

Reminder- Teacher Only Day 28th August

A reminder there will be no school on the 28th of August due to a teacher only day.

Kia ora/Greetings/Kia Orana**Keeping Ourselves Safe**

This term, one of our learning focuses will be on strategies we can use to keep ourselves safe.

Our KOS parent meeting was held today.

The Keeping Ourselves Safe programme helps children and young people learn and apply a range of safety skills that they can use when interacting with others.

You can find out more at the NZ Police website below:

Years 0-3

<https://www.police.govt.nz/advice/personal-and-community-advice/school-portal/resources/successful-relationships/kos-0-3>

Years 4-6

<https://www.police.govt.nz/advice/personal-and-community-advice/school-portal/resources/successful-relationships/kos-4-6>

If you are aware of the content before it is taught, you can be prepared for questions your child may ask.

*The lessons are taught by classroom teachers, but our new School Community Constable Thomas Pearce will also be in school supporting teachers.



This week Mrs Lelieveld and the team have organised a range of fun activities to celebrate Maths Week. It has been awesome to see the thinking and fun taking place!

Sum people are wonderful!

**Zones of Regulation**

This term our teaching team is beginning research on the 'Zones of Regulation'.

A famous piece of ongoing research 'The Dunedin Study' believes that the most important disposition that indicates success in a child's life is self control.

The zones of regulation is an approach in which children learn to:

- ★ Recognise and regulate their emotions
- ★ Recognise when they are in different zones
- ★ Learn strategies to stay in or move to the green zone (where they can learn)
- ★ Explore calming techniques, cognitive strategies and sensory supports
- ★ Read facial expressions
- ★ Understand perspective about how others see and react to their behaviour
- ★ Gain insight into events that trigger their less regulated states
- ★ Know when and how to use tools and problem solving skills

The language of the zones fits with our schools values and our Knighton Way. Our aim is that our children have clear, consistent expectations throughout their time at Knighton.

We look forward to sharing with you our learning in this area.

