



"United we, Empower, Nurture and Challenge."

"Wrth uno mae'n ein arfogi i feithrin a herio."

Year Group Booklet

Reception

Summer Term 2020

Stay Safe, Stay Learning

If you have any queries or concerns please email:
mainoffice@blackwoodprimary.org

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1. Introduction

The Reception Team would like to take this opportunity to welcome you back to Blackwood Primary School.

Within this booklet you will find a range of helpful information about our new school environment, important information and changes that have been made with your child's wellbeing and safety at the heart of decisions made.

2. On entry to and exit from the school/ classroom

- Children and parents/carers arrive at the car park gate for 8.50am.
- A member of staff will greet and direct them to the hand sanitiser station at their classroom door.
- Children will be welcomed by the teacher from their bubble at their classroom entrance.
- Children will sanitise hands on entry and will be directed to their work station.
- Children will store packed lunch and snacks, coats and other weather appropriate items e.g. sun hat/ glasses in their personal storage space.

3. Classroom Environment

Workstations

- A child's workstation refers to a designated work space with an individual work pack that consists of the resources they will need.
- Children will have access to a variety of resources, they will wash hands before and after use.
- At the end of the day any shared resources will be cleaned appropriately.

Timetable

- The day will consist of four sessions divided by two 15 minute comfort breaks and a 30 minute lunch break.
- During the sessions, children will have a variety of activities to engage them throughout the day. There will be an emphasis on emotional, mental and physical well being and an opportunity to refresh relationships with friends, peers and trusted adults. There will also be opportunities to revisit some of the childrens' literacy and numeracy skills through interactive activities.

Universal Provision

- Universal Provision forms the foundation for all other provision or support made available to children in Year 2 and Blackwood Primary School. Provision includes strategies, resources and the environment that supports teaching and learning.
- Children will be supported through their emotional and wellbeing transition into Year 2 through a range of strategies and resources listed below.

Emotional regulation:

5 Mindful Calm down breathing techniques

5-4-3-2-1 Grounding Exercise

Calming Strategies

Emotional Charts

Self Regulation Basket/Box

These strategies and resources can be used at home before and during their time in class

5 Mindful Calm down breathing techniques:

It's easy to remind a child to take some deep breaths while a meltdown is imminent, but most kids do quick, shallow breaths. Unfortunately, shallow breaths don't do much to regulate our bodies.

Instead, we need to take long, deep breaths from the bottom of our bellies to really calm our bodies down.

Long, mindful breaths.

1 - Rainbow Breathing:

This breathing technique is all about stretching up and out as you paint the colours of the rainbow across the sky. Here's how to do rainbow breathing:

1. Breathe in as you slowly raise both arms straight up above your shoulders.
2. Hold your breath and arms up for 3-5 seconds.
3. Breathe out as you slowly lower your arms until they are level with your shoulders.

2 - Elevator Breathing

Imagine you are in the lobby of a building and you spot an elevator. You're going to get into the elevator and ride it all the way up to the top floor and then ride it all the way back down. Here's how to do elevator breathing:

1. Sit tall in a chair or sit cross-legged on the floor and place one hand, with palm facing down, on your lap.
2. Stack your other hand, with palm facing down, on top of your other hand.
3. While breathing in slowly, raise your top hand up to your chin as if it is an elevator.
4. Hold your breath and your hand, imagining people exiting the elevator, for 3-5 seconds.
5. Breathe out as you slowly lower your hand back to its original starting position.

3 - Take Five Breathing

1. Make a fist.
2. Breathe in and out.
3. Stick out your thumb.
4. Breathe in and out.
5. Stick out your index finger.
6. Breathe in and out.
7. Stick out your middle finger.
8. Breathe in and out.
9. Stick out your ring finger.
10. Breathe in and out.
11. Stick out your pinky/little finger.

4 - Snake Breathing

Get ready to hiss like a snake:

1. Breathe in.
2. Hold for 3-5 seconds.
3. Make a hissing sound as you breathe out.

5 - Square Breathing

1. Use your index finger to quickly draw a square in the air while breathing in slowly.
2. Draw the same square again while breathing out slowly.

5-4-3-2-1 Grounding Exercise

This is a very simple and extremely effective grounding exercise. It will distract a child from the anxiety trigger, help focus on the present moment and relax.

Ask the child:

Name 5 things you can SEE in the room

Name 4 things you can FEEL

Name 3 things you can HEAR

Name 2 things you can SMELL right now

Name 1 thing you can TASTE.

Calming Strategies

- Divert attention: change the subject, sing a song, pay attention to something else
- 'Change to scene' - take outside
- Listen to soothing music/sounds (whales, calming music, etc)
- Show calming images/videos
- Talk to someone - teacher TA
- Use one of the 5 mindful breathing techniques - see cards
- Use the 'Grounding' exercise - see sheet
- Use items in the 'self regulation' basket - one in every class
- Express emotion using an emotion chart to open discussion about feelings.

Emotional Charts

Emotions Charts are widely used because they provide a simple way to assist kids in:

- identifying emotions
- labeling emotions
- expressing feelings
- grading the intensity of those feelings

Lots of children have all or nothing thinking. They see things as black and white. For example, they are either happy or sad, energetic or tired. Some children can struggle to voice when they are in the middle 'grey' areas' of feelings and emotions. In offering an open dialogue with a child where they are able to report their thoughts and emotions on a scale can be a good opportunity to develop their deeper thinking. You can modify scales to compliment a child's understanding, they may prefer pictorial scales or numerical scales.

Self Regulation Basket/Box

Self regulation baskets/boxes will have a range of multi sensory resources that children can access throughout the day. Resources will be cleaned and sanitised accordingly.

4. Classroom layout

On entry an adult will open your gate. Stand in line behind the yellow line to keep a safe distance apart.



Your teacher will greet you at the classroom door.



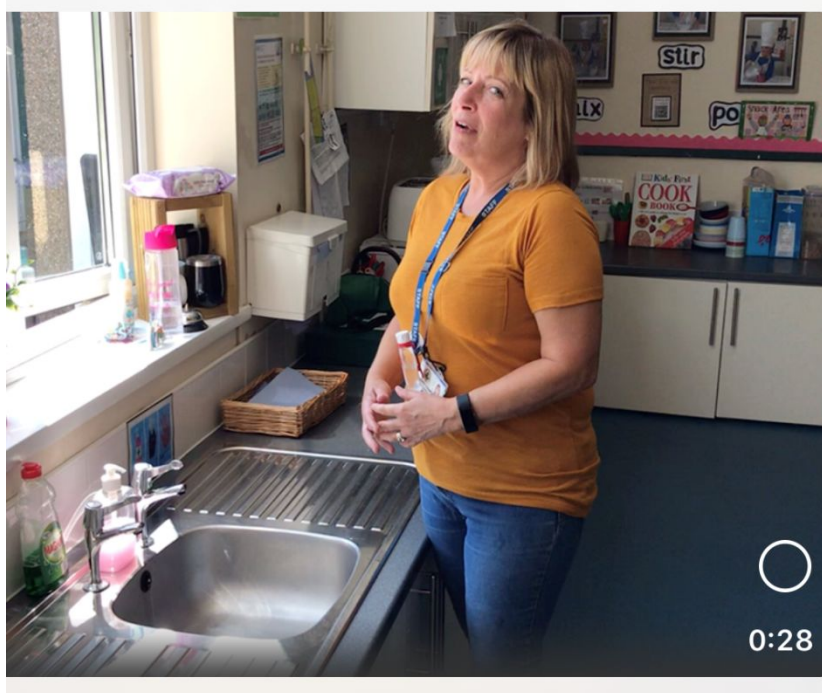
Some areas will look the same as before but some will be different.



You will have your own workstation and pack of activities.



You will need to wash your hands before and after each activity.



5. Use of the toilets

- Toilets will be divided into two bubbles and will become unisex toilets.
- A picture of the class teacher will be on the toilet doors



- One child at a time will use the toilet facility.
- As usual children will be encouraged to wash their hands after using the toilet.



6. On exit from the classroom and school

- Children will gather all belongings and stand by their work stations.
- Children will be called one at a time to wash hands/sanitise hands.
- At the end of the session a member of staff will greet parents and call for each child, maintaining social distancing.
- Please maintain social distancing while waiting to collect your child-WE WILL RELEASE PROMPTLY AT 1.50.

7. Seesaw for Continued Distance Learning

Distance learning

- Work is available every Monday from 9am, for the week via Seesaw.
- English, Maths, Theme, Wellbeing/ ELSA/ COMIT tasks/activities will be set.
- Teachers will continue to leave comments to encourage and motivate.

8. Communication

- School Website - www.blackwoodprimary.org
- Follow us on Twitter:
 - Main school - @Blackwood_PS
 - Reception twitter - @ReceptionBPS
 - Forest Schools - @ForestSchoolBPS
 - Health & Wellbeing - @WellbeingBPS

9. Welcome Video

[A welcome to your bubble video from your reception teachers.](#)

If you have any queries or concerns whilst the school is closed, please email:
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