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Headteacher Mrs Andrea Farrant



Dear Parents,

We are very excited that we will be having a 'Get in the Zone' week at school next week (20/01/25 - 24/01/25), across all classes.

This themed week will be linked to our 'Zones of Regulation' technique, which is a technique that we use in school to help children's self-regulation and emotional control.

Why do we use 'Zones of Regulation'?

In a world where there seems to be an increasing amount of pressure on children and adults, from a variety of environmental factors, we feel as a school that we can all benefit from talking about our emotions and as a result learn how to develop strategies to manage them better. We believe that teaching our children to self-regulate and manage their feelings will lead to increasing happiness, readiness to learn and effective personal and social skills that they will carry through life.

The technique explores emotion through **four coloured zones** represented by the colours **red, yellow, green and blue**.

Red Zone: This zone is for extreme emotions, such as anger, huge frustration, terror or madness. Our body has lost control in this zone.

Yellow Zone: In this zone you may feel excitable, anxious, worried, nervous, silly or surprised.

Green Zone: This zone is our 'good to go', happy, calm and focused zone. This zone is optimal for learning.

Blue Zone: This zone describes when our body is 'running slow', such as when we are tired, hungry, sad, bored or unwell.

Get in the Zone Week

Throughout the week, classes will be taking part in lots of different activities and will be given opportunities to think about how to consciously regulate their feelings and actions. They will take part in a variety of cognitive, physical and sensory activities to help them develop a sense and understanding of each zone. The children will be encouraged to explore what tools and self-regulation strategies work for them and how they can use this technique in and out of school.

On Friday 24th January, we will be having a 'ZONES non-uniform day' where we would like the children to come dressed in the colours of the zones (clothing that is green, yellow, blue or red; this can be a combination of these colours or perhaps just one – however you choose). This will be a fun and engaging way to end the week and the children will enjoy sharing and celebrating their learning highlights from the week in our celebration assembly dressed in their coloured clothes.

We would also like to take this opportunity to fundraise for 'Kids Inspire'; a well-being, mental health and therapies charity that supports children and families at Blackmore. We would like to ask that a £1 donation is given for this charity on non-uniform day – collection buckets will be on the school gates at arrival on this day.

Thank you in anticipation of your support.

Yours Sincerely,

Miss Bellamy



Be the best you can be

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