixY_bOHHJw2K/view?usp=sharing)

The Internet has taken the world by storm over the last 20 or so years. If you went back to the early '90s, very few people even had email accounts. 'Hotmail' and 'Yahoo' weren't launched until '96 and '97 retrospectively and YouTube and Facebook weren't available until the "mid-noughties". We take Internet access for granted now. If we enter a restaurant, instead of asking for the wine list, we ask what the WiFi password is (we may ask for the wine list as well!). Coffee shops and eateries are expected to have WiFi, otherwise they may lose custom. Our world has been revolutionised by all things cyber!

As well as allowing us to access so much more entertainment and social media, for many people it has also added more stress. Cyber attacks and abuse aside, internet access has meant that for many of us who work, more has become expected of us. It is assumed that work can be done quicker and easier, but it can put pressure on people to work longer and longer hours. As we can now access anything we want at any time of day, including our work drives and desktops, we are often "telling" ourselves to complete things outside of our normal working hours, at the weekend and long into the evenings.

What about those of us who aren't "tech savvy". Someone I know has been put under undue pressure to have their travel documents available online so they can go abroad, causing unnecessary stress and even making them consider cancelling their holiday.

Whatever you think about the Internet and our access to everything online, it isn't helpful to be "plugged in" all the time. We are encouraged to take regular breaks from screen time. We often expect this from our children, but are we practising what we preach?

Paul wrote a letter to the Phillippians many years before the "network of networks" was first assembled. Although he would have been blissfully unaware of the Internet at this time, he said something that still resonates with us today, in our global age.

*'Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.'*

(Phillipians 4:8)

It is worth taking our eyes and ears away from our laptops and phones and spending some time connecting with our world and with those around us. It is also worth thinking about things other than our ever expanding inbox or the latest report we need to complete or that planning that needs doing. Let's stop and take time to consider what is lovely or excellent in our lives.

