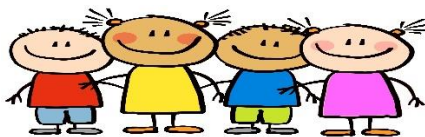




## SEMH TEAM NEWSLETTER



Welcome to our third edition of the SEMH North Newsletter. We would like to wish you all a Happy New Year. In this edition, we will be introducing the Red Zone from the Zones of Regulation, providing more background information on what this Zone is and how it works. We will introduce some tools and strategies which we use in school that the children can also share with you at home.

### PUSH THE WALL



With flat palms, and feet planted on the floor, push against the wall and hold this position for 5-10

seconds. Encourage the child to push firmly to allow the anger to be released through their body into the wall. Remind the child to breath slowly.

As SEMH Co-ordinators we have introduced and demonstrated this tool to the children. Please encourage your child to share this with you and talk about the benefits of this strategy.

### 5 FINGER BREATHING

Five Finger Breathing



Five-finger breathing is a breathing exercise that involves tracing each finger of one hand with the other hand while breathing in

and out:

1. Hold one hand out
2. With your other hand, trace each finger up as you breathe in
3. Trace each finger down as you breathe out
4. Finish with five deep breaths
5. Repeat with the other hand

### THE ZONES OF REGULATION



**The Red Zone** is known to be the zone with the extreme heightened state of alertness or with intense feelings. Your child may be experiencing the feelings of anger, panic or explosive behaviours. These are natural feelings and are ok to feel within a safe and calm environment. As parents and as their trusted adults, we need to reassure the child and support with co-regulation. In this state of mind your child is not in control of their body and mind.

To recap, the Zones are used to help children develop emotional literacy, label their emotions and to identify their own 'toolbox' to regulate. A toolbox is a unique collection of calming and alerting strategies individually designed to support your child in regulating their emotions and to transition back into the **Green Zone**.



We encourage the children to share/discuss this with their parents/carers as having a consistent approach between home and school can really help to improve your child's emotional regulation and support parents to co-regulate with their child at home.

## Additional Support

### Kids Inspire

Kid's Inspire is a local charity which is currently accepting referrals for a parent group at the end of January 2025.

This group will focus on a practical therapeutic approach for parents/carers in managing challenging behaviour in children and teens – without shouting, punishment, or confrontation but instead by staying calm, consistent and supportive. More information and how to self-refer can be found on the Kids Inspire website <https://www.kidsinspire.org.uk/blog/non-violent-resistance-a-guide-for-parents>

*'Parenting can be incredibly rewarding, but we know it's not always easy. Sometimes, no matter how hard you try, your child or children might act out in ways that feel overwhelming or even leave you questioning your approach.'*

### Mental Health Support Team

We have recently had a meeting with members of the Essex Mental Health Support Team to find out more about the support they can offer to members of our school community. At the moment we are in the planning stages, but were excited to learn that this could include:

- whole school activities and workshops to promote emotional wellbeing
- working with children in group or 1 to 1
- working with parents/carers in group and 1 to 1

We are aiming to arrange an informal meeting to include parents/carers, so that we can all find out more about this and to also hear about what you, as parents/carers, would find useful. We'll let you know more, in due course.

### Family Support Worker

North school is part of the 'Child First Trust' charity, which allows us to offer our parent/carers access to a Family Support Worker (FSW). A FSW's role is to provide a bespoke service that supports and empowers parents to thrive, and not just survive. They work in the family home, local community venues or via telephone and online. Additionally, they provide 'Step By Step' Parenting Workshops that enable parents and carers to come together, learn new skills, share ideas and feel supported.

Please get in touch if you would like to know more about this.



Meet the SEMH Team – Mrs Fuller and Mrs Patrick would like to invite parents to attend a short session which will introduce parents/carers to the Zones of Regulation. This is an opportunity to learn more about the approach that we teach in school to help the children learn about their emotions and regulate their emotions. Please RSVP to the office. Save the date 11 February 2025 @ 2.30 pm North Primary School Community Room.

### USEFUL LINKS

- [www.bbc.co.uk/bitesize/parents](http://www.bbc.co.uk/bitesize/parents)
- [www.place2be.org.uk](http://www.place2be.org.uk)
- [www.youngminds.org.uk](http://www.youngminds.org.uk)
- [www.mind.org.uk](http://www.mind.org.uk)