

On Thursday, 14<sup>th</sup> December 2023, Mrs Phillips our Children's Mental Health and Wellbeing Coach, will be delivering a parent information refresher session on the Zones Of Regulation. The Zones of Regulation is a curriculum designed to build social awareness and self-regulation skills essential for success not only in school but in everyday life. As a school, we have found effective self-regulation to be an important strategy for learners, and the ability to self-regulate has significant positive impact on both academic performance and wellbeing throughout life.

The Zones curriculum introduces these ideas by focusing on states of arousal, helping learners to recognise the cognitive, emotional and physiological signs in themselves. Rather than the complex mixture of physical or emotional feelings that can be confusing for a child to accurately interpret, they need only classify themselves as being in one of the four 'Zones'.

These states are then meaningfully linked to readiness for learning, as well as empathising with the effect one can have on others. It encourages each child to develop an awareness of their own triggers and uses their personal set of strategies to bring themselves back to an optimal state.

Through practice and application, the Zones of Regulation helps build skills that can serve them as they move through the school and face challenging situations in the wider world.

When children fully understand their feelings, they can make sense of, and regulate their emotions much better resulting in fewer emotional outbursts.

This session will be a similar session to the one held last academic year. If you would like to attend the information session and find out how you can use these strategies at home with your child, please book a place via the following link:-

<https://twomileash.schoolcloud.co.uk/>

This link will be open from 7pm on the 27<sup>th</sup> November and will close at 7pm on the 7<sup>th</sup> December.

Alternatively, if you would like more information, please telephone 01908 562262, asking for Mrs Phillips.

Please arrive in the school hall from 8:45am as the session will start at 9.00am and finish at 10.00am.

Tea and coffee will be available.

Kindest regards,

Sally Scriven