



North Molton Primary School

*'Love learning, learn well'*

Friday 13th June 2025

## Message from the Headteacher

**Harbour**  
Schools Partnership  
A guiding light for education

Dear Parents/Carers,

This week we have been learning about **ZONES OF REGULATION**.

This is a really useful tool for teaching children about their emotional states.

Firstly, it is vital that children know what it feels like to be in each zone. For example, the yellow zone is a higher energy state. It can feel fizzy, jumpy and hot.

Once children understand what each zone feels like, we can then build personalised strategies to

support them back into the green zone. For some, that may be breathing and moving into a quiet space. For others, it may be surrounding themselves with people. We all regulate in different ways but for children, we must teach them to recognise these feelings to help them identify what zones they are in and equip them with a tool kit to help them move back towards the green zone.

Remember, this is not just for children!

Mrs Pennington and I have found it very useful to communicate our feelings and what each other need when we are in the yellow zone! I found it hard to believe but apparently, I do things when she's in the yellow zone that push her towards RED rather than GREEN!

Please watch the video with your child and get them to share their understanding and begin a conversation of joined up learning between home and school about emotional regulation.

[https://www.bing.com/videos/riverview/relatedvideo?](https://www.bing.com/videos/riverview/relatedvideo?&q=zones+of+regulation+videos+for+kids&adlt=strict&mid=4621E0C68D131D0BC5ED4621E0C68D131D0BC5ED&&FORM=VRDGAR)

[&q=zones+of+regulation+videos+for+kids&adlt=strict&mid=4621E0C68D131D0BC5ED4621E0C68D131D0BC5ED&&FORM=VRDGAR](https://www.bing.com/videos/riverview/relatedvideo?&q=zones+of+regulation+videos+for+kids&adlt=strict&mid=4621E0C68D131D0BC5ED4621E0C68D131D0BC5ED&&FORM=VRDGAR)

Have a great weekend!

Mr Pennington

(Acting Headteacher)





North Molton Primary School

*'Love learning, learn well'*

**Harbour**  
Schools Partnership  
A guiding light for education

## School News

### **\*\*BREAKFAST CLUB\*\***

Breakfast club is now **FULLY BOOKED** for **MONDAY & THURSDAY** of next week. Therefore please note, if you have not booked your child a space in advance, we will not be able to accept them on the day. All bookings for breakfast club must be made in advance by calling or emailing the school office. Thank you.

## School Celebrations



Maisielynn came fourth in a competition at Devon County Show for drawing a birthday cake for Princess Charlotte. She won a rosette and two certificates!

Well done Maisielynn!



# North Molton Primary School

*'Love learning, learn well'*



## Falcons

This week Falcons Class took part in one of the last Kingfishers Freshwater Projects with Alice Mills and Reg Godwin. The project has been a wonderful chance for the children to monitor our local river and to test it for phosphates and nitrates. This week Alice and Reg collected additional samples. Reg's collection was being sent to Greenpeace and is looking for chemicals or pollutants we may find in our rivers, including medicines and household chemicals. Alice was collecting samples to discover any parasites which can be found which may be able to be harboured to help to fight bacterial illnesses and diseases. This was an exciting opportunity for the children to work with 'real scientists' and we look forward to sharing the results with you in the coming months!





North Molton Primary School

*'Love learning, learn well'*

**Harbour**  
Schools Partnership  
A guiding light for education

**Ice-Cream Fridays are  
Back!!**



The PTA will be selling ice-creams after school on a Friday for the remainder of this half term, (weather dependant). Find them on the grass by the turning circle.

**PTA Family Bingo Night**

**FRIDAY 20th JUNE**

***Doors open at 6.00pm, Eyes down 6.30pm***

Refreshments and cakes available on the night.

BYOB for a small corkage charge.

Prize bingo - chocolate line prizes, chicken dinner and breakfast box house prizes.

Raffle donations very gratefully received.

**To Book a table message 07767 883223**





North Molton Primary School

*'Love learning, learn well'*

## School Clubs



Below is a summary of clubs for next week. All clubs must be booked in advance.

Day	Morning	Afterschool
Monday 16th June	Breakfast Club from 8am	
Tuesday 17th June	Breakfast Club from 8am	
Wednesday 18th June	Breakfast Club from 8am	Tennis with Mrs Shaw 3.15pm - 4.15pm <b>Year 3,4,5 &amp; 6</b>
Thursday 19th June	Breakfast Club from 8am	Athletics with Romar Sports 3.15pm - 4.15pm <b>Reception, Year 1 &amp; 2</b>  Cook Stars with Olivia 3.15pm - 4.30pm <b>Age 5 and over</b>
Friday 20th June	Breakfast Club from 8am	

www.cookstars.co.uk @cookstarsnorthdevon @oliviacoookstars

Fun cooking classes at:  
**NORTH MOLTON PRIMARY SCHOOL**

Great for Kids Parties too!

All ingredients included!  
plus a craft activity & a recipe card to keep

EVERY THURSDAY  
(term time)  
3.15pm - 4.30pm

New for the summer term - open to children age 5 and over



Call Olivia: 07938 608 862  
Email: olivia@cookstars.co.uk  
Book: <https://portal.cookstars.franscape.io/class-overview/1453>

## Cook Stars

Cooks Stars with Olivia has returned.

You can still book your child a place! To book please follow the booking link below.

<https://portal.cookstars.franscape.io/class-overview/1675>



# North Molton Primary School

*'Love learning, learn well'*



## Dates for the Diary

Date	Event
16 June	Sparrowhawks Class Trip to Exmoor
17 June	Robins Class Trip to Really Wild
20 June	Year 6 Volleyball Trip to Croyde
26 June	Sports Day - 1.30pm for parents/carers to arrive
2 - 3 July	Year 6 Transition Days to SMCC
4 July	Reserve Sports Day
7 - 8 July	Reception Parents Evenings
9 July	Year 6 Leavers Trip
14 July	Non Pupil Day
16th July	Yr 5/6 Cricket Festival at SMCC
18 July	Whole School Music Celebration
23 July	Year 6 Leavers Assembly
23 July	Last Day of Academic Year
24 July	Start of Summer Holidays



## *News from the Village and Local Community*

### **Little Nippers Baby and Toddler Group:**

Becky Rottenbury is running a Baby and Toddler group in the Methodist Hall on a Wednesday morning 9.30-11.30am during term time. This is a free group with tea and coffee alongside activities and toys for the little ones. The poster is on our website in the newsletter section

### **Friday Club:**

The next Friday Club session will be, **FRIDAY 27th JUNE**. Alternate activity to the one that took place on the 16th May (*If it's the Sports Evening and its suitable weather, this will be outside*).

For any queries regarding Friday club, please contact Rosemarie Courtney (07944 243866).

**N.B.** We have a fb group, 'North Molton Friday Club'. It would be helpful if parents/grandparents of Years 3-6 children, interested in Friday Club, could join for communication purposes.

**Phonebox Library:** The village has converted the disused telephone box into a community library. It's a lovely library for the children to visit, take a book and recycle the ones they are finished with.

The village phone box library has a lovely selection of **children's books** as well.

### **The Saunders Good Samaritans Trust:**

If anyone is struggling and needs any help please contact this local charity that is available to support residents in our local community. For more information please contact Rose Courtney (740382) who lives in the village.