



# Highfield Newsletter



## Headteacher's Message

I would like to start by thanking all the parents who have contributed to neurodiversity week by reaching out to me with their own knowledge and experiences, help with resources and support for the initiative. Parental support is vital to keep schools working and achieving the best possible outcomes for our children. Some of the children have produced terrific posters at home and I have shared a selection in this newsletter.

Raising awareness and understanding of neurodiversity helps to reduce stigma around how different people learn and think differently from others. Although the majority of our population would be considered 'neurotypical' i.e. their brains interpret the world how society might expect, nearly 15% of the UK population is neurodivergent. As educators, it is vital we do our best to recognise people with diverse thinking patterns and make learning accessible by applying different learning methods. It is these learning methods that we continually work to improve and understand. Feedback from parents and carers helps this process as together we create the best possible learning support and environment.

Have a great weekend and thank you for your support.

Mr Feeley

## News & Updates

### Celebration Assembly

**Congratulations** and a huge well done to the children in Key Stage Two who were recognised for their fantastic effort and attitude this week by making it into the **celebration book**. We are all proud of you for setting such a high standard! The children who we are celebrating this week are:

3O - Bernice, Gursehaj, Seth

3T - Alexander, Jiwan, Mauminah, Nikola, Thomas

4FN - Elena, Jude, Leo, Mariyam

4O'M - Ata, Jamie, Matteo, Mysha

5E - Dominik, Nora, Theo, William

5M - Drupta, Finley, Shay, Theo

6BH - Florence, Isaac, Kiara, Thomas

6G - Alex, Reshan, Surya, Thuta

Roll out the red carpet for a Highfield star!



Afiya in Year 3 starred in the short film ‘Sharing’ last year which has just finished its worldwide festival circuit with a showing at the Manchester film festival on Sunday. Afiya was asked to be interviewed on the red carpet afterwards following a Q&A session with the audience. She was confident throughout and represented herself well. When asked what her favourite part of making the film was, she said “Going round and round the block on the bus they got us to film on!”.

Book Fair



**Congratulations!**

**THANK YOU TO EVERYONE WHO ATTENDED OUR SCHOLASTIC BOOK FAIR.**

Together we have raised...**£933.37**.....  
for our school to spend on **FREE BOOKS**

**SCHOLASTIC**

Following dancing dreams!

Two of our pupils have been attending sessions at the Northern Ballet since being talent spotted at our Highfield workshops! Shay in Year 5 and Jack in Year 4 caught the eye of the visitor from Northern Ballet and have continued to make great progress. Both have now made it through the first auditions for the Academy of Northern Ballet's Centre for Advanced Training (CAT) programme, which supports talented children and young people from all backgrounds to access the training.



Inspired by Barbara

Our Year 6's enjoyed a visit to the Barbara Hepworth museum in Wakefield this week. They were given the opportunity to learn about her work and make sketches of their own before returning to school and trying out some different artistic techniques for themselves.



### Respect, Equality & Diversity Song Winner

A massive well done for their effort to all our entrants in the Highfield RED Award song. The winner was Ayla in Year 5 who composed this fantastic entry, sung to the tune of 'Let it be' by The Beatles. Such thoughtful lyrics really captured the spirit of Highfield.

#### Highfield Song by Ayla

##### Verse 1:

No matter where you come from, you deserve the same as me,

Respect, equality, diversity.

And sometimes we could all be kinder. Lovin' unconditionally

Respect. Equality. Diversity.

##### Chorus

If you agree

Sing with me

Don't be afraid

Of livin' free

We'll build a better future for you and me.

##### Verse 2:

Rich or poor we'd all be wiser to share our love and give it free.

Respect, equality, diversity.

The priceless gift that you can offer is you all accepting me

Respect. Equality. Diversity.

##### Chorus

If you agree

Sing with me

Don't be afraid

Of livin' free

We'll build a better future for you and me.

##### Verse 3:

Highfield children may be different, they're worth divides evenly.

Respect, equality, diversity.

And who you love is your decision and we believe that honestly.

Respect, equality, diversity.

##### Chorus

If you agree

Sing with me

Don't be afraid

Of livin' free

We'll build a better future for you and me.

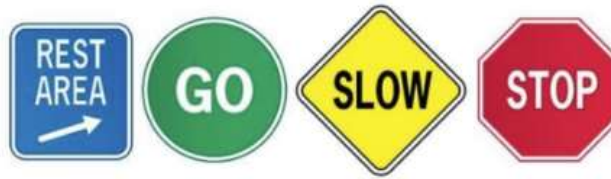
### Dates for your Diary!

- **Tue 21 Mar:** Y1 Spring Concert
- **Wed 22 Mar:**  
Rec Trip  
Y3 Spring Concert
- **Thurs 23 Mar after school:** bun sale in aid of Miss Elson running the London Marathon to raise money for Macmillan
- **Fri 24 Mar:** Y5 Northern Ballet Workshop

## Fishy business in Year 1

Mrs LW and Mrs Busch brought in a fish. We took it in turns to look at the fish closely and name all the body parts we had labelled on our diagram in a previous lesson. Our teachers were very impressed because we remembered what each body part was for. We also found out that fish have teeth!





## PSED

Over the last 2 weeks in Mr Feeley's assembly, and our PSED curriculum, the children have been thinking about the importance of being able to self-regulate their own emotions. They have also considered and learnt about different strategies that they could possibly use to help themselves when needed. There are 3 toolboxes that the children have been encouraged to think about when regulating their emotions...

- Thinking strategies – how big is the problem? Am I considering it in a positive mindset?
- Calming strategies – such as deep breathing, counting up and down to 10, listening to music, colouring
- Sensory strategies – such as manipulating play dough, going for a walk, wall push ups, blowing bubbles.

Having spent time learning about the different strategies that could be used, each child has then created their own 'toolkit' of preferred strategies to help them when it may be needed.

How can you support your child at home?

- Check in regularly to find out what colour zone your child feels they are in, acknowledging that it's ok, and also perhaps sharing which zone you feel you are in too!
- Talk with your child to see if there are any strategies they have learnt about in school that could help them to move into the 'Green zone'
- If you feel your child would benefit, make a collection of resources together that could help your child to self-regulate their emotions.

Some games to encourage discussions about emotions

- Zones® Uno - Add a twist to the card game Uno. Whenever anyone changes a colour they have to talk about a time they were in that colour zone (or, as above, name a feeling in that zone or a strategy for dealing with that zone).
- Zones® Twister - When you have to put a hand on a colour, you have to tell a time you were in that colour zone. When it's a foot, you have to name a strategy you would use to stay in or get back into the green zone.

**Safeguarding.** For child protection concerns you can contact any of our Designated Child Protection Officers: Mr Feeley, Mrs McVeigh, Mrs Bowker and Mrs Calvert. There is some useful information on the LSCB website about online safety with some useful tips for parents: <http://www.leedslscb.org.uk/Parents-Carers-Wider-Family/Keeping-children-safe-online>. If you are worried that a child is at risk of harm please contact Leeds Children's Social Work Services on 0113 222 4403.

Cherishma, Year 1



Gurjot, Year 6

