



SEND

Autumn 2

Dear Parents/Carers,

Thank you for your continued support across the Autumn term and for attending our SEND coffee afternoons with PODS - the final session has been re-arranged for Wednesday 25th February. Following a review meeting with all teachers, in January, you will receive your child's new targets for the Spring term and a review of their previous targets. Please contact your child's class teacher if you have any queries or questions about what has been set once you have received this.

If you require any further help or support, please contact newdalesendco@taw.org.uk

Kind regards,
Mr McFarland.

Regulation

Helping children learn how to regulate their emotions and energy is a vital life skill. When children understand their feelings and know strategies to manage them:

- They are better able to focus and learn in school.
- They build stronger friendships and relationships, as they can communicate feelings more clearly.
- They develop resilience, learning how to cope with challenges and bounce back from setbacks.
- They gain confidence in knowing that all feelings are normal, and that they have tools to equip themselves to feel more regulated again.

Supporting Your Child's Regulation at Home

Many children find it helpful to think about their feelings and energy levels using the Zones of Regulation. The zones are a simple way to describe how we're feeling:








- **Blue Zone** - low energy, tired, sad
- **Green Zone** - calm, focused, ready to learn
- **Yellow Zone** - heightened emotions, frustrated, silly, worried
- **Red Zone** - very upset, angry, out of control

When your child is in the **Yellow or Red Zone**, it's important to focus on calming strategies rather than problem-solving straight away. You might try:

- Taking a few deep breaths together
- Offering a quiet space or sensory activity (like playdough or drawing)
- Using simple language to name the feeling: *"I can see you're in the Yellow Zone - let's find a way to get back to Green."*



Visuals to support with Zones of Regulation at home

BLUE ZONE	GREEN ZONE	YELLOW ZONE	RED ZONE
 sad  tired	 happy  calm	 frustrated  worried	 angry  terrified
 sick  bored	 feeling ok  ready to learn	 silly  excited	 yelling  hitting
I can try...  stretch	I can try...  drink water	I can try...  deep breaths	I can try...  take a break

PODS CHRISTMAS HHAH CRAFT & YULE LOG SESSIONS

OPEN TO ALL AGED 0-25, INCLUDING SIBLINGS. ADULTS MUST ACCOMPANY THROUGHOUT. ALL FAMILIES WILL RECEIVE A £20 HAMPER VOUCHER DIRECTLY FROM THE HHAH TEAM VIA EMAIL FOLLOWING ATTENDANCE.

Monday 22 nd December 10 am -12 noon	A fun crafts and yummy Yule Log decorating session at the PODS Hub, lunch included for child/ young person £4 per Child.	
Monday 22 nd December 1 pm -3 pm	A fun crafts and yummy Yule Log decorating session at the PODS Hub, lunch included for child/ young person £4 per Child.	




Protect, care and invest to create a better borough



Chit chat



Every parent needs a village, let's build ours one coffee morning at a time.

When: 1st Monday of each month 10-11am

Where: Dawley Town Hall TF4 3JR

Come along you'll get to meet new people and be part of a community, which could help boost your wellbeing too.

www.telfordfamilyhubs.co.uk

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