

Corpus Christi Catholic Primary School

Headteacher: Simon Lennon – BEng, PGCE, MA

Joyfully, unique in Jesus' family, we learn to use our special gifts to love, serve and make the world a better place.



Thursday 21st November 2024

Dear Parents/Carers,

The children have now come to the end of their explicit lessons on the Zones of Regulation. This learning will now be embedded in school on a day-to-day basis.

School held a Zones of Regulation workshop in October to provide more information to parents and carers about the Zones of Regulation. As part of the workshop, parents and carers were invited to think about their children at home and/or when 'out and about' and what may trigger them into the Yellow Zone. They then spent some time thinking about what Tools (strategies) could support them to return to a state of calm.

As part of their learning in school, the children have created their own school Toolkits, containing strategies that they have personally chosen to support them in school if they enter the Yellow Zone. They will be bringing home a copy of their school Toolkits to show you, along with a blank one in case you would like to make a 'Home' or 'Out and About' Toolkit with them.

For more information on the Zones of Regulation, please visit
<https://zonesofregulation.com/how-it-works/>.

If you have any questions, please do not hesitate to speak to myself or your child's class teacher.

Miss Stewart
Inclusion Leader

