



2nd May 2025

Dear Parents and Carers,

We have been making the most of the glorious sunshine this week at Merry Hill! The children have thoroughly enjoyed exploring our spacious outdoor grounds, engaging in a variety of activities that encourage active learning and curiosity.

A particular highlight was seeing our Nursery children venture under the big willow tree on the field, where they created beautiful watercolour paintings in the dappled shade. It was a calm and creative experience that truly captured the magic of outdoor learning.

It has been a joy to see such enthusiastic and engaged learners enjoying the fresh air and nature all around them.



Year 1 Walk to Bushey High Street

As part of their geography topic, Year 1 walked to Bushey High Street using the maps they created last week. During the trip, they practised directional language and built on their understanding of human and physical features. The children identified different types of land use and compared areas based on their sound levels – noting that the High Street was busy and noisy, while the Rose Gardens were quiet and peaceful!

Using their maps, the children were also able to locate key landmarks such as the post office, war memorial, and nearby schools including Merry Hill, Ashfield and St Hilda's. The children are very excited to create keys to add to their maps which will take place next week.

Thankfully all children were able to navigate their way back to Merry Hill so their self-drawn maps must have been accurate! Thank you to all of the helpers who enabled this trip to take place. This hands on learning really helps to bring the curriculum to life and supports deeper understanding of local geography. We have another trip to survey the local park on Thursday 15th May and would be most grateful to anyone able to help.

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VE Day – Thursday 8th May

This year marks the 80th anniversary of Victory in Europe day and we are excited to commemorate this important occasion with a day of special activities. Children are invited to come to school with an accessory of red, white or blue or a combination of all three. During the day, we will have a special assembly, a picnic lunch on the field and play traditional games from the era.


If any families have wartime memorabilia they would be happy to share with us for the event, please do get in touch with the school office. These artefacts will help bring history to life for our young learners and support their understanding of this significant event.

‘Ambitious Learners’ – *how we act when we learn*

Team Points Focus: Demonstrating British Values – children understand rules and why they are important

This term we will be awarding team points to children demonstrating the British Values. We live in a diverse society and our curriculum and life at Merry Hill reflect this. Underpinning everything we do are the values and understanding of Democracy, Law, Liberty, Respect and Tolerance. For more information on how we promote British Values here at Merry Hill, please have a look at our website:

<https://merryhill.org.uk/our-learning-community/promoting-british-values/>

28.4.25 Rule of Law	Show understanding of Rules and why they are important. We are looking for children who follow the Golden Rules in and out of the classroom. The Golden Rules	 rules
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‘Curious Learners’ – *what we learn*

Year Group Blogs

Each week the class teachers post blogs, which enable you to find out more about what the children have been learning in school and how you can reinforce at home. Please click on the link below to find out more:

<https://merryhill.org.uk/our-learning-community/year-group-blogs/>

‘Collaborative Learners’ – *our place in the world*

Emotional Literacy

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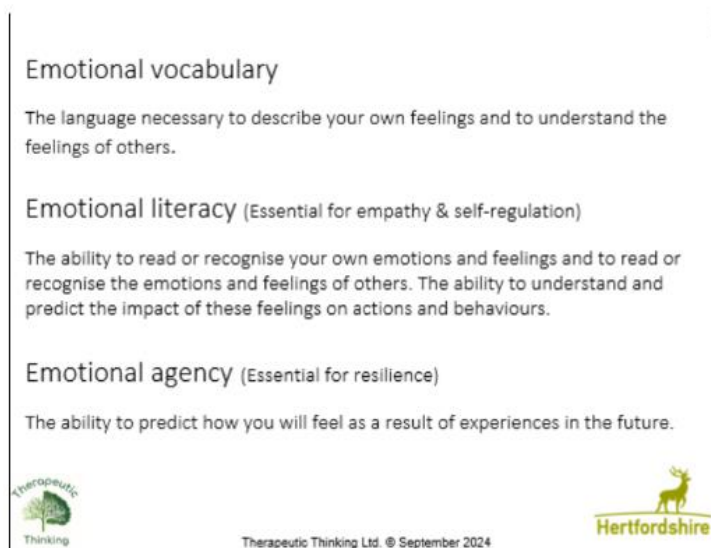
Our team recently completed a Therapeutic Thinking Refresher training where we reviewed and strengthened our approach to developing Emotional Literacy at Merry Hill.

Why is Emotional Literacy so important?

At this early stage of education, helping children understand, express and manage their emotions is essential for both wellbeing and learning. When children can recognise their own feelings and those of others, they are better equipped to build positive relationships, resolve conflicts and cope with challenges in and out of the classroom.

The Therapeutic Thinking approach describes Emotional Literacy as being closely linked to developing a rich emotional vocabulary, which in turn supports Emotional Agency — the ability to manage emotions thoughtfully and respond with empathy and self-awareness.

At Merry Hill, this work underpins our nurturing ethos and helps every child feel safe and ready to learn.



In consultation with staff, we have chosen to promote Emotional Literacy using a progressive approach across all year groups. We will no longer use the term “The Zones of Regulation” unless recommended by an external agency for a specific pupil. We will refer to our “feeling” or “emotion” zone instead. This is because we are using this approach primarily to identify and name our feelings rather than self-regulate. For further details, which includes specific language development for each year group, please see the document attached to the newsletter.

I hope you all have a wonderful bank holiday weekend, we look forward to welcoming you back on Tuesday 6th May.

Sincerely,

Ms Melissa Adams
Headteacher

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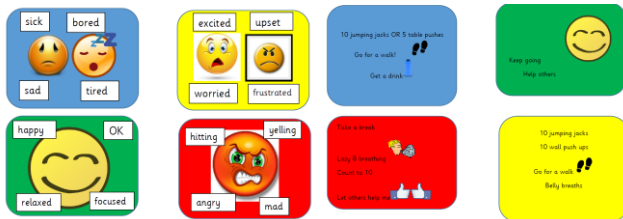
Emotional Literacy

The Therapeutic Thinking Approach describes Emotional Literacy as being reliant on Emotional Vocabulary and necessary to develop Emotional Agency.

<p>Emotional vocabulary</p> <p>The language necessary to describe your own feelings and to understand the feelings of others.</p> <p>Emotional literacy (Essential for empathy & self-regulation)</p> <p>The ability to read or recognise your own emotions and feelings and to read or recognise the emotions and feelings of others. The ability to understand and predict the impact of these feelings on actions and behaviours.</p> <p>Emotional agency (Essential for resilience)</p> <p>The ability to predict how you will feel as a result of experiences in the future.</p>	<p>The psychology of emotions</p> <p>According to psychologists Paul Ekman and Wallace Friesen, there are six basic emotions that all humans can experience.</p> <p>These emotional responses are:</p> <table border="0"> <tr> <td>Happiness</td> <td>Disgust</td> </tr> <tr> <td>Sadness</td> <td>Anger</td> </tr> <tr> <td>Fear</td> <td>Surprise</td> </tr> </table>	Happiness	Disgust	Sadness	Anger	Fear	Surprise
Happiness	Disgust						
Sadness	Anger						
Fear	Surprise						

We will endeavour to encourage all children to describe their feelings beyond the name of the 6 basic emotions.

Nursery



Use 4 main zones and the “tools” to get back to green. Children will learn all zones are OK but green is the optimal zone for learning so we need to find ways of getting back to green from the other zones.

Reception



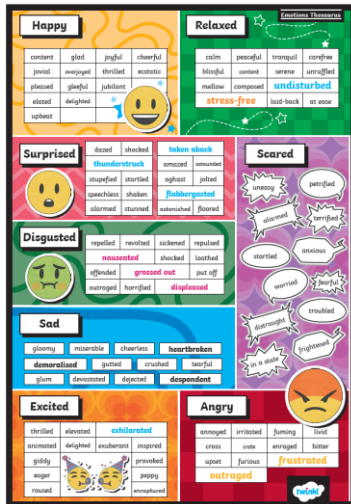
Children will be encouraged to do a personalised daily check in of the 4 zones initially, and will be encouraged to use different words to express their emotions through teaching and modelling.

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During spring 2, the children will be introduced to 2 further Zones - Purple and Brown - which will expand the range of emotions used during their personalised check ins.

Children will learn regulation techniques that work for them.

Year 1

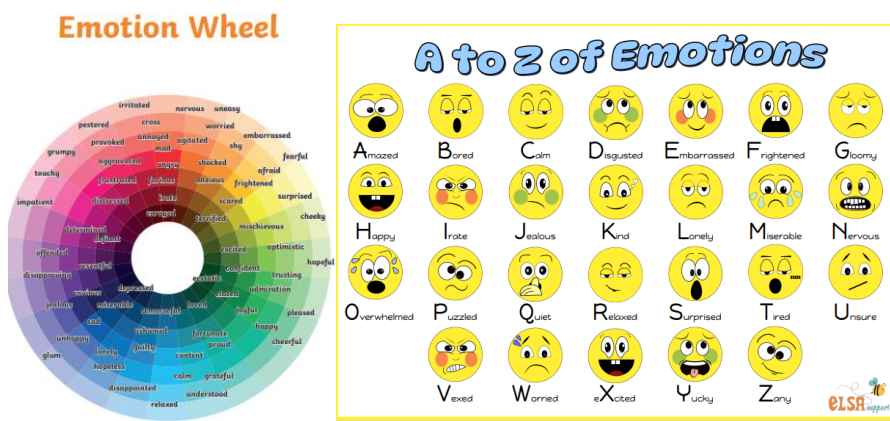


Children will use the Emotions Thesaurus.

Children will have an optional check in and staff will look to see if anyone needs any talking time with an adult from the check in.

Children will learn and use 1 emotion word of the week to encourage them to broaden emotional vocabulary.

Year 2



A-Z of emotions on display.

There will be a wheel of emotions on display.

The children will understand that emotions do not always fit into a category and all emotions are OK. Children will learn and recognise how their body feels and acts with different emotions.

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There will be an area where children can “check in” if they feel they need talking time with an adult.

Children will learn and use 1 emotion word of the day to encourage children to broaden emotional vocabulary.

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FOMH & ASHA
SUMMER
FAIR

Save the Date

Saturday 21st June
11am till 2pm

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