

SEND Newsletter



Welcome to Our First SEND Newsletter of the Year!

A very warm welcome to all our parents and carers, especially those who are new to the Blowers Green community. This newsletter is designed to keep you informed about how we support children with SEND in school and to share useful information, resources, and local opportunities that may benefit your family. The autumn term is always a time of adjustment as children settle back into routines and build relationships with their teachers and support staff. In this newsletter, we'll be exploring the Zones of Regulation and offering practical tips on how you can help your child feel calm and ready to learn at home. We've also included some helpful articles on supporting children as they return to school routines—perfect if you'd like a little extra guidance.

As always, if you have any SEND-related questions that your child's class teacher cannot answer, please don't hesitate to email me.

send.bgp@blowersgreenprimary.org.uk

I also hope to see many of you at our upcoming SEND Coffee Morning, which will be held in school over the next couple of weeks.

Best wishes,
Mrs S Martin



How We Teach Self-Regulation

Why is Self-Regulation Important?

Everyone needs to manage their feelings and behaviour. When we notice we are upset or worried, we can do something to feel calm again. Some children find this harder and need extra help. That's why we teach self-regulation in school.

The Zones of Regulation

Feelings can be big or small, and sometimes hard to explain. The Zones of Regulation helps children understand their feelings by using four colours:

Blue Zone – tired, sad, or bored

Green Zone – calm, happy, ready to learn

Yellow Zone – worried, silly, or excited

Red Zone – angry, scared, or out of control

This simple system helps children talk about feelings and learn what to do to get back to the Green Zone. Our goal is to help every child feel calm, focused, and ready to learn.

BLUE ZONE	GREEN ZONE	YELLOW ZONE	RED ZONE
sad	happy	frustrated	angry
tired	calm	worried	terrified
sick	feeling ok	silly	yelling
bored	ready to learn	excited	hitting
I can try... stretch	I can try... drink water	I can try... deep breaths	I can try... take a break





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Talking About the Zones with Your Child

Talk through the four Zones together

Ask your child: "How do you feel in each Zone?"

Share your own examples too.

Discuss feelings in each Zone

Example: "In the Yellow Zone, I might feel worried."

Talk about body clues

Example: "When I feel worried, I get butterflies in my stomach or sweaty hands."

Notice actions or behaviours

Example: "When I'm in the Yellow Zone, I might fidget or pace around."

Plan strategies to return to the Green Zone

Example: "If I feel anxious, I might do breathing exercises or yoga stretches."

Make a personal list of strategies

Remind your child: "Everyone is different. What works for one person might not work for another."

There are no "good" or "bad" Zones – we all experience them. The key is recognising feelings and using strategies. Keep It Consistent. Use the same language and visuals at home and school.

Talk to school about strategies so your child feels supported in both places

Ideas for Self-Regulation Tools

Sensory Tools:

Snack or drink

Fidget toys

Movement breaks

Exercise

Music

Sand/water play

Thinking Tools:

"Size of the problem" thinking

Positive self-talk

Talking to an adult or friend

Calming Activities:

Breathing exercises

Reading or colouring

Quiet space

Adjusting lights or noise



Useful links

**Transitioning back to school: Establishing Routines |
Barnardo's**

**Supporting your child if they're struggling to settle back at
school - Family Action**

Dudley Local Offer | Dudley Council

Makaton

This year we will continue to embed and develop our Makaton. This term we will focus on key vocabulary using the 'Sign of the Week.'



Dates for your Diary

Parents Evening - Monday 24th November and Wednesday 26th November - 3.30pm - 5.00pm

SEND Parents' Coffee Morning at 9.00am - Friday 28th November

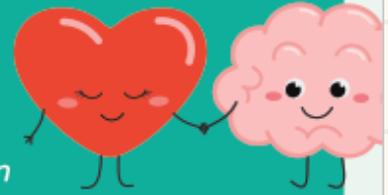




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Regulate Together: 6 Simple Ways to Connect and Calm

Nervous System Regulating Activities for Adults and Children



1 Mirror Breathing

Sit face-to-face and breathe together slowly. Let the child follow your lead—or let them lead while you match their breath.

This shared rhythm sends cues of safety and helps both bodies settle.



4 Eye Contact Game

Take turns making silly faces, mirroring expressions, or seeing who can hold a soft gaze the longest while smiling.

Safe, playful eye contact activates the social engagement system and strengthens connection.

2 Hand on Heart

Place your hand gently on your own heart and invite the child to do the same—or place your hand lightly on their back if they're comfortable. Breathe slowly together.

Warm, gentle touch paired with breath can calm the nervous system and promote connection.



5 Name the Feeling

Help the child name what they're feeling ("I see you're frustrated") and then offer a calming pause—like a big exhale, hug, or breath together.

This teaches emotional awareness and shows that regulation can happen with support.

Use these strategies adult-to-adult as well!



3 Rock, Stomp or Rhythm

Gently rock together in a chair, sway side to side in a hammock, stomp to a beat or bounce in sync to a song or chant.

Rhythmic movement that uses big muscles supports regulation and connection.



6 Shared Story or Song

Sit together and read a short story aloud or sing a favorite song together. Let the rhythm of the words and your shared attention create a safe, comforting atmosphere.

Storytelling and singing stimulate social engagement circuits, calming the nervous system.

