

All Saints' CEVC Primary School

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Inspire Challenge Succeed

23rd January 2022

Dear Parents,

I hope that you have enjoyed a good weekend.

ZONES OF REGULATION

We have implemented a new strategy to help children to understand and regulate their emotions and feelings called The Zones of Regulation.

I have attached a presentation which will give you further information about the 'Zones'. As a parent, you can support your child at home by using the language and talking about the concepts of the 'Zones' as they apply to different situations and contexts at home and at school. Common language and strategies between home and school can be very helpful for children.

At school we have displayed the four 'Zone' posters in each class and children are asked to identify which 'Zone' they are in when they come into school and throughout the school day. This helps us to understand how children are feeling and to provide support and strategies when needed. The 'Zone' posters are included within the attached presentation so you can print these out and use them at home if you wish.

If you have any questions about this initiative then please do get in touch.

Best wishes,

Clare Lamb

Headteacher