



Beechcroft St. Paul's
CE Primary School



Soaring with Compassion

Philippians 2 verse 1-4

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Headteacher: Mrs Cath Crossley

Monday 9th January 2023

Dear Parents and Carers,

Happy New Year! I hope you had a restful Christmas break. It has been lovely to see all the children.

Zones of Regulation Workshop for Parents

You are warmly invited to join Lucy Brookes (Specialist Teacher), Dr Rachel Meyrick (Educational Psychologist), Tracey Hodder (Family Liaison Officer), Siobhan Lennon-Patience (SEND Governor), Julia Moore (Governor), Lynne Phillips (Governor) and myself for a Zones of Regulation workshop on Monday 23rd January 2023 at 3:15pm in the school hall.

Zones of Regulation is a social-emotional learning curriculum that we have adopted within our school and is designed to develop self-regulation and emotional control.

This approach supports our children to develop early emotional skills, regulation strategies and the use of a shared consistent language to help them navigate social situations and develop problem-solving skills.

There are various tools we can use to support self-regulation including sensory supports, calming techniques and thinking strategies. These strategies can also support adults to understand how to identify and model to your child how to recognise emotions and ways to self-regulate.

Come and join us to learn more about this approach, develop your own toolbox of strategies and consider how you can use this in your own home.

This session has been arranged after school following feedback from parents being unable to attend our coffee mornings. As it is after school, we will be providing free childcare for all parents who would like to attend.

We look forward to seeing as many of you as possible. Please let the office, Mrs Hodder or myself know if you would like to attend.

Many thanks,

Kendall Stuart-Smith

SENCO and VIP Leader



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