



# Greenfield Academy

## Weekly Newsletter

Friday 14<sup>th</sup> March 2025



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### Mrs Neophitou's News

#### Recognising Body Cues

This week we have been learning about where we feel different emotions in our body e.g. if we are angry we might tense our body and screw up our face. The children all joined in with the following body scan which helps to increase self-awareness and self regulation:



The green zone.....the learning zone!!  
We are expected to be in the Green Zone while we are learning. It is when our brains and bodies are relaxed and focused!

How does my body feel?

My energy level is just right!



I am calm, focused and ready to learn!



#### Why don't you try it at home?

- 1) Put your hands on your head. Close your eyes. How is your head feeling? Do you see any colours?
- 2) Keep your eyes closed. Put your hands on your heart. How is your heart beating? Fast? Slow?
- 3) Hold out your hands so that they touch. How are your hands feeling? Cool? Warm? Soft?
- 4) Rub your hands together. Slowly. Now quickly! Stop! How do they feel?
- 5) Put your hands on your belly. Big belly breath in. Big belly breath out. Are your hands moving up and down? How does your belly feel?
- 6) Put your hands on your knees. Give them a little squeeze.
- 7) Wiggle your toes. How are they feeling?
- 8) Let's all take one more big belly breath together and then open our eyes

### Weekly Attendance

Week Beginning 10/3/2025

Nursery Rosen – 85.7%

Reception Donaldson – 94.6%

Y1 Butterworth – 94.7%

Y2 Thomas – 96.7% ★

Y3 Mackesy – 100% ★

Y4 Dahl – 96.0%

Y5 Dickens – 93.7%

Y6 Shan – 99.3%



### Parent Survey

Thank you to all our parents/carers that attended parents evening this week. If you have not completed the parent survey please can you do so by following this link or QR code:

<https://forms.office.com/e/npgi2Svw84>

You only need to complete it once per family and your views are very much appreciated.

Greenfield Parent survey - Spring 2025



### Reminder

We will be having an Eid Family Celebration on Wednesday 2<sup>nd</sup> April from 3.15pm until 4.30pm- put the date in your diary as it is going to be a fantastic event!





## SUPERSTAR LEARNERS OF THE WEEK



These children have impressed their teachers this week with their **dedication and super attitude to their learning!**

Nursery- (Rosen)	<b>Momina</b> - for showing good listening skills!
Reception (Donaldson)-	<b>Zakariya</b> - for improved behaviour this week!
Year 1 (Butterworth)-	<b>Fareedha</b> - for settling in well and showing a super attitude!
Year 2 (Thomas)-	<b>Jola</b> - for working hard with his punctuation!
Year 3 (Mackesy)-	<b>Grace</b> - for settling in well and always trying her best!
Year 4 (Dahl)-	<b>Laaibah</b> - for trying hard with her writing!
Year 5 (Dickens)-	<b>Eesa</b> - for showing resilience with his learning!
Year 6 (Shan)-	<b>Maryam</b> - for quietly working super hard in all subjects!

**WELL DONE SUPERSTARS WE ARE PROUD OF YOU!**

**BELIEVE    ACHIEVE    SUCCEED**

