



**PARK HILL
JUNIOR
SCHOOL**

Monday 23rd September 2024

The ZONES of Regulation

Zones of Regulation parent/carer workshop

Wednesday 9th October 2024

2:45pm - 3:15pm

School hall

Dear Families,

At Park Hill Junior School, we know it is vital that children learn to be resilient, emotionally intelligent and regulated individuals for them to do their very best in all that they do. We use the Zones of Regulation in the classroom as a way of checking in with the children's emotions once a day and giving them an opportunity to speak to their class teacher in private about anything they are struggling with or want advice about.

This system gives children a safe space to talk openly about new and ongoing issues they face and provides an opportunity to receive some mentoring in how to manage difficult feelings, friendship issues, self-confidence issues and more.

If you would like to learn more about this wonderful resource, ask questions about how best to support your child when they are dysregulated or gain some new skills in how to begin a conversation with your child(ren) about their feelings, join our Zones of Regulation workshop!

Yours sincerely,

Ms. García
R.E. & Zones of Regulation Lead



Mrs Ann Pratt, Headteacher



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