

## FOULDS SCHOOL NEWSLETTER

[www.fouldsp.org](http://www.fouldsp.org)

Thursday 10th  
September 2020

Volume 14 Issue 1

Dear Parents and Carers,

I would like to start by welcoming you back to Foulds for the start of the Autumn Term and thank you for your understanding as we iron out the kinks in our drop off and pick up system. It is so wonderful to have the school filled with children again and to be able to say hello to you all again at the gate.

The children have come back to school incredibly well. We couldn't be prouder of how happy they are, how resilient and how kind they are to each other. The first weeks back we always have a focus on the social and emotional side of returning to school. This week and next, the focus is very much on the children's mental health and them processing the past few months, working as a team with their classmates to recreate bonds and thinking about how they feel.

Whilst many of our extra-curricular activities remain on hold whilst we await further guidance, the teachers have worked hard to ensure the children are having the best experience of school and not phased by the changes to the daily timetable that have been inevitable now that we are working in 4 bubbles. We do hope to reintroduce some extra curricular activities as soon as possible, but this may not be until after the half term break.

We are of course continuing with our values work (respect, resilience, responsibility, teamwork, kindness and self-belief) and these as well as growth mindset and the learning pit have all featured in the children's school week and will continue to do so as approaches that are integral to reaching our vision of building a community of lifelong learners.

This year we are introducing the zones of regulation (something we piloted last year with Yr 5 and 6) throughout the school. The idea behind the zones of regulation is that of self-regulation. Throughout every day we go through a whole range of emotions - tiredness, excitement, frustration - and we all encounter trying circumstances that test our limits from time to time. If we are able to recognise when we are becoming less regulated, we are able to do something about it to manage our feelings and get ourselves to a healthy place. The zones are a way to teach the children self-regulation by categorising all the different ways we feel and states of alertness we experience into four concrete coloured zones. In terms of learning, the zones can be used to help the children judge for themselves whether they are in the right frame of mind to focus on their learning and if not, how to manage their emotions to get themselves into the right zone. The children will be starting to learn about the zones of regulation over the coming weeks and term. Further into the year, we plan to make a video for parents about zones of regulation to give you more information as we think the zones can be really useful to use at home too.

With the office busier than ever, fielding calls where parents are unable to now come in and speak in person, we are going to move the newsletter from weekly to fortnightly. Please do remember to check the updates and dates each fortnight when it is emailed out to you.

Kim Sanett

## Just Giving - Foulds Eco Classroom

Due to an error, you will have received a refund from **Just Giving** of your sponsorship money raising money for our run back in July. If you could please re donate using the link below, it would be appreciated. Sorry for any inconvenience;

<https://www.justgiving.com/crowdfunding/fouldsecoclassroom>

# Congratulations to Foulds 2020/21's Sports and House Captains

## Byng

Sports: Frankie & Nicole

House: Adam & Lexi

## Pepys

Sports: Daniel & Lyra

House: Aarav & Lisa

## Hadley

Sports: William D & Mahdia

House: Adetayo & Kara

## Warwick

Sports: Albee & Isla T

House: William A & Scout

We look forward to seeing them make the most of their positions.

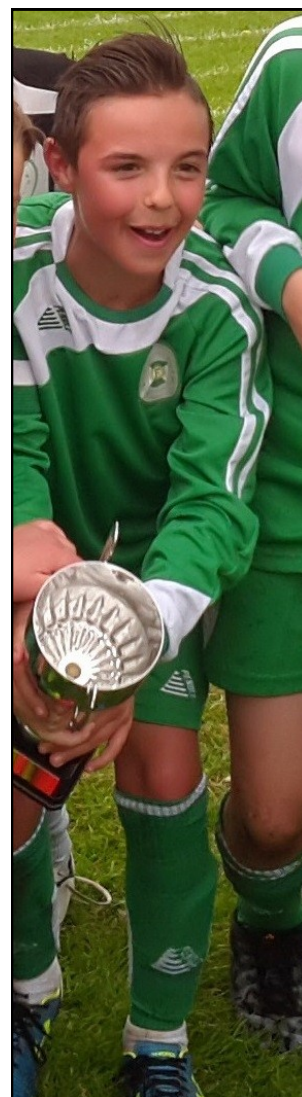


# FOULDS SPORTS NEWS

Ex Foulds pupil and keen footballer Ollie Turner has been offered a full time scholarship with Tottenham Hotspur Football Club which started in August 2020. Ollie will combine an academic programme whilst also training full time during the week and playing Premier League U18 matches at the weekend.

Ollie was scouted by Tottenham at the age of 6 and has now been with the club for over 10 years. He made his debut for the senior Foulds team in Yr3 scoring in his first match. He played every season through to Yr 6, captaining the team to a number of cups and titles including the 2015-16 Central League title.

Ollie said "I absolutely loved my time at Foulds, both in the classroom but also representing Foulds in many sporting activities. Mr Morley was brilliant with the passion and energy he put into the school sports programme which brought much enjoyment to all of us and plenty of success. I will always have fond memories of my time at Foulds school"



# Community Litter Pick

Dear all,

On Sunday 27th September we will be holding our first (much needed) community litter pick of the year! Due to the ongoing restrictions, however, we have deemed it safest for volunteers to head out either alone or in small socially-distanced groups of friends or neighbours.

As a result of our Litter-Free June campaign, many of you have been provided with equipment already (thank you for the amazing work you have been doing and for all the photos you have been sending in!). If you would like to volunteer for the litter-pick, and need equipment (or just a bag top-up / high-vis vests), please collect from Kronos & Rhea, our new zero-waste shop on the High Street. They will also be open on the Sunday to provide equipment and water refills.

Closer to the time we will send a list of litter hot-spots, but feel free to just do the streets / green spaces local to you if that suits you better. Please do share photos of the day, either by email or on social media, just don't forget to tag us!

As ever, thank you for all your help and support!

Best wishes

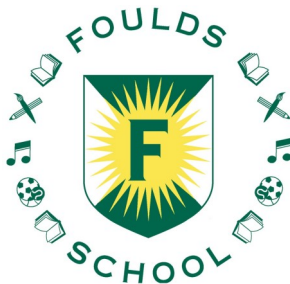
Nanna  
Green Beings High Barnet



# FOULDS NOTICE BOARD

## PARKING

Would parents/carers please remember to park considerately; not on the zig-zags outside the school nor over our neighbours' drives, thank you.



## SCHOOL MEALS



Please use **ParentPay** to keep on top of your child's school meal balance, thank you



## ABSENCES

If your child is sick or will not be in school for any particular reason please could you telephone the office on **020 8449 2714** as soon as possible in the morning to let us know.

This is particularly important if your child is on the 'Walk to School' register.

**Please note children must not return to school for 48 hours following the last bout of either sickness or diarrhoea or both together. Many thanks.**



## NAMING UNIFORM & KIT

A reminder that all school uniform and kit should be clearly labelled.

## LOST PROPERTY

Please check the cupboard outside the library (in the departure lounge) for any items your child has lost. Thank you.

## WELCOME

To Finlay who has joined Foulds this week—we hope you enjoy your time with us.



## FOULDS PTA NEWS



## Foulds School Lottery

Exciting news, we are launching our very first Foulds school lottery.

Our site address for joining the lottery is:

<https://www.yourschoollottery.co.uk/lottery/school/foulds>.

The draw takes place every Saturday and winners are notified by e-mail.

You could win up to £25,000

Guaranteed weekly cash prize for one of our players.

It takes less than 5 minutes to sign up.

