



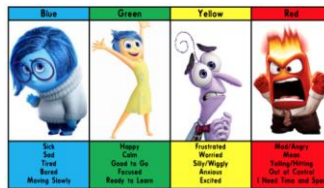
**Barnes Farm
Infant School**

**Building Futures
Inspiring Success**

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www.barnesfarminfants.co.uk

Parent/Carer Workshop – The Zones of Regulation Friday 6th March from 9am onwards



Dear Parent/Carers

After our recent Parent/Carer Workshop about Behaviour, some parent/carers expressed that they were keen to find out more about how we support the children’s emotions in school using ‘The Zones of Regulation’.

We introduced ‘The Zones’ in February 2019 during ‘Children’s Mental Health Week’ after recognising that lots of our children needed support to identify and manage their emotions.

It has been extremely successful and is now embedded in the ethos of our school.

We recommend ‘The Zones’ to lots of parent/carers to help with managing emotions and behaviour at home. During the workshop, we will be explaining the key principles of ‘The Zones’, how we teach it and giving parents ideas on how to help their children understand their feelings. We will also be available to talk to individual parent/carers if they would like specific support.

If you would like to find out more about this approach, please sign up to the workshop via ParentPay so that we can make sure there is room for everyone.

We hope to see you there.

Kind Regards

Mrs K. Robinson
Assistant Headteacher/SENCO

Mrs J. Collins
Family Support and Wellbeing Mentor

Headteacher: Mrs Z Farmer
Deputy Headteacher: Mrs E Speller

Proud to be part of the CLP

