

SENDCO NEWS

**NOVEMBER
EDITION**

YOUR NEWSLETTER ABOUT OUR PROVISION!

INTRODUCTION

We understand that the school environment can sometimes feel overwhelming.

Developing emotional resilience—the ability to adapt and bounce back from challenges, stress, or disappointment—is arguably one of the most critical skills we can teach our children.

This is particularly true for students with Special Educational Needs who may experience heightened anxiety or difficulty processing strong emotions.

CONTACTS

THE CLASS TEACHER IS YOUR BEST CONTACT IN THE FIRST INSTANCE.

TEACHERS MAY REFER PUPILS TO THE SENDCO:
MRS CAMPBELL

EMOTIONAL REGULATION

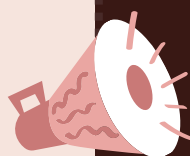
In school, we teach students to identify their feelings, understand which zone they are in and use simple coping strategies when things feel tough.

We encourage you to look at the strategies below, which will help you reinforce this learning and create a safe space for emotional processing at home.

Your partnership in supporting your child's emotional growth is invaluable. Please reach out if you have any concerns.

WORKSHOP

COMPASS CAN OFFER WORKSHOPS ON HOW THIS RESOURCE CAN BE USED AT HOME.



IF YOU WOULD LIKE COMPASS TO RUN A SESSION IN SCHOOL, PLEASE COMPLETE THE FORM.

LAST YEAR'S WORKSHOP WAS WELL ATTENDED!



UPCOMING TOPICS

AUTISM
ADHD
SLEEP
EHCPS

SENSORY PROCESSING
QUALITY FIRST TEACHING

How can you help yourself?			
The BLUE zone	The GREEN zone	The YELLOW zone	The RED zone
How might you feel?	How might you feel?	How might you feel?	How might you feel?
sad tired bored moving slowly	happy okay focussed ready to learn	nervous confused silly not ready to learn	angry frustrated scared out of control
What might help you?	What might help you?	What might help you?	What might help you?
Talk to someone Stretch Take a brain break Stand Take a walk Close my eyes	The goal of this exercise is to get to the GREEN zone. What can you do to be happy, calm and ready to learn?	Talk to someone Count to 20 Take deep breaths Squeeze something Draw a picture Take a brain break	Stop what I'm doing Make sensible choices Take deep breaths Ask for a break Find a safe space Ask for help

STRATEGIES TO USE AT HOME

Create a box or basket with items that appeal to the senses and help regulate the nervous system. Keep it in an accessible, quiet spot at home.

- **Tactile Items:** Stress ball, squishy toy, textured fabric, or putty.
- **Visual Items:** A book of calming pictures or a glitter jar (a bottle filled with water, glue, and glitter that children can shake and watch settle).
- **Scent/Sound Items:** A small bottle of essential oil (like lavender) or a simple music player with calming sounds.
- **Guidance:** Teach your child that when they reach the 'Red' or 'Amber' feeling zone, they can voluntarily go to their kit and use an item for five minutes until they feel ready to talk.

MODEL RESILIENCE

Share your own coping strategies when you feel stressed (e.g., "I feel frustrated right now, so I'm going to take three slow breaths before I answer this email."). This teaches them that feeling big emotions is normal and manageable.