



# Holy Family Catholic Primary School



## SEN Newsletter Autumn 2023

### Welcome!

Welcome to my first SEN Newsletter at Holy Family. I have enjoyed getting to know all of the children and staff, and begin to meet some of the parents and families. I also welcome all of our new children and families joining us in Foundation or other year groups.

My working days are usually Tuesday, Wednesday & Thursday. My main role is to oversee the strategic running of SEND within the school, supporting pupils, teachers and parents when needed.

If you have any concerns regarding your child, please speak to the class teacher in the first instance, as they know your child best!

I am often available on the gate in the morning or after school, so please feel free to speak to me then. I can also be contacted by email on [senco@holyfamilyrc.essex.sch.uk](mailto:senco@holyfamilyrc.essex.sch.uk) or by telephone via the school office.

Mrs Emily Hale  
Inclusion Manager & SENCO



### Upcoming events at HFS

**Tuesday 21<sup>st</sup> November at 1:30-3pm – Fussy Eaters workshop with ACL.** (Please book a space via the School Office)

**Tuesday 28<sup>th</sup> November at 8:45-9:30am – Meet & Eat coffee morning.**

**Wednesday 13<sup>th</sup> December at 2:30pm – Zones of Regulation Parent Workshop.**  
Come and learn what we have implemented at HFS, and how you can use the strategies to promote self-regulation and support children to manage their emotions at home.

### SEND news and support

Check the Essex Local Offer website for general support for SEND and information on what the local authority can provide:  
<https://send.essex.gov.uk/>

Autism Central are running Free Virtual Drop in sessions for parents & carers. The next one is on 20<sup>th</sup> November 12-1pm.  
<https://www.autismcentral.org.uk/events/virtual-drop-parentscarers-3>

### SSWIS

Mrs Oni has joined the team at HFS as a student social worker. The aim of the programme is to strengthen pastoral support in school, provide support to students, parents and guardians, promote overall well-being, facilitate relationships and improve outcomes. A letter has been sent out with more information about this. Please speak to the office if you would like another copy.

Spotlight on...

## Zones of Regulation

The goal of the Zones of Regulation is to teach children about self-regulation and how to strengthen their self-regulation skills. Self-regulation can go by many names, such as self-control, self-management, and impulse control. Self-regulation is an essential skill in life, and in all learning environments. Children who can regulate their own emotions and attention are better ready to learn and thrive.

Zones of Regulation groups all the ways that children feel and act into four “Zones”.

**Blue Zone** — when your body is running slowly, such as when you are tired, sick, sad or bored.

**Green Zone** — when you are ready “good to go.” You feel happy, calm and focused.

**Yellow Zone** — when you feel your engine running high, such as when you are frustrated, overwhelmed, silly, wiggly, excited, worried, anxious, or surprised.

**Red Zone** — is when you have “flipped your lid.” You have extreme feelings such as terror, uncontrolled anger, aggression, or elation.

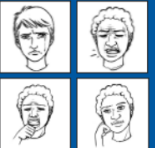



Zones of Regulation focuses on two areas. In the first, our students will learn about how their emotions and attention are connected, and then how to recognize emotions and attention in themselves and classmates. They learn that they move through their Zones throughout the day, and that they can improve their control over their Zones through practice.

The second area of Zones of Regulation, teaches about tools for changing from one Zone to another, and encourages each child to build a repertoire of tools. The goal of the curriculum is for children to gradually become more able to call upon their toolkit, rather than needing adults to regulate them. It is very important to know that none of the Zones is “bad” or “naughty.” All of the Zones are expected at one time or another. As the curriculum progresses, children will practice identifying what Zone is expected, and how to change Zones to better match their levels of alertness and emotions to their situation.

### The **ZONES** of Regulation®

For more information, come to our parent workshop on **Wednesday 13<sup>th</sup> December at 2:30pm.**

If you are unable to attend but cannot make this time, please let me know and we will arrange subsequent dates.

			
<b>BLUE ZONE</b> Sad Sick Tired Bored Moving Slowly	<b>GREEN ZONE</b> Happy Calm Feeling Okay Focused Ready to Learn	<b>YELLOW ZONE</b> Frustrated Worried Silly/Wiggly Excited Loss of Some Control	<b>RED ZONE</b> Mad/Angry Terrified Yelling/Hitting Elated Out of Control