

# Welcome to 1JH!



My name is Miss Higgins and I will be your new teacher next year.

My favourite animals are owls and lemurs. Outside of school, I love baking and curling up under a blanket to watch TV!

I have recently taken up running because I think it's important to keep your body fit and healthy!

I have planned lots of fun and interesting things for you in year 1.

I have also heard what an amazing class you are and am extremely excited to meet you all!

# How do I enter the school?



You will be entering the school from the year 1 gates, next to the school Reception Office.



# Classroom and Toilets

You will be in the same classroom as last year, although it will look a little bit different now that you are in year 1!

Morning routine:

You will hang up your coats and bags

Wash your hands

Complete the morning activity at your table

You will use the same toilets as before too!



# Break and lunch times

Morning break: 11.00 - 11.15 am

Lunch time: 12.00 - 12.45 pm

Afternoon Break: 2.00 - 2.15pm

Remember your packed lunch needs well balanced and healthy.  
Here are some pictures to give you some lunch box ideas.

If you get thirsty in class, you can bring a bottle containing water to keep you hydrated. We have new water containers, so water bottles can be refilled if you drink them.



# PE/ kit

PE Days: Wednesday and Friday

You will have a PE lesson with me on Wednesday every week and another lesson with a sports coach on Friday afternoons.

On your PE days, you will need to come to school wearing your normal school top and jogging bottoms. You will need to wear trainers or pumps. There will be no PE bags in school and you will not change for PE.



The curriculum states that children need to access lessons, where they have the opportunity to take part in physical activity. If you need an inhaler we need to make sure that it is in school!

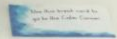
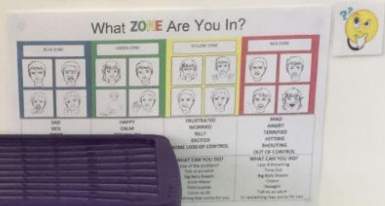
# Summer Author challenge

1. Choose a book by your favourite author. If you are not able to get the book perhaps you can read the book on your tablet.
2. Copy the front cover, this can be coloured in using pencil crayons, felt tips, painted, or maybe you want to do a 3D front cover! Or use collage materials! The choice is yours.
3. Make a character from the book using things you can recycle
4. Find facts out about the author. Create a fact file. This can be written or done on your computer.
5. Get someone to take a photograph of you reading the book. The challenge is you must be reading the book not at home.



I can't wait to see some of your fantastic creations!

# Calm Corner



# CALM CORNER

- All your class rooms have a Calm Corner.
- In this corner there is a Tool Kit and a bean bag.
- You go there if you are feeling that you are in the Blue, Yellow or Red Zone and need some help to get back into the Green Zone - your learning Zone!

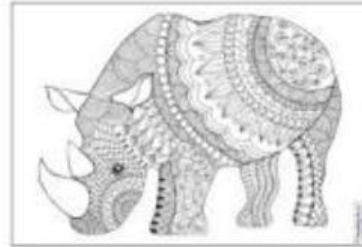


## The ZONES of Regulation®

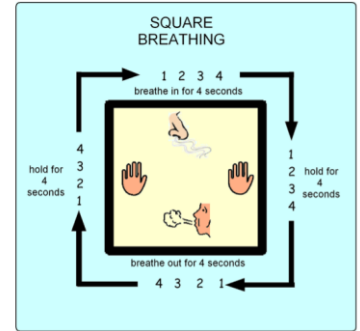
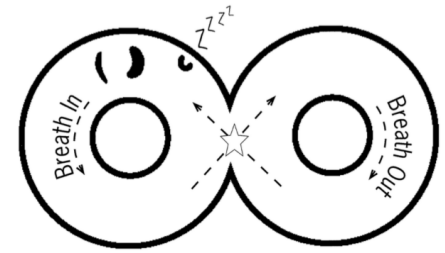
BLUE ZONE	GREEN ZONE	YELLOW ZONE	RED ZONE
Sad Sick Tired Bored Moving Slowly	Happy Calm Feeling Okay Focused Ready to Learn	Frustrated Worried Silly/Wiggly Excited Loss of Some Control	Mad/Angry Terrified Yelling/Hitting Elated Out of Control

# In the Calm Corner you can:

- For a short time, use an activity such as:
- Colour
- Use a breathing activity
- Draw
- Write down how you feel
- Have a drink of water
- Read
- Use a sensory toy
- Talk to an adult
- Or something else that you find useful.



## Lazy 8 Breathing



Then, when you are feeling better, you can get back to learning quickly!