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**SUTTON ROAD PRIMARY
SCHOOL AND NURSERY**

**Sutton Road Primary
School and Nursery**

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14.12.23

Dear Parents and Carers,

We would like to introduce you to an important concept that we have introduced at Sutton Road Primary School, this half term, to support our children's emotional well-being and self-regulation skills – 'The Zones of Regulation'. This framework is designed to help children recognise and manage their emotions effectively.

The Zones of Regulation categorise emotions into four colour-coded zones:

1. **The Blue Zone** represents feeling sad, tired or low-energy.
2. **The Green Zone** signifies a calm and focused state, where children are ready to learn.
3. **The Yellow Zone** is for when children are experiencing heightened emotions like frustration, anxiety, or excitement.
4. **The Red Zone** indicates intense emotions such as anger, panic, or extreme excitement.

Understanding and identifying which zone they are in, helps children become more self-aware and empowers them to use appropriate strategies to manage their emotions. Within each zone we will be implementing strategies to help support children in enabling them to regulate their emotions and become 'Ready to go green'. There is no *bad* zone to be in, all emotions are valid and important. How we deal with these emotions is crucial and an ongoing life skill. As a school we will be delivering regular sessions around this, to support pupils in developing these important skills.

Over the past half term, we have introduced The Zones of Regulation to the children and have held a coffee morning around this for parents and carers. We will be delivering further sessions to the children in January and as part of this, we will be holding a celebration event on **Friday 26th January. On this day children are invited to come into school wearing one of the 4 colours listed above.** We want to develop the children's understanding that in each of our classes, children will be experiencing different emotions and that we can all work to support each other.

In addition to this, and in response to recent parental feedback, we would like to invite you in to school for a Coffee Morning session on **Friday 26th January**, where we will provide an overview of our behaviour policy and we will be delivering parent sessions around the Zones of Regulation. These sessions will be running in the small hall at **9am and 2pm**. If you would like to sign up to this, please book a place via Parentmail.

By working together at home and at school, we can help your child develop essential emotional regulation skills that will benefit them throughout their lives. If you have any questions or need further guidance, please don't hesitate to reach out to us.

Sincerely,

Eliza Blakeley
Assistant Head and SENCO

