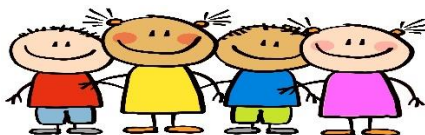


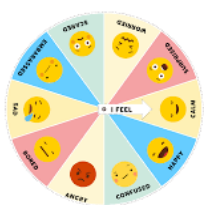


SEMH TEAM NEWSLETTER



Welcome to our 4th edition of the SEMH North Newsletter. We would like to introduce you to our new Social & Emotional Mental Health Co-Ordinator – Mrs Beckie Shepherd who joined us in April 2025. In this edition, we will be introducing the Yellow 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.

EMOTION WHEEL

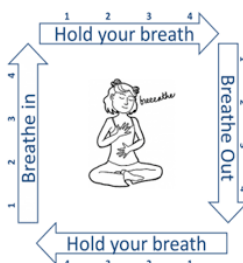


An emotion wheel is a tool that helps individuals identify and understand their feelings. It offers several benefits,

including increased self-awareness, improved emotional vocabulary, and enhanced emotional regulation. By using the wheel, individuals can better articulate their feelings, communicate them to others, and develop healthier coping strategies. Use the emotions wheel to encourage your child to talk about how they feel in different situations. • Use the emotions wheel when watching films or reading books to explore questions such as: • How does the character feel? • Why do they feel like that? • What might help them feel better? • Find regular opportunities for everyone at home to share how they are feeling in different situations

MINDFULNESS

Mindfulness activities for children can help them develop focus, emotional regulation, and stress management skills. Simple activities like mindful breathing, mindful listening, and mindful eating can be introduced at any age. More structured practices like yoga and body scan meditations can be explored as children get older.



THE ZONES OF REGULATION

Here at North Primary School & Nursery we adopt a whole school approach to the Zones of Regulation. A whole-school approach to Zones of Regulation involves implementing the programme across all aspects of the school environment to foster emotional awareness and self-regulation skills in students. This means that the language, concepts, and strategies of Zones of Regulation are integrated into daily classroom activities, interactions, and even school-wide initiatives. The goal is to create a consistent and supportive environment where students can learn to identify their emotions, understand how those emotions affect them, and develop effective coping strategies. Please take a moment to look at the Zones parents' area on their website <https://zonesofregulation.com/how-it-works/> to familiarise yourself to be able to support your child with their emotional regulation. If you require any further information regarding the Zones then please do let us know and we will be happy to answer any queries.

THE ZONES OF REGULATION



The **Yellow Zone** describes when our energy is higher, and our internal state starts to elevate. Our emotions become a little stronger. We may be experiencing stress, frustration, anxiety, excitement, silliness, confusion, nervousness, be overwhelmed, or have the wiggles, when in the **Yellow Zone**. In the **Yellow Zone** we may need to act to regulate to manage our energy and feelings as they get stronger. For example, if we are feeling energetic at the lunch table it helps to use caution and take a deep breath, so we do not spill something. If we are feeling nervous before our performance, we can slow down our racing thoughts and speech by using a mindfulness tool. When we are frustrated, and pause to take notice, we can decide to take a break to collect ourselves before we say something we regret.

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.



Please see below some information where children can eat at a reduced price during the Summer break and some fun free activities for all the family:

Firstsite: https://firstsite.uk/event_categories/children-families/ Get making during our Holiday Fun: Make session with a variety of free creative activities at Firstsite this Summer. Most suitable for those aged 4 – 11 yrs, but all ages welcome. Drop-in anytime between 10am – 2:30pm from Tuesday to Saturday to

take part. No need to book for the Make sessions. **Canteen at Firstsite:** Children and their parents or caregivers can enjoy a hot and nutritious lunch at Firstsite's canteen. All meals are free to any family who feels they would benefit.

Asda Café: Children can get a £1 meal deal at Asda all year round. They get a hot meal, such as penne pasta with meatballs, fish fingers, chicken nuggets and all-day breakfast. They will also receive a free piece of fruit. There's also a cold pick and mix selection that includes a sandwich, drink and piece of fruit. And you don't have to buy anything yourself to go with it!

Dunelm: Dunelm's Pausa Cafés offer a "kids eat free" deal. With every £4 spent in the café, one child can eat for free. This includes a kids' main meal, two snacks, and a drink. The offer is available all day, every day in all Pausa Cafés across the UK.

Bella Italia: Children can eat free on Thursdays and for £1 between 4-6pm Sunday to Wednesday.

Zizzi: Offers "Kids Eat Free" with the purchase of an adult main meal.

TGI Fridays: TGI Fridays offers a free meal for one child with the purchase of an adult main meal for members of their Stripes rewards program.

M&S Café: Children can get a free Kids' Munch Meal with any adult purchase.

Tesco Cafe: Children can eat for free in the Tesco Cafe with the purchase of an adult meal.

Mental Health Support Team - The Mental Health Support Team will be running on-line courses for parents/carers during the Summer holidays. This includes transition to secondary school and managing behaviour. These courses have been recently run at the school and include useful tools and strategies. Please see flyers attached to this newsletter to book on.

USEFUL LINKS

- www.bbc.co.uk/bitesize/parents
- www.place2be.org.uk
- www.sibs.org.uk
- www.youngminds.org.uk
- www.mind.org.uk

Mental Health Support Team (MHST)

Summer Online Parent Workshops

The Mental Health Support Team are delivering three workshops designed to be helpful for all parents/carers with primary aged children.

We encourage you to come along to build on your understanding, learn new skills and meet other parents with children with similar experiences.



Behaviours that Challenge
Wednesday 13th August at 9am



Managing Anxiety
Wednesday 20th August at 9am



Moving up to Secondary School
Thursday 28th August at 9am

All workshops are for 1 hour and held virtually on Teams.

We look forward to meeting you!

