



Moss Lane School Newsletter

4th April 2025



www.moss-lane.surrey.sch.uk T: 01483 417 214

Dear Families,

What an amazing half term it has been. Everyone has had a busy week filled with learning and fun and we are all now looking forward to a restful and relaxing Easter holiday.

A big Thank you to all the people who baked, bought, donated and sold the cakes for the PTA this afternoon. The money raised really supports the school to get some of the extras that we love to have to use with the children and I am pretty sure that these activities stay with the children as treasured memories of their days at school.

I hope you enjoy this newsletter and have a very Happy Easter.

Regards

Mrs Abbott
Headteacher

Easter Egg Competition

Yesterday the children brought in their decorated Easter eggs. A big Thank you to the PTA, especially Mary McAllen for organising this event. The School Council chose the winners from each year group.

A big Congratulations to all the winners....

Bumble bees: Leo and Christian

Honey Bees: Aurora and Tomas

Squirrels: Millie and Alf

Foxes: Reuben and Nina

Hedgehogs: Dylan and Tamsin

Otters: Tristan and Delphi



What's coming up...

Tuesday 22nd April

Children return to school
Hedgehogs Woodland School

Monday 28th April

Honey bees Woodlands School

Tuesday 29th April

FGB 6.15pm

Wednesday 30th April

Perform Jungle Workshops

Monday 5th May

BANK HOLIDAY
(School closed)

Tuesday 6th May

Bumble Bees
Woodland School

Thursday 8th May

VE Day

Friday 9th May

PTA quiz night

Don't forget to check out our Facebook page with all our up-to-date information [Follow us here](#)

The Zones of Regulation

At Moss Lane we use **The Zones of Regulation** as a systematic framework to help children understand and manage their emotions, sensory needs, and self-regulation skills. It organises feelings, state of alertness, and energy levels into four coloured Zones: Blue, Green, Yellow, and Red.

A core belief of The Zones of Regulation is that all the Zones are okay. We routinely experience several of the Zones across a day. It's critically important that we don't convey the message that the Green Zone is the only acceptable Zone to be in. Acknowledge, accept, and support these feelings, never make anyone feel like the Green Zone is the norm.

It is important that emotions are positively talked about at home and school. The Zones of Regulation are displayed in every classroom as well as around school.

Blue	Green	Yellow	Red
The BLUE ZONE describes low states of alertness and down feelings, such as when a person feels sad, tired, sick, hurt, lonely, or bored. Our energy is low and our body is moving slowly when we are in the Blue Zone.	The GREEN ZONE describes a calm, alert state. We may be feeling happy, focused, content, peaceful, or calm in the Green Zone. The nervous system feels safe, organised, and connected in the Green Zone, helping us be primed to learn. However, we can learn in other Zones too.	The YELLOW ZONE describes when our energy is higher, and our internal state starts to elevate. Our emotions get a little stronger. We may be experiencing stress, frustration, anxiety, excitement, silliness, confusion, nervousness, be overwhelmed, or have the wiggles, when in the Yellow Zone.	The RED ZONE describes a state of extremely high energy and intense, very overwhelming feelings. We may be in an extremely heightened state of alertness, potentially triggering our fight, flight, freeze or flee protective response. We may feel elated, euphoric, anger, rage, devastated, out of control, panicked, or terrified when in the Red Zone.

Talk through the zones with your child. Ask them how they would feel in each zone?

- Discuss what emotion they feel in each zone e.g., in the yellow zone I may feel worried.
- How they physically feel e.g., in yellow zone I may have butterflies in my stomach or have sweaty palms (if feeling anxious).
- Then discuss what might they be doing- what be their actions e.g., in yellow zone would they be pacing around, snapping at others, fidgeting?
- Then discuss how to help them move into the Green zone e.g., if I was in the Yellow zone and feeling anxious, I might find competing some yoga stretches/ breathing techniques helps me get back into the green zone.
- Create a list of strategies that work for the child- remind your child that we are all unique and the strategies that work for one person might not help them so they need to think about what would help them.

Remind them that we will experience all zones and there are no good or bad zones- however our success in regulating our emotions depends on us recognising our emotion, understanding it and putting a support strategy in place.

If you are using zones at home and in school ensure you are all being consistent, there may be a different tool box needed for school or the same have a discussion with school to set the appropriate strategies for both places. Use the same language or visuals so not to confuse your child. Please feel free to talk to your child's class teacher about the strategies they use in school.

Safeguarding...

Safeguarding and Child Protection at Moss Lane School is committed to safeguarding and promoting the welfare of children. Safeguarding and child protection is everyone's responsibility. Safeguarding and promoting the welfare of children means: -

- Protecting children from maltreatment
- Preventing impairment of children's mental and physical health or development
- Ensuring that children grow up in circumstances consistent with the provision of safe and effective care
- Taking action to enable all children to have the best outcomes

Child protection refers to activities undertaken to prevent children suffering, or being likely to suffer, significant harm. If you're worried about a child, you can contact any member of our school's safeguarding team. We appreciate all contact with parents and families and the information they share with us; it helps us to build up a picture of each child and ensure we are supporting them as much as we can.

Email address: dsl@moss-lane.surrey.sch.uk

Designated Safeguarding Leader: Mrs Abbott (Headteacher)
Deputy Designated Safeguarding Leaders: Miss Betterton (senior teacher), Miss Forbes Wood (SENDco/HSLW) and Mrs King (EYFS lead)

NSPCC

You can also contact the **NSPCC** Helpline for free on 0808 800 5000
<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/>
<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/talking-about-difficult-topics/>

NHS Pharmacy First Service

An NHS service being provided by pharmacies across England for children and adults. We are writing to let you know about an NHS service, which is available in Boots pharmacies across England, called the NHS Pharmacy First Service. Did you know that the NHS Pharmacy First Service enables children and adults to get convenient access to healthcare advice and treatment where appropriate, for seven common conditions without the potential delay of having to wait for a GP appointment? Accessing the service may mean that can help children feel better and back to school as quickly as possible, as well as supporting parents/carers to also get better if they are unwell with one of the conditions covered under the service. There is no need to make an appointment; parents or carers can pop into their local Boots pharmacy with their child and ask for help under the service. Support for the following conditions can be accessed under the service, free of charge (unless NHS prescription charges apply):

Common condition Patient eligibility

- Earache 1 to 17 years
- Impetigo 1 year and over
- Infected insect bites and stings 1 year and over
- Sore throats 5 years and over
- Sinusitis 12 years and over
- Uncomplicated urinary tract Women 16 to 64 years
- Shingles 18 years and over

Easter Egg Hunt

Today the Easter Bunny visited and all the children got the opportunity to take part in our traditional Easter Egg hunt.



Reminders...

Before and After School For a calm and orderly start and end to the school day, we kindly ask that children refrain from playing on the school equipment before and after school. In the mornings, children should wait calmly with their parents on the playground until they are called into school at 8:45 am. At the end of the day, whilst we understand the temptation to stay and play, we kindly ask that you leave the school grounds promptly. This will allow staff to secure the site. Children should also be reminded to walk bikes or scooters on the school playgrounds. This ensures everyone's safety. Thank you for your cooperation.



We are a Healthy School

We know it can sometimes be difficult to satisfy children's taste buds, particularly if they are fussy eaters. However, pupils need a full stomach in order to concentrate and be active during the school day. We are a healthy school and aim to teach pupils to make choices that are beneficial to them.

At break time, fruit is provided for all children.

Please note - We have a no nuts policy; this includes no chocolate spread and chocolate pancakes which also contain nuts.

When preparing a packed lunch please include: -

- Savoury main course - (sandwiches, rolls, pitta pockets, etc.)
- Salad / fruit - (vegetables sticks, grapes, banana, etc.)
- Snack / dessert - (consider alternating items such as crisps/biscuits with a healthy option such as yoghurt, rice pudding, etc.)
- Drink - water or juice (no fizzy drinks, please).



Packets of sweets or bars of chocolate are not allowed and will be taken from your child. However, if your child does like a sweet treat after their savoury lunch, they could have a biscuit based lunch box treat or a small cake bar.



Examples of these are: For more information on healthy packed lunches go to <http://www.nhs.uk/Change4Life/Pages/healthylunchbox-picnic.aspx>.

Community news

Flower Fairies The Magical World of Cicely Mary Barker

Watts Gallery Artists' Village, Compton

Tues 22 Oct – 27 April 2025

Step into the enchanting world of Cicely Mary Barker, the creator of the much-loved Flower Fairies, in this playful, family-friendly exhibition this October half term. Celebrating the life of an extraordinary artist, author and illustrator, the exhibition explores Cicely's journey as an artist – from her childhood sketches to postcard designs and the illustrated books she created later in life. It's an interactive exhibition with lots of hands-on activities for children. The exhibition is included in general admission.

Easter Family Fun Day

Yvonne Arnaud Theatre, Guildford

Tue 8 April

Who doesn't love a craft and creating day free of charge? Head down to Yvonne Arnaud's Mill Studio for a day dedicated to family friendly Easter fun. There will also be a Spring themed singalong for anyone wanting to partake. Book now to secure your spot!

Easter at the Museum

Farnham Maltings

Sat 19 April

Farnham Malting's Farm experience consists of meet and greets with little lambs and other farm animals, as well as wool themed activities like spinning and weaving. There will also be Easter crafts and a scavenger hunt on the table. Suitable for ages 3-11, sessions run throughout the day costing £6.50 for kids and £1.50 for adults.

