



GODSTONE PRIMARY AND NURSERY SCHOOL

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Friday 12th September 2025

Dear Parents/Carers,

As a school we have been working towards our Nurture UK Accreditation which will recognise the nurturing approach we use to support the social, emotional, and mental health needs of all children.

As part of this, we will be introducing 'Zones of Regulation' to the children. This framework helps children recognise and manage their emotions by categorising feelings into four colour-coded zones: blue, green, yellow, and red.

To make this approach more relatable and engaging for the children each zone is linked to the characters from the film *Inside Out*. For example, Joy represents the green zone (calm, happy, and ready to learn), while Anger represents the red zone (extreme feelings that need careful management). By using familiar characters, children can better understand their emotions and learn helpful strategies to return to a regulated, ready-to-learn state.

Over the coming weeks, the children will be watching short clips from the film and discussing each of the zones. This will allow them to become more familiar with the characters and will help them identify different emotions.

We have a group of children who are Wellbeing Ambassadors who will be sending out a parent guide to give further information regarding each of the four zones later this term.

NSPCC's Speak out. Stay safe assemblies

This month, we will also be delivering the NSPCC's *Speak out. Stay safe.* Programme.

Speak out. Stay safe. is a programme for children aged 5-11 which aims to help children understand abuse in all its forms and to recognise the signs of abuse. Children are taught to speak out if they are worried, either to a safe adult or Childline.

This child friendly programme is aligned with the curriculum and consists of age-appropriate virtual assemblies and supporting classroom-based activities which we have reviewed. The content is delivered in an engaging and interactive way with the help of the NSPCC mascot Buddy.

Parents and carers are asked to let the school know if their child may have experienced anything (in the past or happening now) which may mean they need extra support before, during or after taking part in this programme.

If you would like to know more about the *Speak out. Stay safe.* programme visit www.nspcc.org.uk/speakout.

Additional NSPCC resources for families to help keep children safe

The NSPCC have shared some important information below on wider NSPCC resources and support to help keep children safe.



Inspirational Learning for Life



Parent/Carer support

Take a look at information, support, advice and activities from NSPCC for parent and carers.

www.nspcc.org.uk/parents

Activities to extend learning at home

Take part in games and activities at home to help children learn about speaking out and staying safe.

www.nspcc.org.uk/activities

Online Safety Hub

For information on a range of different online safety topics including gaming, social media, sharing images, parental controls and more.

www.nspcc.org.uk/onlinesafety

Childline – under 12's

Childline have an accessible website with advice, support, games and activities. Children can change the language, enlarge text and also listen to the content.

www.childline.org.uk/buddy (5-7)

www.childline.org.uk/kids (7-11)

Talk PANTS with your children

Talk PANTS is a simple conversation to help keep children safe from sexual abuse. From P through to S, each letter of PANTS provides simple but important messages. Download the free resources at

www.nspcc.org.uk/pants.

I hope you find this information about *Zones of Regulation* and the NSPCC's *Speak out. Stay safe.* programme helpful. Please do contact me if you have any further questions.

Yours sincerely,

Mrs Hayley Lancashire

Inclusion Lead, Designated Safeguarding Lead and Reception Class Teacher