



EVERY CHILD CAN ACHIEVE

Luddenham News

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Children's Mental Health Week – next week

Mr Boorman on Wednesday this week delivered a whole school assembly to raise awareness on our emotions and what we can do to help manage them.

The theme for next week is: 'This is My Place.' We're always keen to ensure children feel they belong at Luddenham and are a part of our community. We've always had wonderful comments about how we feel like one big family and we're keen to ensure this continues.

So why does belonging matter here at Luddenham. Place2Be summarises this perfectly by saying:

Our mental health flourishes when we feel connected and valued. When children and young people have a strong sense of belonging, they:

- Feel more confident** to be themselves and try new things.
- Develop resilience** to cope with challenges and setbacks.
- Build stronger relationships** and communication skills.
- Experience less anxiety and loneliness.**
- Have better self-esteem** and understand their own worth.
- Feel motivated** to contribute positively to their communities.

If you'd like to do more on this at home then you can download resources for families here: [Families and communities - Children's Mental Health Week](#)



Our expectations help us develop a sense of belonging



Kindness makes people feel welcomed and cared for

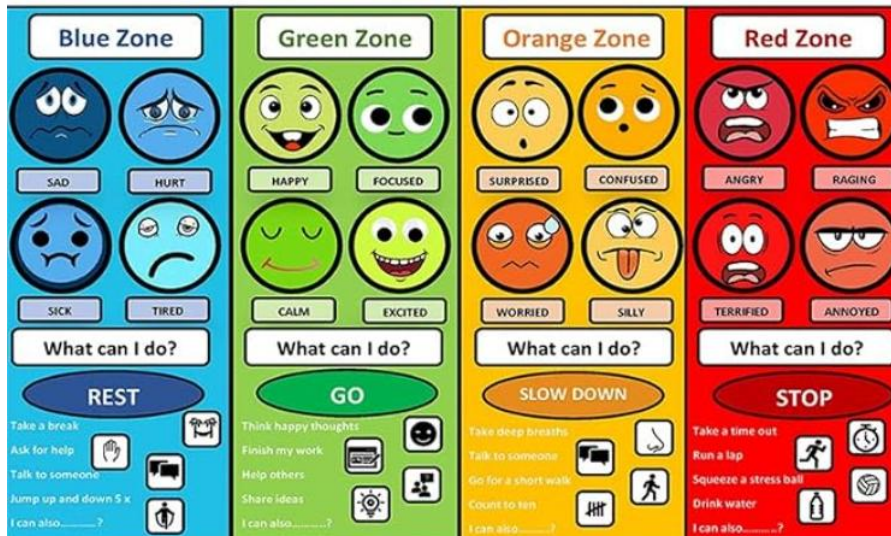
Listening shows that people's thoughts and feelings matter. By **responding**, people feel heard

Encouraging everyone to **give their best** creates a sense of purpose. Everyone's efforts are valued.

Respect ensures that differences are accepted and valued. When we feel respected, we feel safe to be ourselves, express ideas and participate fully which deepens our sense of belonging.

Zones of Regulation

What Zone Are You In?



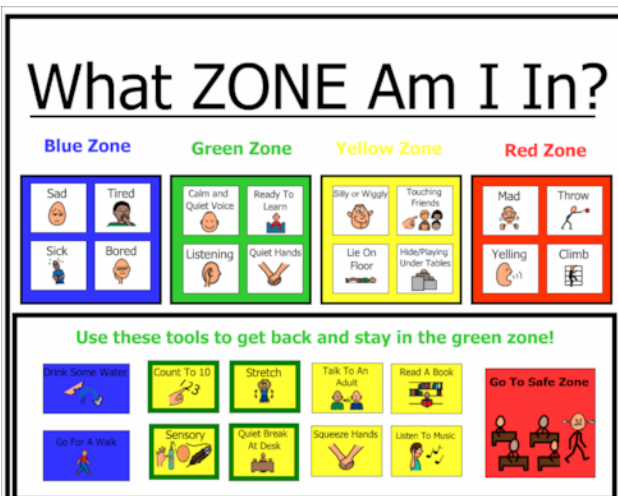
As part of our mental health week, we will be revisiting the zones of regulation. What they are and why we have them in school.

We often talk about emotions in school, but most importantly what a child can do to help them move between zones and be ready for learning. This is usually the green zone.

We talk a lot about how important it is to move which is why many of our classes often have whole class brain/movement breaks that can help children be ready for the next lesson.

They can look different in all sorts of ways, but essentially, they focus on the same thing. Identifying the emotion and what you can do when you are feeling that way.

Here are some other examples.



	I'm feeling like...	What can I do?	Symbol
5	I am out of control • I feel angry and I am not sure how to calm down. • I need an adult to help me.	<ul style="list-style-type: none"> I need to leave the classroom I need to get to a safe space I need some space 	
4	I am starting to lose it • I feel like I am starting to lose control. • I may need some space and support.	<ul style="list-style-type: none"> I can ask for a time out. I can move away from something that is upsetting me. 	
3	I'm getting agitated • I am feeling frustrated or something is worrying me. • I may need a break to calm myself.	<ul style="list-style-type: none"> I can let the teacher know how I am feeling. I can write down or draw the problem. 	
2	I can handle it • I know something is not right but I know what I need to do.	<ul style="list-style-type: none"> I can think about something that makes me smile. I can take deep breaths. I can have a drink. 	
1	I'm just right • I feel good about myself and what is going on around me!	<ul style="list-style-type: none"> I can carry on enjoying myself. 	

If you wish to know more about the zones then you can watch a video here: [Self-Regulation Curriculum | The Zones of Regulation](#). Zones are important to us all. By modelling

how we might use them can help another think about whether that would help for them.

There is not right or wrong way, but what's important is to find a safe way to support and deal with our emotions.

Using the zones at home.

You could use The Zones of Regulation in the following ways:

- Speak to your child using the language of The Zones of Regulation.
- Identify your own feelings using zones language in front of your child (e.g., "I'm feeling frustrated because..., I am in the Yellow Zone.")
- Discuss which zone a character in a film / book might be in. (e.g., "Owl looks sleepy. I think he is in the Blue Zone.")
- Label which zones your child is in throughout the day (e.g., "You look sleepy, I wonder if you are in the Blue Zone?")
- Ask your child which zone they are in.

Studybugs/ Reporting Absences



Download the Studybugs app
for reporting your child's absence.

A quick and secure way to report absence due to illness and send messages to school.



Studybugs

We now have 79% of you signed up to Studybugs. Thank you.

If you have not already done so, please follow the link in the email sent to you. Or use the QR code here.

Remember, you should not be calling the office and leaving messages.

Please use this app as its direct and immediate means we can check and manage absence quicker.

Mid-Year Reports

These will come home on Wednesday 11th February. These are a snapshot of where your child is academically and in terms of behaviour for learning and effort.

You will be able to discuss this further at Parent's Evening on 4th and 5th March 2026

Garden Design Competition

The Pupil Leadership Team would like to invite our children to help design and transform our garden space. They are keen for this space to support the delivery of the curriculum by planting things they can use and eat, alongside a space for



our gardening club to plant. We're also keen for this space to have a quiet social space during Opal Lunchtimes as well as space for our small world. We currently have a greenhouse which helps our gardening club and a Wendy house as a reading hut. We're keen to make it more inviting and useable all year round. Your child will be given a design template. This needs to be returned by **Tuesday 24th February** please.

Our head and deputy head pupils also wondered if you had any seeds or bulbs, you no longer need and would like to donate to this project, please.

Free School meal vouchers

Free school meal vouchers have been sent out this week via WONDE for the February half term. Please ensure that you redeem them as they do have an end date.

Superstar Corner

Let us celebrate together your achievements outside of school this past week. Don't forget to send in your photos.



All your hard work paid off in achieving the top award at Cub Scouts, The Silver Award.

Well done!



Congratulations on receiving the blue card this week for being Player of the Week.

Well done!



Congratulations on receiving a high merit from your ballet exam.

Well done!

LSFA

MOVIE NIGHT REMINDER 🎬

Just a reminder that our LSFA Movie Nights are on next week!

📅 10th Feb – EYFS, Y1 & Y2

🎬 SpongeBob Movie: Sponge Out of Water

📅 11th Feb – Y3, Y4, Y5 & Y6

🎮 A Minecraft Movie

🕒 3:30pm – 5:00pm (car queue pick up)

🍿 Popcorn, snacks & drink included - £4 per child – payable via Gateway

Children are very welcome to bring a blanket in to keep cosy during the movie ✨

**LSFA'S
MOVIE
NIGHTS**

10th Feb - EYFS & Y1, Y2
11th Feb - Y3, Y4, Y5 & Y6
3:30 till 5pm

10th Feb - SpongeBob Movie:
Sponge Out of Water
11th Feb - A Minecraft Movie

POPCORN, SNACKS AND DRINKS £4 PAYABLE VIA GATEWAY

Monday 9 th February	Children's Mental Health Week YR Share the Learning 2:45 pm
Tuesday 10 th February	Y6 Share the Learning 2:45 pm YR, Y1 & Y2 LSFA Movie Night
Wednesday 11 th February	Y6 School Trip – Harry Potter Studios Group 2 Safer Internet Day Y2 Share the Learning 2:45pm YR, Y1 & Y2 LSFA Movie Night
Friday 13 th February	END OF TERM
Monday 23 rd February	START OF TERM
Wednesday 4 th March	Parents Evening Scholastic Book Fair
Thursday 5 th March	World Book Day (Children will be designing T-shirts to wear in school – no costumes needed) Parents Evening Scholastic Book Fair
Friday 6 th March	Y1 School Trip – The Gulbenkian Theatre
Friday 13 th March	Red Nose Day
Monday 16 th March	LSFA Break the Rules Day
Friday 20 th March	World Down Syndrome Day – Awareness (21/3/26)
Monday 23 rd March	Share the Learning Y3 2:45pm
Wednesday 25 th March	iRock Concert 9:15am
Friday 27 th March	Rangers Day 4 Y6 Wembley Trip
Monday 30 th	LSFA Egg Hunt Y4 Share the Learning 2:45pm
Wednesday 1 st April	Y5 Share the Learning 2:45pm

