Spurcroft Primary School
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Headteacher: Mrs K Flowerdew

Friday 7th March 2025

Dear Parents/Carers,

I would like to invite you to an informative session about the 'Zones of Regulation' and how we use this approach in school to support children's emotional well-being.

The 'Zones of Regulation' is a framework that helps children develop self-regulation skills by recognising and managing their emotions effectively. During this session, I will explain:

- What the Zones of Regulation are
- How we use them in school to support your child's emotional development
- Other strategies that we use in school to support emotional well-being, such as tool kits, emotion group work
- Strategies you can use at home to help your child with self-regulation

Details for the meeting are:

Date: Thursday 27th March
Time: 5pm to 5.45pm
Location: Mapleduram Hall

We hope you can join us for this valuable opportunity to learn more about how we support your child's well-being at school and how you can reinforce these strategies at home.

Please confirm your attendance by completing the form below.

If you have any questions, feel free to contact us by emailing senco1@spurcroft.w-berks.sch.uk

Kind regards,

Mrs Davey
Acting Deputy Headteacher and SENCO