

Pear Tree Mead Academy

Educating children 2 – 11

Pear Tree Mead, Harlow, CM18 7BY

☎ 01279 836181 Fax 01279 423504

headteacher@peartreemead.essex.sch.uk



Head Teacher Mrs C. Peden BA(Ed) (Hons)

Deputy Headteacher

Assistant Head Mrs Rebecca Arnould BA (Hons) PGCE

Chair of Governors Mrs W Beckett

Mrs L Davies BA (ChEd) (Maternity leave June 2019)

SEND Co & Head of Early Years Mrs S Martin LLB (Hons) (PGCE)

Dear parents/carers,

As you may be aware, from our summer open evening, we are introducing The Zones of Regulation curriculum this year. The Zones of Regulation curriculum includes lessons and activities designed by Leah Kuypers (Occupational Therapist). The curriculum aims to support children with self-regulation.

The lessons and activities enable pupils to identify when they are in the different zones and how to use strategies to change or stay in the zone they are in. Pupils will gain a greater understanding of emotions, reading other people's facial expressions, understanding of how others see and react to their behaviour, an understanding of what may trigger their behaviour, calming and alerting strategies and problem solving skills.

The ZONES of Regulation®

BLUE ZONE Sad Sick Tired Bored Moving Slowly	GREEN ZONE Happy Calm Feeling Okay Focused Ready to Learn	YELLOW ZONE Frustrated Worried Silly/Wiggly Excited Loss of Some Control	RED ZONE Mad/Angry Mean Terrified Yelling/Hitting Out of Control

It is important to note that everyone experiences all of the Zones and that the Yellow and Red Zones are not bad. As a school we will ensure that our children understand that it is okay to be in any Zone.



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The children have been introduced to the Zones during our change over day. We will slowly be working through the curriculum as a whole school over the academic year to ensure that the children gain a good understanding.

I have attached a glossary, your child may use some of this language at home and we would value your support in talking about what Zone they may be in and what strategies they could use.

If you have any questions please speak with your child's class teacher or myself.

Mrs Martin
SENDCo & Head of Early Years

