



TEALBY PRIMARY SCHOOL

'Aspire, Believe, Achieve'

Headteacher: Mrs Z Humberstone



Summer Term Newsletter 4

Friday 16th May 2025

As part of our PSHE work on relationships and understanding emotions and feelings, Class 2 enjoyed a workshop from the Lincolnshire Stay Safe Partnership. Here are a few takeaways to help families and children at home.

Key Information
Today, a member of the Stay Safe Partnership delivered a helpful workshop to Year 2.
The workshop is an interactive session where pupils develop their understanding of their emotions and feelings.

Learning Objectives
1 To understand why each emotion is important
2 To reflect on what makes us feel these emotions
3 To learn techniques we can use to help us cope with emotions
4 Engaging the session with our classmates

Session Content
Students learn to understand their emotions and feelings.
Some feelings of Year 2 that make them feel happy & sad.
This helps them to understand their emotions and feelings.
Students learn that feelings can be helpful or unhelpful.

Tools to take away from the session:
Thinking: Allow children to process their emotions through writing or drawing.
Relaxation: Practice breathing techniques including finger breathing & mirror breathing.
Distraction: Play a game, cuddle a pet, do something creative, when they are ready, talk to them calmly.
Space: Allow children space and time to process their emotions.
Movement: When struggling to process their emotions, go for a walk or run, then if they want to go to a park.

How can I help at home?
Validates their emotions
Let them know their feelings are normal
Ask them where they are on their emotion traffic light
Recognise
Reflect
React

Well done to our hardworking Year 6 pupils for approaching this week with such resilience and determination – you most definitely deserved the rest this afternoon...



Miss Brown would like to share our new idea to help our families to access new books – please see below for more information.

Free Book Friday
BOOK SWAP EVERY FRIDAY AFTER SCHOOL
TAKE A BOOK FROM THE TROLLEY
ENJOY IT
DONATE OLD BOOKS FOR OTHERS TO ENJOY!

Catch up with us on Facebook...

Tealby School
276 followers • 12 following
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</weekly-online-safety-updates/>



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Who is feeling 'PROUD' this week?



Positive purple slips have been flying around the school this week!
I was visited by so many children excited to share their super achievements.

Bea, Thea, Martin, Noah and Margaux are really proud of themselves for their hard work in outdoor learning.



Isabella, Elsie-Mae and Hannah brought their marvellous maths work to show me!



Last weekend Aiden was inspired to make a book of "My singing monsters" a game he likes to play. He also wrote out the sounds and drew the pictures too. Well done Aiden – what an inspiration!

Woah! What a lot of brilliant learning has taken place this week.

Share your child's proud moments for our weekly newsletter highlights!

Important Dates

Wednesday 21st May	Parents Meeting: Norfolk Lakes 3.10pm in the Mobile Classroom
Friday 23rd May	Share a Book and a Biscuit with the children 2.30pm onwards
Friday 23rd May	Break up for Half-term
Monday 2nd June	Back to School
Wednesday 4th June – Friday	Norfolk Lakes Residential Y4/5
Monday 2nd June – Friday 13th June	Year 4 Multiplication Checks MTC-information-for-parents
Monday 9th – Friday 13th June	Phonics Screening Y1 phonics-screening-check-information-for-parents
Wednesday 11th June	Sports Day 1pm start
Thursday 12th June	Year 6 Forest School
Thursday 19th June	Year 6 Forest school
Thursday 25th June	Year 5 Taster Day De-Aston
Monday 30th June	Whole School Transition morning
Tuesday 1st July	Whole School Transition morning
Thursday 3rd July	Year 6 Forest School
Monday 7th July	Whole School Transition afternoon
Tuesday 8th July	Whole School Transition afternoon
Wednesday 9th - Friday 11th July	Year 6 London Trip
Wednesday 16th July	Year 6 Leavers' Trip
Friday 18th July	PTFA Big Camp Out
Tuesday 22nd July	Year 6 Leavers' Assembly 2pm at Tealby Church
	End of Term
Thursday 4th September	Back to School