



Together we can 'Reach for the Sky'.



RGI Inclusion Newsletter

February 2025

It has been a busy start to the Spring term already! We have been supporting children with getting back in to the school routine, which can be hard for some children and take a little longer especially after a longer break away. Thank you to those parents who came to the SEND drop in last term to meet the team. It was lovely to talk to you about what we do as a team and how we help your children in school.

Finally, a reminder that if you have any queries around your child's additional needs please speak to your child's class teacher in the first instance. However, if you feel you require further support, please get in touch with a member of the Inclusion team using the email below or phoning the school number.

The Inclusion Team

Coming up...

SEND Parent Information Session – Zones of Regulation

Zones of Regulation is a strategy we use in school to help children understand their emotions. We are going to be holding an information session on the 20th March in the school hall so you can find out more. Once you have dropped your child off at their class, walk round to the school hall for the session. The meeting will finish no later than 9:30a.m. Please RSVP by emailing lhardy@rosegreeninfant.school

Parent Questionnaire Feedback

Many of you have already completed the SEND parent questionnaire sent out a few weeks ago. Thank you so much for those of you who have done this. If you haven't had the chance yet, then there is still time for you to complete this before it closes. I will be sharing overall outcomes from this and how we will be responding as a team in the next newsletter.



If you have any concerns or questions regarding your child's needs, you can make an appointment to speak with:

your child's class teacher, Mrs Hardy (SEND CO) lhardy@rosegreeninfant.school,

Mrs Bull (ELSA) abull@rosegreeninfant.school or Mrs Wright (SEND TA) gwright@rosegreeninfant.school



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This term we are focusing on...Emotional Regulation

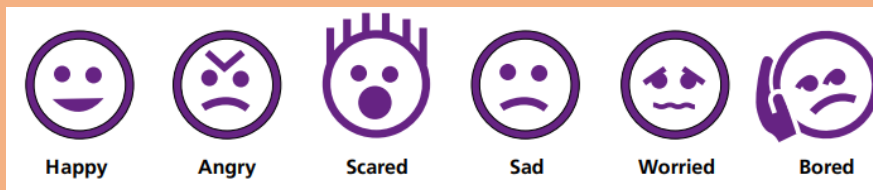
What is emotional regulation?

Emotion regulation is the ability to manage our emotions. There are lots of emotions that we all experience! We experience these emotions in response to our thoughts and feelings and because of what is happening around us.

Children will need help to learn how to manage their emotions. When supporting your child to regulate their emotions, you need to be aware of; your own emotions, your reaction to these emotions, and how they may affect your child's emotions (also known as co-regulation).

Emotion Recognition

The first step to successful emotion regulation is being able to recognise emotions. It is important that your child can recognise emotions in both themselves and others. There are 6 key emotions that people have and they are feeling:



Ways to help your child at home

In order to help your child to recognise the emotions of themselves and others, here are some ideas you can do:

- Label the emotions of characters in TV shows or Films you watch with your child. For example, "Chase looks happy"
- Give a name to the emotions you are feeling so your child can learn what you look like when you are feeling a particular way.
- Use the five steps to teaching emotions (shown below)

Give them the name of the emotion they are feeling

Link emotions to a cause – for them and other people

Encourage children to look at faces to see emotions

Use a feelings chart so that everyone can express how they feel

Teach one emotion at a time starting with the easiest



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How do we help at school?

We use 'Zones of Regulation' to help children understand about the different emotions and teach them different strategies to use when they are in different zones. It is important for children to know all emotions are ok and we can experience more than one emotion at a time. Some children may need more support understanding how emotions feel in their body and naming the emotion.

There are four zones used to describe levels of alertness and feelings:

Blue	Green	Yellow	Red
Bored Lonely Sad Tired Unwell	Calm Content Focused Happy Ready to learn	Anxious Confused Excited Frustrated Worried	Angry Aggressive Terrified I need time and space

What can I do?	What can I do?	What can I do?	What can I do?
<p style="text-align: center; font-size: 24px; font-weight: bold;">REST</p> <p>Take a break </p> <p>Ask for help </p> <p>Talk to someone </p> <p>Jump up and down 5 x </p> <p>I can also.....?</p>	<p style="text-align: center; font-size: 24px; font-weight: bold;">GO</p> <p>Think happy thoughts </p> <p>Finish my work </p> <p>Help others </p> <p>Share ideas </p> <p>I can also.....?</p>	<p style="text-align: center; font-size: 24px; font-weight: bold;">SLOW DOWN</p> <p>Take deep breaths </p> <p>Talk to someone </p> <p>Go for a short walk </p> <p>Count to ten </p> <p>I can also.....?</p>	<p style="text-align: center; font-size: 24px; font-weight: bold;">STOP</p> <p>Take a time out </p> <p>Run a lap </p> <p>Squeeze a stress ball </p> <p>Drink water </p> <p>I can also.....?</p>

Book suggestions you can use with your child



The Boy with Big, Big Feeling by Britney Winn Lee

How Full is your Bucket? For Kids by Tom Rath and Mary Reckmeyer

How Are You Feeling Today? by Molly Potter

The Colour Monster by Anna Llenas

The Kids' Guide to Staying Awesome and In Control: Simple Stuff to Help Children Regulate their Emotions and Senses by Lauren Brukner