

School Newsletter Autumn 2019 No. 7

7th November 2019

Week 2 *New* Lunch Menu

Next Week:

- 12.11.19 EYFS open afternoon 4pm (for 2020)
- 13.11.19 Year 6 Swimming for pre registered pupils
- 15.11.19 Year 4 Class Assembly 9.00am
- 15.11.19 Zones of Regulation Dress Up Day
- 15.11.19 Children in Need Pudsey Pennies Challenge Day

Birthday greetings go to:



All of our pupils who have celebrated their birthdays this week.

Happy Birthday to you all.

Zones of Regulation

It has been wonderful to welcome all of our Roach Vale families back to school this week and we hope that you all had an enjoyable half term.

Last half term, the teachers were all trained in using 'Zones of Regulation' to better support the emotional and behavioural needs of our children. Now the children are back, we have hit the ground running and are excited to launch our 'Zones of Regulation curriculum'. These are lessons and activities designed to help children gain skills in the area of self-regulation (self control / self management).

The lessons and activities enable children to recognise when they are in the different 'zones' and how to use strategies to change or stay in the zone they are in. To help the children better understand their feelings and emotions we use colours to categorise how children feel and help them communicate this to staff and seek the support that they may be needing. Much like the characters and colours in the film 'Inside Out'; **Blue** represents sad, tired, sick or bored, **Green** represents calm, happy, focused or content, **Yellow** shows feelings of stress, frustration, anxiety, excitement, silliness or fear and **Red** helps children to recognise feelings of anger, rage, panic, grief or elation.

The children have been learning about these zones in our 'colour sessions' and it is wonderful to see such a great level of understanding of them. Already, many children are benefitting from this curriculum and are more successful at identifying their emotions and are improving their self-regulation skills themselves.

It would be great if you could support us with this approach and talk to your children at home about what they are learning and help them to recognise and regulate themselves at home. You would be most welcome to introduce the 'zones of regulation' as part of your home life.



The ZONES of Regulation®			
			
BLUE ZONE	GREEN ZONE	YELLOW ZONE	RED ZONE
Sad Sick Tired Bored Moving Slowly	Happy Calm Feeling Okay Focused Ready to Learn	Frustrated Worried Silly/Wiggly Excited Loss of Some Control	Mad/Angry Mean Terrified Yelling/Hitting Out of Control

I can, You can, We can... Achieve.