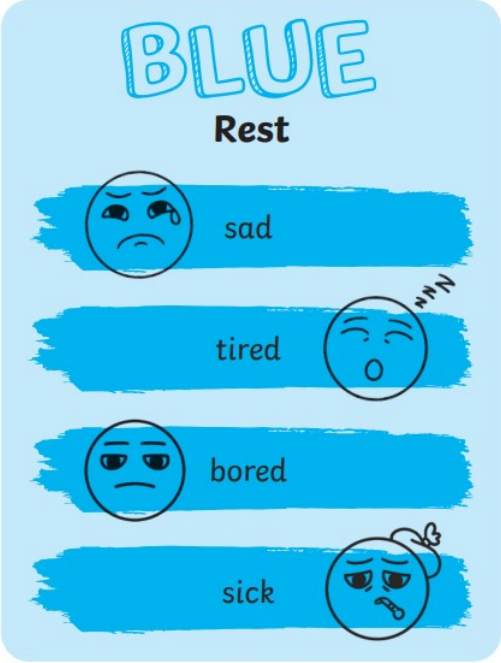
SEND Newsletter—Summer 1 2025

Welcome to our half termly SEND newsletter addressing all things related to Special Educational Needs and Disabilities here at All Saints! Please check past newsletters about SEND, Dyslexia and our school Padlet on our website. This half term's newsletter is about the Zones of Regulation.

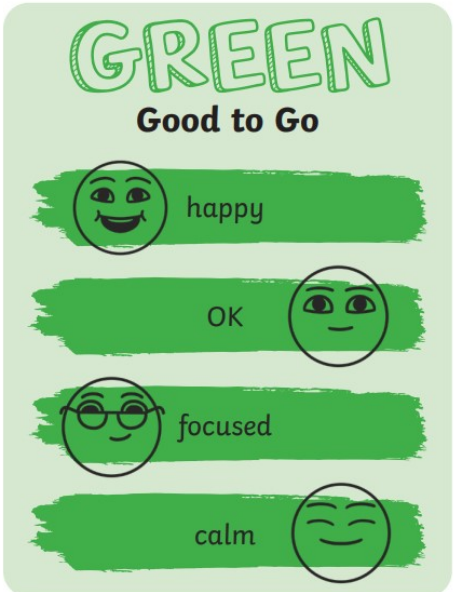
What are the Zones of Regulation?

Feelings, for children, can be complicated and difficult to explain. They come in different sizes, intensities, and bring different levels of energy that are unique within our brains and bodies. To make them easier to talk about, think about, and regulate, we use the language of the Zones of Regulation at All Saints to support.

The Zones of Regulation organises our feelings into 4 coloured zones — Blue, Green, Yellow and Red. This makes a common language to use across the school and a visual structure to help children communicate.

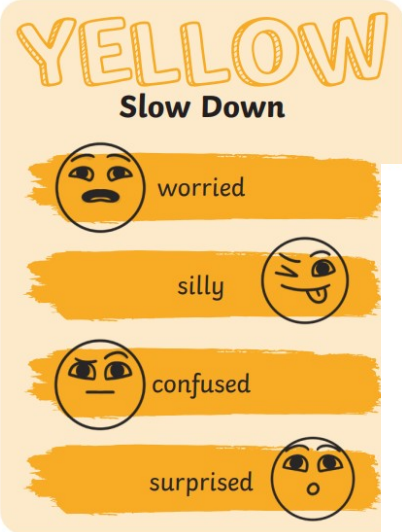


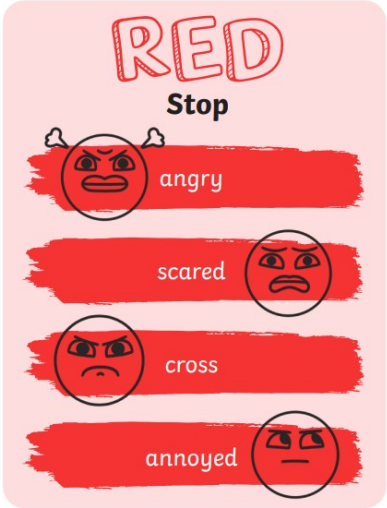
The blue zone, these are feelings to help describe feeling sad, tired, sick or bored. The children come up with strategies to help when they are in their blue zone at school. These are things like talking to an adult or friend, go for a walk, take some deep breaths. The blue zone often means we need to recharge and look after ourselves.



The green zone means we are ready for learning. We talk to the children about how to maintain being in the green zone. Children can come up with personal ways to keep themselves in this zone. The adults in school will always talk to children about 'how we can get you back into the green zone?'. This helps to co-regulate and teach ways to calm.

The yellow zone is where we can help to catch a build up of emotions before they become too strong and tip into the red zone. We try to teach the children the physical signs they might be in the yellow zone, such as they might have a tummy ache if they are worried, or a racing heart beat if surprised.





It is important for children to know that it is OK to be in the red zone and that all feelings are valid. We might also experience different zones throughout our day.

How can parents support?

We have included a zones of regulation toolkit which all parents can use at home with their children to discuss feelings and how to manage them.

With your children you can also use the same language to describe feelings, share that all feelings are valid and build some strategies together to manage emotions. If you would like school to print out a copy of the resources, please see Mrs Darling—Chalke or let the school office know.



Mrs Darling-Chalke is our school SENDCO. She works as our SENDCO on Mondays, Wednesdays and Fridays. If you would like to talk to her, please make an appointment with the school office.

Don't forget, past SEND newsletters can be found on our school website.

https://www.allsaintsceprimary.co.uk/send-information/

The next newsletter will be out after the May half term.