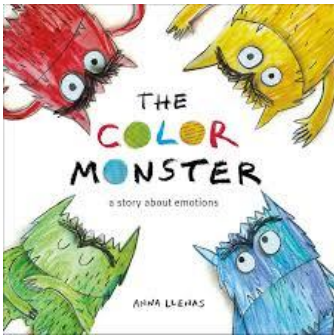




St Gabriel's November SEND Newsletter



THE ZONES OF REGULATION

Zones of Regulation: As part of our Mental Health Day in October, the Zones of Regulation were introduced into all classes.

Emotions are a normal part of everyday lives. Everyone experiences them but for some, these emotions can seem overwhelming. These feelings can include sadness, frustration, anger and low self-esteem.

Emotional regulation is a term used to describe a person's ability to effectively manage and respond to an emotional experience. Some children struggle to regulate their emotions and this is called emotional dysregulation.

All children behave differently in different situations, however it is important for children to practice emotional regulation strategies so that they don't become overwhelmed.

Tips for regulating emotions:


Take care of your physical needs: Good sleep & rest, eating healthily, exercise, limiting screen time, get outside for some fresh air, breathing exercises.

Engage in activities that build a sense of achievement & joy: join a club, practice a hobby, bake a cake, set yourself a target.

Engage with others: play with friends, go for a bike ride, play board games, go for a walk, eat dinner as a family & talk about your day.



Useful Information

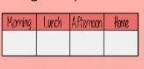
The transition back to school after holidays can be tricky (or work) *AJ's Brain*





- ▶ Change in routine
- ▶ Increased demands
- ▶ Different social environment
- ▶ More/different sensory demands
- ▶ Uncertainty = anxiety

Tips for managing the transition *AJ's Brain*

Be patient and kind   We're trying!

Manage expectations  and communicate with us

Reduce demands  and ease into work slowly

Allow sensory breaks  and sensory spaces at home

RAASS PARENT SUPPORT GROUP
Rochdale Autism and ADHD Support Service
MIDDLETON
Burnside Community Centre,
36 Burnside Crescent, Middleton,
M24 5NN
9:30am until 11:30am
Once a month on a Friday morning

For any parent/carer of neurodiverse children.
No diagnosis required.
Groups are free to attend.
All staff have lived experience and are available for support and signposting needs.



The Neurodiversity Hub
Screening Signpost & Support Service

The Neurodiversity Hub supports families whose children or young person are neurodivergent or have social communication differences. We are a needs led service, you do not need a diagnosis to access support.

Tel: 0161-206-0606
Email: hmr-ndhub@nca.nhs.uk

OUR ACTIVITIES

- ✓ Resources and Book Library
- ✓ Sensory display and play area
- ✓ Refreshments available
- ✓ Readiness for school activities

WHEN TO MEET US?

- FRIDAY 26TH SEPTEMBER
- FRIDAY 24TH OCTOBER
- FRIDAY 21ST NOVEMBER

FOR MORE INFORMATION - 01706 629 651 - SAM@HSRB.ORG.UK