



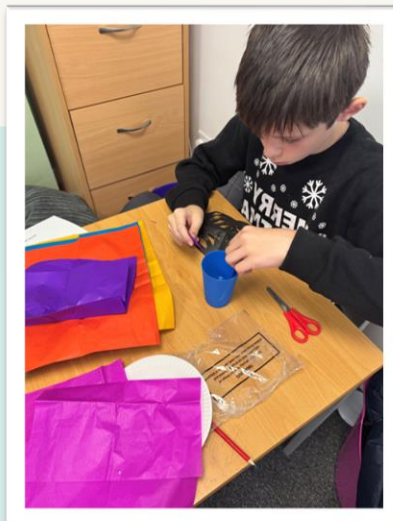
NEPTUNE NEWSLETTER

October 2025



Headteacher Updates

October has been a vibrant and inspiring month at school. We've celebrated Black History Month, ADHD Awareness Month, and the Festival of Lights – Diwali, with pupils engaging in meaningful activities and joyful learning. From pumpkin picking adventures to the exciting news that we are now an official exam centre, it's been a month of growth, celebration, and new beginnings.



Safeguarding Team

Julie Norris – Headteacher / DSL 0330 135 8202
Jamie Wright – Deputy Head/ DDSL 0330 135 8202

Darren Jackson :07587747868
*Operations Manager (Senior Education Designated
Safeguarding Lead)*

Key Dates

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Nov

5

Bonfire Night
(Guy Fawkes Night)

Nov

11

Remembrance Day

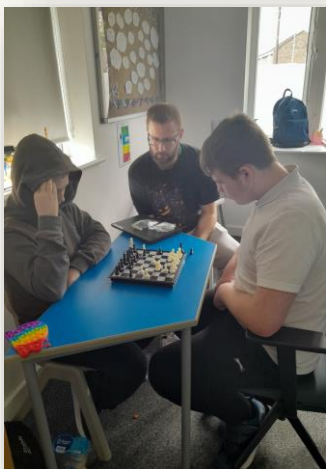
Nov

14

Children In Need
Cake Sale.

SPOTTED IN NEPTUNE

Pupil's Gallery





Sophie Megan Sarah

THERAPIES TEAM

We've really enjoyed being back in school this term and reconnecting with the pupils. It's been wonderful to see their progress and continue supporting their development. In previous newsletters, we've often mentioned how pupils are using the Zones of Regulation to help them manage their emotions and respond to 'Big Feelings' at school. In this edition, we'd like to share a bit more about what this approach involves and how you can use it at home too.

The Zones of Regulation is a framework designed to help children recognise and manage their emotions by categorising them into four coloured zones:

- **Blue Zone:** when a person feels sad, tired, bored, or unwell. Their body might feel heavy, they may move slowly, and their thoughts might feel foggy.
- **Green Zone:** when a person feels calm, happy, focused, or proud. Their body is relaxed, their temperature feels comfortable, and their brain is ready to learn.
- **Yellow Zone:** when a person feels excited, silly, worried, or frustrated. They might feel wiggly, their heart may beat faster, and their muscles might start to tense.
- **Red Zone:** when a person feels very angry, panicked, elated, or out of control. Their body might feel hot, their skin flushed, and their heart racing.

Understanding these zones can help children (and adults!) identify how they're feeling and choose helpful tools or strategies to regulate their emotions.

Here we have attached a copy of a zones board with a reminder of the emotions included in each zone which you can use at home to find out how each other are feeling.



To be used with *The Zones of Regulation™* curriculum
Reproducible E

The ZONES of Regulation™

			
BLUE ZONE Sad Sick Tired Bored Moving Slowly	GREEN ZONE Happy Calm Feeling Okay Focused Relaxed	YELLOW ZONE Frustrated Worried Silly/Wiggly Excited Loss of Some Control	RED ZONE Mad/Angry Terrified Elated/Ecstatic Devastated Out of Control

ADHD AWARENESS MONTH

OCTOBER 2025



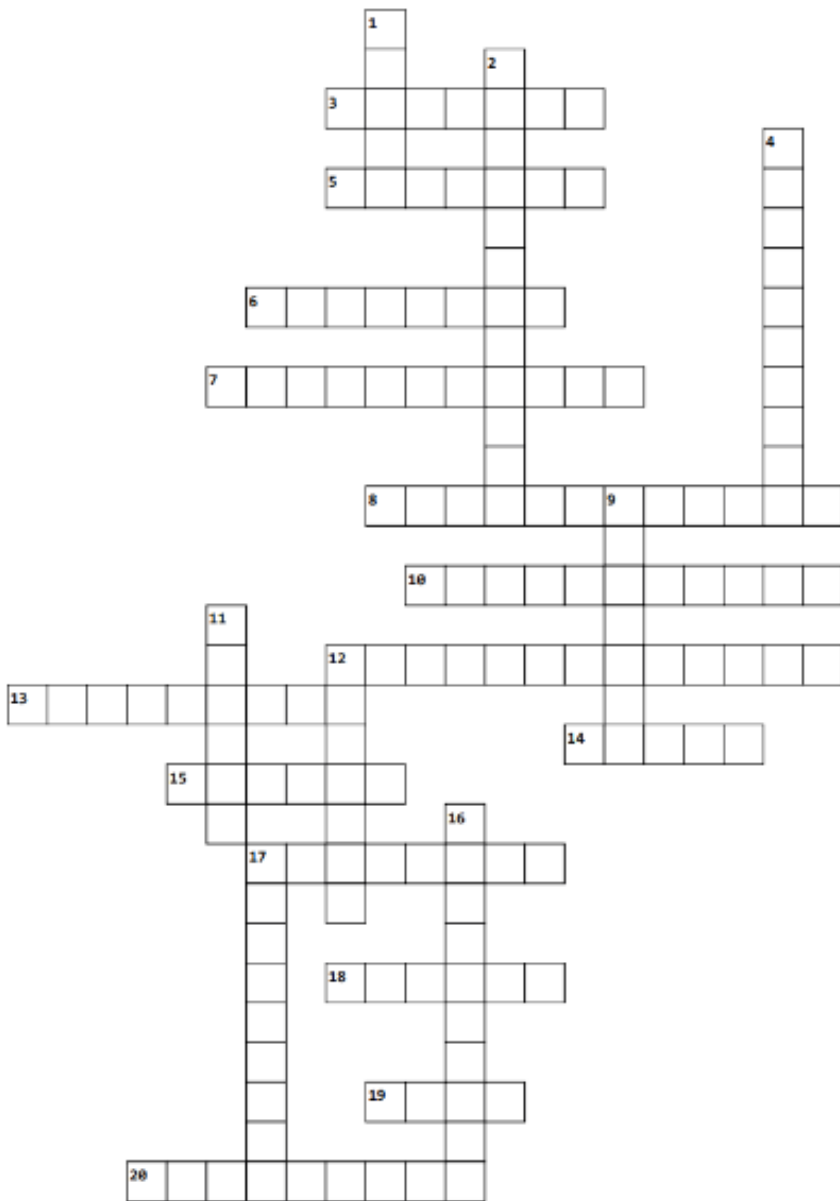
THE 3 TYPES OF ADHD

ADHD (Attention-Deficit/Hyperactivity Disorder) presents in three main types: hyperactive-impulsive, inattentive, and combined.

		
HYPERACTIVE	COMBINED	INATTENTIVE
Characterised by individuals often displaying excessive activity, restlessness, fidgeting, impulsivity, and difficulty waiting their turn.	This type of ADHD combines a mixture of both hyperactive-impulsive and inattentive behaviours and symptoms.	Poorly organised, easily distracted, struggling with sustained attention, a lack of attention to detail, and making careless mistakes.

ADHD Awareness Month is an annual observance held in October to raise awareness, educate the public, and reduce the stigma surrounding Attention-Deficit/Hyperactivity Disorder (ADHD). It aims to provide reliable information, combat misconceptions, and promote understanding of the condition, which affects both children and adults and can impact various aspects of life,

ALFIE'S PUZZLES

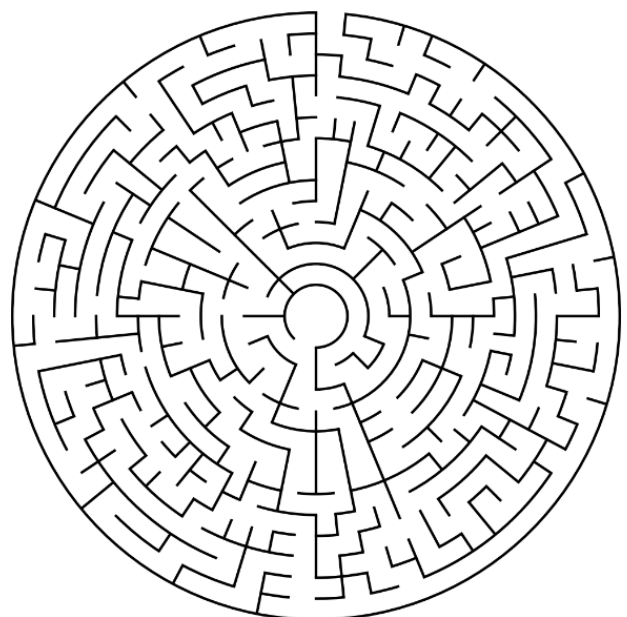


Down

1. Bread - Money? (5)
2. Explosive plan foiled, then celebrated with explosives (7,5)
4. Get out of jail free card, for instance? (6,4)
9. Oily canned fish (7)
11. Token? (6)
12. Paper purchase tracker (7)
16. Under pressure for the most valuable resource (4,5)
17. Doesn't take failing lightly (4,5)

Across

3. Like Monopoly, but with 2 winners (7)
5. Rearrange (6)
6. Z-A maybe (8)
7. Ties (11)
8. Juggling (objectives) (12)
10. Menace, sometimes top priority (6,5)
12. Rework? (13)
13. I.E using cutlery to eat (9)
14. Many-headed dragon (5)
15. Mess with (6)
17. Outclasses other options (8)
18. Ancient calculator (6)
19. Economic self-storage (4)
20. Bladed seafood (9)





2025-2026

Neptune School

Key
School Holidays
Inset Days
Bank Holidays

September '25						
M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

October '25						
M	T	W	T	F	S	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

November '25						
M	T	W	T	F	S	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

December '25						
M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

January '26						
M	T	W	T	F	S	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

February '26						
M	T	W	T	F	S	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	

March '26						
M	T	W	T	F	S	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

April '26						
M	T	W	T	F	S	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

May '26						
M	T	W	T	F	S	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

June '26						
M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

July '26						
M	T	W	T	F	S	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

August '26						
M	T	W	T	F	S	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						