



Lydden Primary School

Part of the Lydden and River Primary Schools Federation

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Mrs C Lintott



TEAMWORK
HEALTH
RESPONSIBILITY
INTEGRITY
VALUE EVERYONE
EMPATHY

8 May 2026

Dear Parents/Carers,

We are excited to share that we will soon be launching our work on the *Zones of Regulation* across the school.

The Zones of Regulation is a simple and supportive framework that helps children to recognise, understand, and manage their emotions and feelings. Through this approach, pupils learn that all emotions are normal and that there are different strategies they can use to help themselves feel ready to learn and interact positively with others.

The four coloured zones represent different states of alertness and emotions:

- Blue Zone – feeling sad, tired, unwell, or low energy
- Green Zone – feeling calm, happy, focused, and ready to learn
- Yellow Zone – feeling worried, excited, frustrated, or silly
- Red Zone – feeling angry, overwhelmed, or out of control

To celebrate the launch of this important work, we will be holding a special “Dress in Your Zone” Day on Tuesday 2nd June.

On this day, children are invited to come to school wearing a colour linked to one of the zones, it does not have to be how the child is feeling on that day:

- Blue
- Green
- Yellow
- Red

The BLUE zone	The GREEN zone	The YELLOW zone	The RED zone
How might you feel? sad tired bored moving slowly	How might you feel? happy okay focussed ready to learn	How might you feel? nervous confused silly not ready to learn	How might you feel? angry frustrated scared out of control
What might help you? Talk to someone Stretch Take a brain break Stand Take a walk Close my eyes	What might help you? The goal of this exercise is to get to the GREEN zone. What can you do to be happy, calm and ready to learn?	What might help you? Talk to someone Count to 20 Take deep breaths Squeeze something Draw a picture Take a brain break	What might help you? Stop what I'm doing Make sensible choices Take deep breaths Ask for a break Find a safe space Ask for help

There is no expectation to buy anything new — we simply want the children to have fun while beginning conversations about emotions and wellbeing.

Throughout the day, children will take part in activities designed to help them explore emotions, develop self-awareness, and learn strategies for emotional regulation in an age-appropriate and supportive way.

We are very much looking forward to working together to support our children's emotional wellbeing and resilience.

Home Learning

At our school, we want every child to develop the knowledge, confidence, and learning habits that will support them not only in primary school, but throughout their education and into adult life. Two of the most important ways you can support your child at home are through regular reading and frequent practice of times tables.

Research shows a strong correlation between the habits children develop in primary school and their later achievement at GCSE level.

Reading at Home and Future Academic Success

Children who read regularly at home build stronger vocabulary, comprehension, memory, and communication skills. These abilities support learning across all subjects, including English, science, humanities, and even mathematics.

Evidence shows that regular reading in childhood is closely linked to higher attainment later in secondary school:

- The Organisation for Economic Co-operation and Development found that students who read regularly for enjoyment perform significantly better in reading, mathematics, and science at age 15 than those who rarely read.
- Research from the Institute of Education showed that children who read frequently for pleasure at age 10 achieved higher results in vocabulary, spelling, and mathematics at age 16.
- The National Literacy Trust reports that children who enjoy reading are far more likely to achieve academically throughout secondary school.

In many cases, the impact of regular reading at home is greater than the influence of socioeconomic background alone. Simply reading for 10–15 minutes each day can significantly improve a child's long-term educational outcomes.

Times Tables Fluency and GCSE Mathematics

Secure knowledge of times tables is one of the strongest foundations for success in mathematics. Children who can quickly recall multiplication facts are able to tackle more complex mathematical concepts with greater confidence and accuracy.

There is a clear link between early mathematical fluency and later success at GCSE:

- Research from the Education Policy Institute has shown that pupils who leave primary school secure in core arithmetic skills are significantly more likely to achieve strong GCSE grades in mathematics.
- Secondary schools consistently report that students who struggle with multiplication facts often find algebra, fractions, ratios, and higher-level problem-solving much more challenging.

Just a few minutes of daily practice can make an enormous difference over time. Little and often is the most effective approach.

How You Can Help

You can make a lasting difference to your child's future achievement by:

- Encouraging daily reading at home
- Listening to your child read and discussing books together
- Practising times tables regularly through games, quizzes, or apps . The children have access to Times Tables rockstars. Even 5 minutes a day (or the equivalent over a week) will help when the children reach years 5 and 6 and beyond. Children who do not have secure recall of their times tables facts often find maths more challenging as they move up the school.

The habits children build in primary school have a lasting impact. By supporting reading and times tables practice at home now, you are helping to lay the foundations for future confidence, success, and strong outcomes later in their education and life in general.

Thank you for your continued support and partnership.

Year 6 Parent Workshop

Please see the other attachment to this email for a reminder on the Year 6 Parent Workshop and how to attend online.

Best wishes
Mrs C Lintott
Headteacher

Term Dates 2025-26

Term 5	20.4.26- 22.5.26
Term 6	2.6.26- 17.7.26 (SDD 1.6.26)

Term Dates 2026-2027

Term 1	02.09.2026 - 22.10.2026 (SDD 01.09.2026) (SDD 23.10.2026)
Term 2	03.11.2026 - 18.12.2026 (SDD 02.11.2026)
Term 3	04.01.2027 - 12.02.2027
Term 4	22.02.2027 - 25.03.2027
Term 5	12.04.2027 - 28.05.2027 (Bank Holiday 03.05.2027) (SDD 04.05.2027)
Term 6	07.06.2027 - 20.07.2027 (SDD 21.07.2027)