



OLD PALACE PRIMARY SCHOOL



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6th October 2016

Dear Parents /Carer,

We are writing to inform you that this week we are having a focus on cooling down strategies.

Our school uses the Firework model on Anger management. The key principle of this approach to anger management is that we must learn to catch our anger before we do something that we might later regret.

This week the children will be writing poetry about anger and how to deal with this emotion. A selection of the best poems will be then presented during our whole school assembly on Friday morning, as part of our National Poetry Week celebrations.

Parents are welcome to join us for the assembly tomorrow, Friday 7th at the following times.

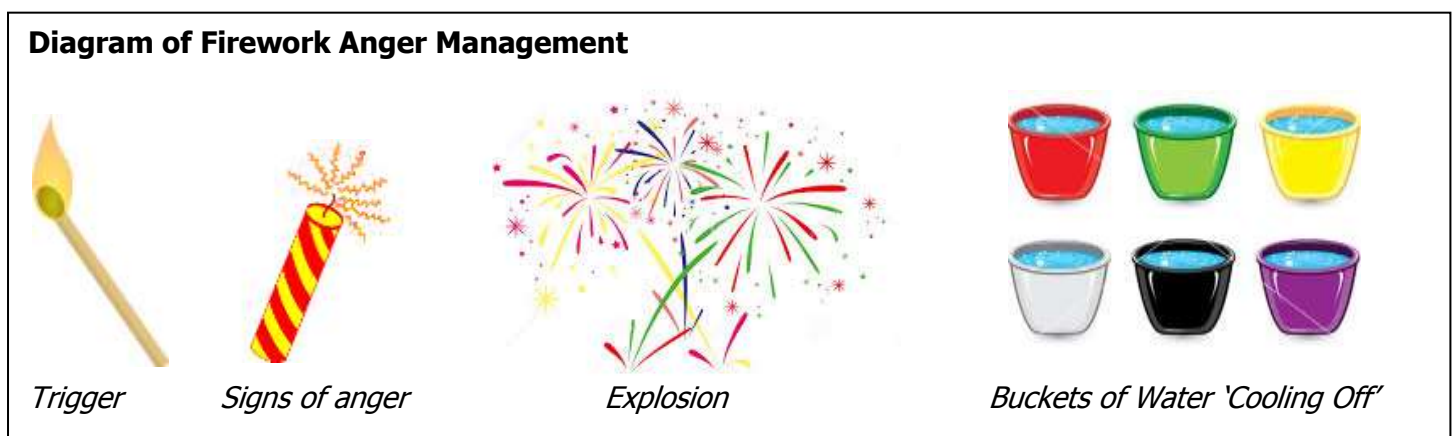
9:15-9:45am	6M, 5L, 4H, 3G and 2M
10-10.30am	6B, 5K, 4C, 3B, 2K & 1B

During the week the children will be taking part in group discussions to learn and discuss the 4 stages of anger management and how to diffuse the situation, the key learning areas will be based around the following triggers:

- What 'triggers' anger
- What happens when the 'Fuse' is lit
- The effects of anger which leads to 'Fireworks'
- And how to calm down represented by 'Buckets of water'

On Friday 7th October, we ask that all children and adults in school wear YELLOW clothing to symbolise the soothing effects of water, resembling calm emotions.

Please talk to your child/ren about what they have learnt and, perhaps use this model in your behavior strategies at home.



For further guidance please come and speak to Ms Blackburn.

Yours faithfully,

Ms Blackburn
Well Being Leader



Headteacher: Mr G. Palmer BA (Hons)
School Business Manager: Michele Walsham