

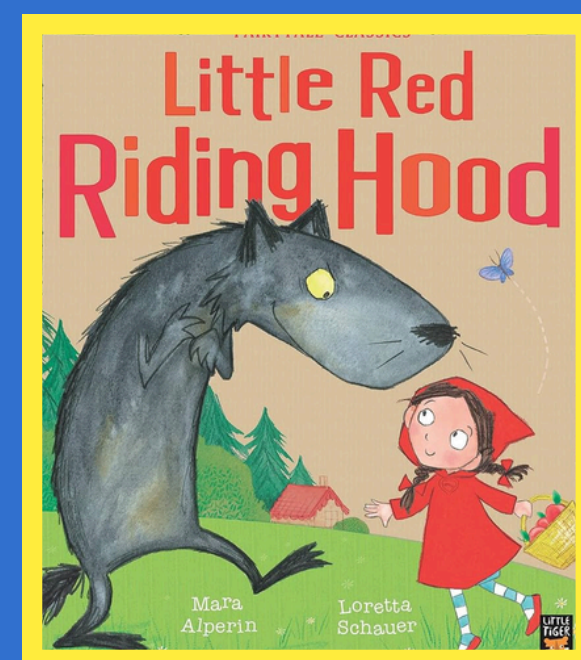
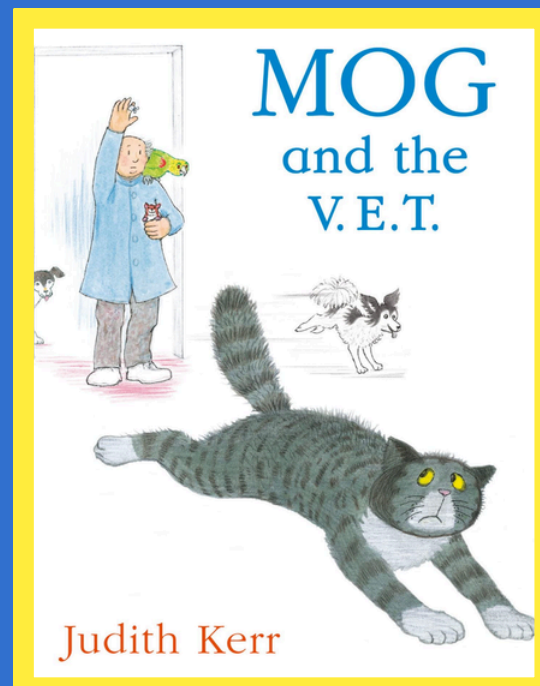
# TO THE RESCUE

“ How can we help? ”

## F1 Spring 1 Project

**Project Outcome:**  
Key worker groups to create a booklet about people who help us

### Our Focus Books...



### Key Vocabulary

Vet

A person who helps poorly animals

Sore

A feeling of hurt on an animal or person

Help

To try and fix a problem for someone

Problem

Something that we need to solve

Emergency

When something happens and we need help right away

Fire person

A person who puts our fires

Nurse

A person who helps poorly people

Siren

A loud sound that lets people know that help is coming

### Did you know?

- ★ People Who Help Us work day and night
- ★ Vets can work at vet surgeries, zoos or visit animals in their homes!
- ★ Valentines Day is a day to show love and kindness



# "GROWING TOGETHER, SHINING FOREVER"

## Key Dates

Thursday 15<sup>th</sup> January - deadline for Reception applications for 2026

Tuesday 2<sup>nd</sup> February - Safer Internet Day

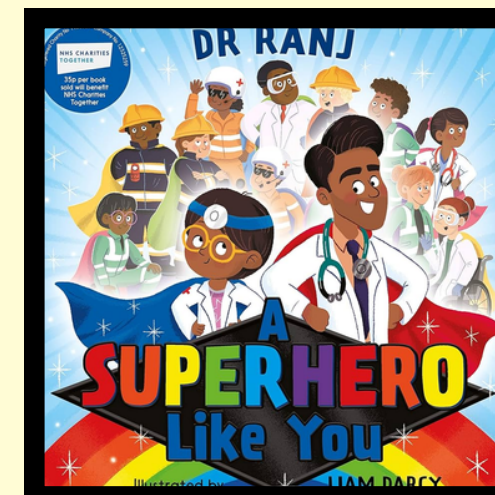
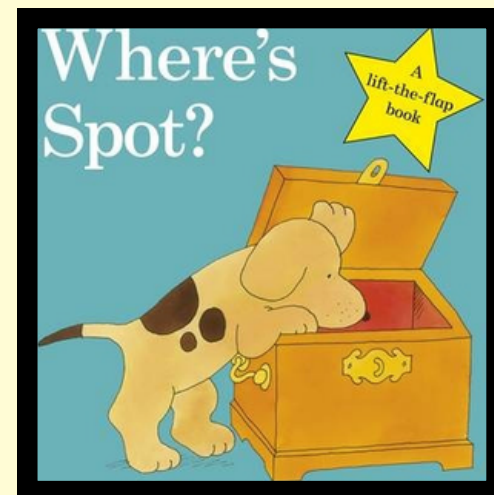
Monday 9<sup>th</sup> - Friday 14<sup>th</sup> February - Children's Mental Health Week

Monday 23<sup>rd</sup> February - INSET Day



Good attendance is 95%+  
Please remember to arrive to time!

## Suggested Reading:



## Helpful Websites:

<https://www.nhsborders.scot.nhs.uk/media/1001858/Zones-of-Regulation.pdf>

<https://www.bbc.co.uk/tiny-happy-people/articles/zfdsnrd>

## Important Information

Please label all of your child's belongings: clothes, wellies, water bottle, bags

Please provide your own nappies, wipes and nappy bags if required

Please let us know if your child has learnt how to zip their own coat up at home so we can give them their Super Zipper award!

Please send all children with a hat and gloves so that they can enjoy our outdoor learning in the cold weather!

## The ZONES of Regulation

<b>Blue Zone</b> Sad Bored Tired Sick	<b>Green Zone</b> Happy Focused Calm Proud	<b>Yellow Zone</b> Worried Frustrated Silly Excited	<b>Red Zone</b> overjoyed/Elated Panicked Angry Terrified