



## *Autumn Term 2026*

A warm welcome back to school, and hello to all our new families that have joined our school community this year.

Our Family Support Newsletter aims to ensure we meet the needs of our children and families and recognise that this can be difficult at times. We hope to be able to support you, but if you need further help, we can guide you to services that will provide you with any assistance you may need.

If you need any support, advice or a listening ear, please contact the office and ask to leave a message for Mrs. Warren – Nurture Learning Mentor/Family Support.

## *Pre-Loved school Uniform*

We currently have a well-stocked supply of pre-loved uniforms, from pants to coats! If you would like to acquire any item, please ask our lovely office staff who would be happy to help. Any donations of items that no longer fit your child would be much appreciated. Thank you

## *Food Bank*

**Living Well**, Holy Trinity with St John's Penge is based at Holy Trinity Church, Lennard Road Beckenham. Their food bank is available to use on Tuesdays 2.00 - 3.30pm, Fridays 1.00 - 2.30pm, Saturdays 10.30 - 12.00pm. You do not need a referral or voucher to use this service.

## *Attendance*

It has been lovely talking with some of our families this week. We understand that mornings can sometimes be challenging, and getting children to school on time is not always easy. We would like to remind families that support is available if your child is experiencing difficulties with attendance or punctuality.

Regular attendance and arriving on time help children feel settled, build positive routines, maintain friendships, and make the most of their learning opportunities.

If your child is finding it difficult to attend school, is often arriving late, or if there are circumstances at home that are affecting your morning routine, please let us know. We are here to work together with families and can offer advice, support, and practical strategies to help. Ask to speak with Mrs. Warren, who will be happy to meet or chat with you.

## *Spotlight on..... The Zones of Regulation*

Here at St. John's, we use the Zones of Regulation to help children recognise, understand and manage their emotions. The Zones provide a simple, child-friendly way of talking about feelings and how our emotions can affect our behaviour. Each child has access to an interactive class resource to let their teachers know how they are feeling.

All emotions are normal and important. The goal is to help children recognise how they are feeling and develop strategies to manage those feelings successfully. We can be in any of the zones, and this can change at any time.

*The four zones are:*

### Blue Zone

- When we are in the Blue Zone, we may feel tired, sad, unwell, bored, low in energy

Children may need rest, encouragement, movement, or support to help them become more alert and ready to learn.

### Green Zone

- When we are in the Green Zone, we may feel calm, happy, focused, in control and ready to learn

This is often the best zone for learning, listening, and solving problems.

### Yellow Zone

- When in the Yellow zone, we may feel excited, worried, frustrated, silly or anxious

Our bodies start to feel more alert, and we may need strategies to help us stay in control.

### Red Zone

- When we are in the Red Zone, we may feel angry extremely upset, terrified or out of control

When children are in the Red Zone, they often need support to calm their bodies and emotions before they can think clearly.

We help children to:

- Identify which zone they are in, notice how their body feels, understand what may have caused those feelings, and learn strategies that help them regulate their emotions.

Some strategies might include:

- Taking deep breaths, using calm-down tools, having a movement break, talking to a trusted adult, taking time in a quiet space or using positive self-talk

**A simple message for children:**

*"It's okay to feel whatever you feel; the important thing is learning what to do with those feelings."*