

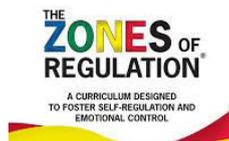


## Flixton Primary School

26<sup>th</sup> April 2019

Dear Parents,

We are delighted to be able to offer a Parent Workshop about 'The Zones of Regulation' on Tuesday 7<sup>th</sup> May at 2pm. The workshop will be run by Jackie Tarpey from Trafford, and will provide you with advice and guidance on what is a very successful and worthwhile approach to supporting and enhancing children's (and parents') well-being. What are The Zones of Regulation, I hear you ask? Well, read on and find out a little, then attend the workshop to find out more!



Self-regulation is something everyone works on whether or not we realise it.

We all know that when children are stressed and dysregulated they can't learn and find life with friends and family difficult.

Self-regulation - or the lack of it - has a huge effect on all sorts of areas of children's lives. If children are able to recognize when they are becoming less regulated, they are able to do something about it to manage their feelings and get to a healthy place.

This is the goal of The Zones of Regulation.

The "Zones of Regulation" is a programme designed to support students with self-regulating their emotions, recognising the emotions of others and recognising the impact of their behaviours on the emotions of others.

We are looking to adopt the Zones of Regulation as an approach to support all our children, to give us all a common language and help them develop their own tools to manage their emotions healthily. If the children and you share the same approach at home as well, it is going to be even more effective for them, hence why we are holding the workshop to introduce you to the Zones.

Reasons to support self-regulation in children
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Higher academic achievement is more likely when interventions include self-regulation components. - Blair & Raza, 2007
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Self-regulation abilities have a stronger correlation with school readiness than IQ or entry-level reading or maths skills. – Blair, 2002-2003; Normandeau & Guay, 1998
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I do hope you will be able to attend. Please complete the form via the School Spider app or the Parents area of the school website to book a place.

Headteacher