



VALENCE PRIMARY SCHOOL

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4th March 2024

Dear Parent/Carers,

I would like to invite you to a session to inform you about Zones of Regulation on:

St. George: 13th March at 9am in the performing arts hall
Bonham: 22nd March at 9am in the gym

The Zones of Regulation is an internationally renowned intervention which helps children to manage difficult emotions, known as 'self-regulation'. Self-regulation can go by many names such as 'self-control', 'impulse management' and 'self-management'. Self-regulation is best described as the best state of alertness for a situation.

LIFE IS 10%
WHAT HAPPENS TO YOU

AND 90%
HOW YOU REACT TO IT

Kind regards

Richard November
Headteacher

P
Pride

R
Respect

A
Achievement

I
Independence

S
Success

E
Enjoyment