


Roskear's Zones of Regulation

BLUE ZONE



sad/lonely
tired
sick
bored
I may need help

GREEN ZONE



happy
calm
focused
ready to learn
content

This term at Roskear we have introduced the four Zones of Regulation. The posters are displayed all around the school and children can use these to help communicate how they might be feeling. We know that our emotions can impact on our behaviour, so using the posters with emojis and words can help children to tell us how they are feeling...what zone they are in and what the children can do to help them to regulate and reset their behaviour when necessary. If you would like a copy of the posters to use at home, they can be located on the school website.

YELLOW ZONE



frustrated
worried
silly
anxious
I need some help.

RED ZONE



angry
mad
out of control
shouting/throwing
I need some time/space

Attendance

As you may know the government have recently made changes to school attendance and as such we are required to keep you updated. We strongly believe in working in partnership with families to find supportive routes to improve attendance.

Good attendance begins with school being somewhere children want to be and so we believe the foundation of securing good attendance is that Roskear school is a calm, orderly, safe and supportive environment where all children are keen and ready to learn.

Please talk to your child's class teacher if you have any concerns regarding your child's attendance or please feel free pop in and have a chat with myself. Remember, we are here to help in any way we can.



Best wishes,

Mrs Lagdon, Deputy Headteacher



Food for thought?

Can you spend time away from your smart phone?

<https://apple.news/AhOSUMBVjTzmLOzKiHWZnoA>

Instilling good habits and being a good role model is one of the best ways to show our children exactly how it is done.





Autumn 1 2024 - 2025

Welcome to this half-term's Roskear Parent/Carer Council Newsletter. We hope you find the information and links to websites useful. We shall keep you updated each half-term with news and developments from across the school.

Please let us know if you have any suggestions and ideas as we always like to hear from our parents and carers.

[BBC - Tiny Happy People](#)

Please click here to follow link - [BBC Tiny Happy People](#)

'Tiny Happy People' can help you develop your child's language and communication skills, so they get the best start in life.

It gives great tips and advice, activities to do with your children,



including parenting and child development sections for you to explore.



[Outdoor Play for Children \(OPAL\)](#)

At the start of the term, we opened our outdoor areas for all children to use at lunchtimes – they can visit and play in the lower adventure area, the meadow, the woods, the wild garden, middle and lower playground. We know that most children love being outdoors (they can spend time in the school library if they wish) and that there are many benefits of nature and the outdoors for your child's mental and physical development. Being outside with others not only improves physical health and coordination, but it also builds relationships and social skills.

Further developments to the area will be taking place, so watch this space!

