



Welcome to the first issue of our new monthly Mental Health & Wellbeing Newsletter.

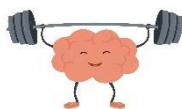
As stated in [Mentally Healthy Schools](#), primary schools have a vital role to play in supporting children’s mental health. At John Perry, we believe that teaching young people the skills they need to recognise and deal with their emotions, and helping those with difficulties get the support they need, is key to giving them the best start in life.

These newsletters will be sent out each month and they aim to provide hints and tips for looking after your child’s and your own mental health and wellbeing.

We are always open to constructive feedback and suggestions. Please speak to a member of SLT or email the school office (office@johnperry.bardaglea.org.uk) if you would like us to include information about a particular area of mental health and wellbeing or if you have any ideas or suggestions to improve the mental health and wellbeing of our staff, pupils and John Perry community.

What is mental health?

Mental health is about how we think, how we feel and how we behave. Having good mental health means that you are able to make the most of your life, reach your potential and cope with the ups and downs of life.



World Mental Health Day - 10th October 2023

World Mental Health Day 2023 is an opportunity for people and communities to unite behind the theme ‘Mental health is a universal human right’ to improve knowledge, raise awareness and drive actions that promote and protect everyone’s mental health as a universal human right.

We will be holding special Assemblies and promoting the Zones of Regulation (please see below) to celebrate this important date in school.



Zones of Regulation

From time to time, all of us (including adults) find it hard to manage strong feelings such as worry, anger, restlessness, fear or tiredness, and this stops us from getting on with our day effectively. Children who feel these emotions often find it hard to learn and concentrate in school.

At John Perry, we have implemented the Zones of Regulation intervention to teach children strategies to help them to identify their emotions and cope with these feelings so they can get back to feeling calm and ready to learn. These coping strategies are called ‘self-regulation.’

We will be holding parent workshops about the Zones of Regulation, as we believe this intervention can be used at home to help your child identify their emotions and self-regulate. In the meantime, please visit <https://zonesofregulation.com/> if you would like to know more.

The ZONES of Regulation

Blue Zone Sad Bored Tired Sick	Green Zone Happy Focused Calm Proud	Yellow Zone Worried Frustrated Silly Excited	Red Zone overjoyed/Elated Panicked Angry Terrified

