



The EPICentre of Learning

Summer Fair, TONIGHT: A Massive Thank You! We would like to say a huge thank you for the incredibly generous donations we have received for the Summer Fair. Your support makes a massive difference to the success of the event, and we are deeply grateful for your kindness.

Important: Cash & Card Info Please remember to bring cash with you to the fair! While we will have card machines available at the Bar and BBQ, all other stalls will be cash-only.

Fantastic Entertainment Line-up We have a brilliant line-up of entertainment:

- A wonderful performance by the school choir
- An exciting martial arts display
- Live music from our local Exminster neighbour, Phillip

The Cold Water Challenge! There is still time to cast your vote! If you think a certain member of the school staff deserves to take on the legendary cold-water challenge, make sure to get your votes in soon. We can't wait to see you there!

Transition morning, Wed 8 July: We're looking forward to our **Transition Morning on Wednesday, July 8th!** This is a fantastic opportunity for all children to experience their new classrooms and meet their new teachers.

Here's what you need to know:

- **Arrival:** On Wednesday morning, all children should go directly to their **new classrooms**, not their current ones. They'll register there (see the map of drop off zones).
- **Morning Routine:** Before lunchtime, children will switch back to their current classrooms and teachers.
- **End of Day Pick-Up:** Please pick up your children from their **current classrooms** at the end of the day.

Special arrangements for Year 6:

- **Year 6 Transition Day:** If your Year 6 child has a secondary school transition day on Wednesday, July 8th, they should go directly to their new secondary school.
- **Year 6 Remaining at School:** Year 6 children who *do not* have a secondary school transition day on July 8th will register in the **school hall and be with Mrs Thompson and Mr Pinnick for the morning.**

Welcome to Year group meetings

We're excited to invite you to our "**Welcome to the New Year Group**" meetings held throughout the week in the hall:

Monday 6 July	3pm	Welcome to Y1
Tuesday 7 July	3pm	Welcome to Y2
Wednesday 8 July	3pm	Welcome to Y3
Thursday 9 July	3pm	Welcome to Y4
Friday 10 July	3pm	Welcome to Y5
Monday 13 July	3pm	Welcome to Y6

Friday 3rd July 2026

Future Dates

Friday 3rd July – School Summer Fair 4.30pm – 7.00pm

Monday 6th July – Deadline for ordering lunches for w/c 13th July

Wednesday 8th July – Transition Morning for new classes

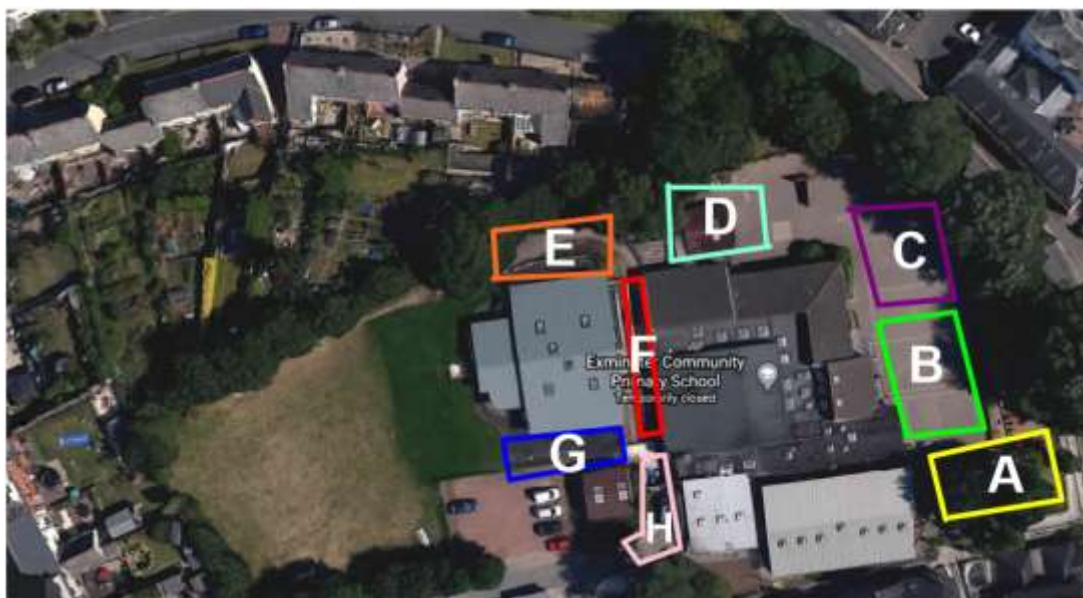
Headteachers: Mrs S Whalley and Mr I Moore

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There will be an opportunity at the end of these sessions to speak to class teachers if there are individual questions or information you wish to pass on to their new class teachers. Below are the new zones to drop your children in the morning.



Current class	New Class name	Year group	Teachers	Classroom	Drop off zone
Pre-schoolers	RGS	Reception	Miss Greenslade Mrs Martin	RGS's current classroom	D
Pre-schoolers	RMS	Reception	Mrs Macdonald Mrs Miller	RMS's current classroom	F
RMS (Mrs Macdonald, Mrs Martin)	1BH	Year 1	Mrs Barr Mrs Hyde	1BH's current classroom	C
RGS (Miss Greenslade, Mrs Fuller)	1CH	Year 1	Mrs Chafer Mrs Hyde	1CH's current classroom	D
1BH (Mrs Barr, Mrs Hyde)	2D	Year 2	Mrs Dunlop	2T's current classroom	B
1HP (Mrs Hyde, Mrs Chafer)	2CM	Year 2	Mrs Coville Mrs Martin	2CM's current classroom	B
2T (Mrs Thompson)	3R	Year 3	Miss Raybould	3AM's current classroom	A
2CM (Mrs Coville, Mrs Martin)	3S	Year 3	Miss Seviour	3S's current classroom	A

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Current class	New Class name	Year group	Teachers	Classroom	Drop off zone
3AM (Mrs Miller, Ms Angel)	4S	Year 4	Mr Scott	4S's current classroom	A
3S (Miss Seviour)	4BC	Year 4	Mrs Chandler Mrs Badcott	4BC's current classroom	A
4S (Mr Scott)	5P	Year 5	Miss Pavitt	Yellow room, Hub	G/F
4BC (Mrs Badcott, Mrs Chandler)	5AA	Year 5	Miss Allen Ms Angel	Green room, Hub	E/F
5P (Miss Pavitt)	6NS	Year 6	Mrs Sydenham Mrs Nowell	Orange room, Hub	E/F
5JB (Mrs Jones, Mrs Badcott)	6JB	Year 6	Mrs Jones Mrs Badcott	Blue room, Hub	G/F

Wraparound Care and Sports Clubs: Early/Epic Eve clubs and Sports Clubs are now live on MCAS for Autumn 1 (September/October).

New Autumn Menu: Don't forget you can order from the new menu for September via MCAS now.

National Online Safety Guides: This week's guide is on What You Need to Know about Creative Ways to Encourage Reading.

The Zones of Regulation Talks: Thank you so much to everyone who was able to join us for our recent **Zones of Regulation** presentation. It was wonderful to see so many of you there, partnering with us to support our children's emotional well-being.

For those who couldn't make it, or if you just want a quick refresher, here is a brief overview of what we covered and how you can use these tools at home.

What is the Zones of Regulation?

The Zones of Regulation is a framework that helps children understand and manage their feelings. It categorises all the ways we feel and our states of alertness into **four coloured zones**, teaching children that *all* zones are natural parts of life, but helping them recognise when they need to use strategies to get back to a calm state.

Zone	How We Feel	State of Energy
 The Blue Zone	Sad, tired, bored, sick, or lonely	Low energy, moving slowly

Zone	How We Feel	State of Energy
 The Green Zone	Happy, calm, focused, proud, and ready to learn	Ideal state for learning and connecting
 The Yellow Zone	Frustrated, anxious, excited, silly, or nervous	Elevated energy; starting to lose some control
 The Red Zone	Angry, terrified, overjoyed/elated, or out of control	Extremely high energy; intense feelings

Using the same language at home that we use at school creates a powerful, consistent environment for your child. Here is how the tips we shared can be highly useful in daily family life:

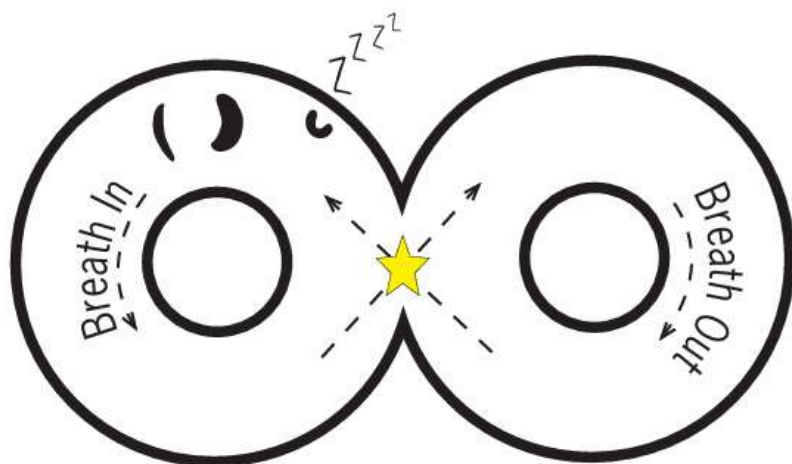
- **Model it yourself:** Normalise talking about feelings by labelling your own zones. (*e.g., "I'm feeling a bit tired and in the Blue Zone right now, so I'm going to drink some water to help me wake up."*)
- **Create a "Toolbox" together:** Talk to your child when they are calm (in the Green Zone) about what helps them soothe or re-energise. This could be deep breathing, a sensory toy, listening to music, or having a quiet snack.
- **Focus on regulation, not punishment:** Remember, there are no "bad" zones. When a child is in the Yellow or Red Zone, they need co-regulation and support to feel safe and calm down before they can reflect on their behaviour.
- **Check-in daily:** Use a simple visual chart on the fridge or ask during dinner, "*What zone are you in right now?*" to build emotional awareness.

Thank you again for your continued support. Together, we are giving our children the vital tools they need to navigate their big emotions with confidence!

Mental Health Weekly Update: Skill Building through play: Mid-summer is perfect for practicing the social-emotional skills needed for a new class.

- **The Tip:** Focus on turn-taking and resilience through board games or sports.
- **Zones Connection:** Play is the best way to practice staying in the Green Zone when things go wrong (like losing a game).
- **Action Item:** When your child gets frustrated (Yellow Zone), model a "calming tool" like deep breathing before continuing the game.

Lazy 8 Breathing



Trace the Lazy 8 with your finger starting at the star and taking a deep breath in.

As you cross over to the other side of the Lazy 8, slowly let your breath out.

Continue breathing around the Lazy 8 until you have a calm body and mind.

Dawlish College SEND Coffee and Catch Up: Join this event on Friday 10th July at 2.30pm. See poster for details.

St Thomas Library Summer Book Quest: Please see attached leaflet for more information.



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