

LEOPOLD PRIMARY SCHOOL

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Executive Headteacher: Miss Rachel Mollett



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Executive Headteacher: Miss Rachel Mollett

Tuesday 30th January 2024

Dear Parents and Carers,

You will remember that I wrote to you back in November of last year informing you about 'The Zones of Regulation'. Since then, pupils have developed their knowledge and understanding of the different zones, and this half-term, they will be designing their own tool kits to support their emotional regulation. As confirmed at our parent meeting, a copy of the completed toolboxes will be provided for use at home.

BLUE ZONE Sad Sick Tired Bored Moving Slowly	GREEN ZONE Happy Calm Feeling Okay Focused Relaxed	YELLOW ZONE Frustrated Worried Silly/Wiggly Excited Loss of Some Control	RED ZONE Mad/Angry Terrified Elated/Ecstatic Devastated Out of Control

In order to further promote children's understanding and use of The Zones of Regulation, we will be holding coloured themed days throughout the Spring and Summer term. Children should wear an item of clothing in either blue, green, yellow and red (see colours and dates below), to represent the zones. On these days, children will participate in a Zones of Regulation assembly and fun in-class activities based on that particular zone.

Colour of clothing	Date
Yellow	Friday 9 th February 2024
Green	Friday 22 nd March 2024
Blue	Friday 24 th May 2024
Red	Friday 12 th July 2024

Please ensure that Items of coloured clothing are plain (no patterns or writing). Items of clothing include socks/tights, t-shirts, jumpers, trousers and skirts.

Please speak to your child's class teacher if you have any questions. In the meantime, we look forward to dressing in colour!

Yours Sincerely,

Miss Melehi
Senior Deputy Head



PROUD TO BE A
MUSIC MARK
SCHOOL

