



Be Nice,
Work Hard,
Never Give Up!

Greenleas Primary and Nursery School
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Dear Parents and Carers,

On Monday 2nd November, we will be starting the half-term with a well-being focus. The aim of this day is to allow children the opportunity to return to school with a 'soft start' to the term and to support them with the transition back to school after the break.

In school, we use Zones of Regulation to support children with identifying their feelings and to support them with managing these feelings.

We will focus on different zones for our well-being days across the school year. On the first day back of the next half-term, we will be focusing on the 'blue zone'.

The children are welcome to come to school wearing something blue. This can be a blue top, jumper or a blue accessory. Throughout the day, the children will discuss and complete activities based around recognising the blue zone feelings and how to navigate these emotions. To find out more about Zones of Regulation, please look on their website: <https://zonesofregulation.com/>

The Zones of Regulation®



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Please check out what is going on in classes by logging into your child's Class Dojo account.

Many thanks,

Mr Healey
Interim Headteacher