

Mental Health and Wellbeing at St. Peter's CEP School Newsletter 4 –
Zones of Regulation Champions



Congratulations to our 4 Zones of Regulation Champions!

In the Autumn Term, Year 6s were invited to apply for the position of Zones of Regulation Champion. The 4 children chosen for this role were: Jo Hayes, Rafael Sermbezis, Vanessa Spasov and Sam Shepherd. We have been meeting during their lunchtime to decide how to lead and promote the Zones of Regulation throughout the school. I have been so impressed with their enthusiasm and commitment to the role; they are doing a fantastic job. Here are their photos; they decided that they wanted to represent a zone each!

Mrs Jenner



Zones of Regulation Day!

Today the Zones of Regulation Champions led a brilliant Zones of Regulation assembly. They hosted a game show and shared lots of important messages about the Zones of Regulation. The children then had a Zones of Regulation lesson in class, learning about different strategies to use to self-regulate, like breathing and visualisation techniques. Ask your child what they learnt about in school today!

