



SAMARÈS SCHOOL
School Road, St Clement
Jersey, JE2 6TG

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Head Teacher: Mrs Jenny Posner

Monday 6th March 2023

Dear Parents,

At Samarès School we use a programme called the Zones of Regulation to help teach and support children to learn skills of being able to self regulate, articulate their emotions and respond appropriately to different problems they may face.

I thought it would be a good idea to offer an opportunity for you as parents to come in to school for a short seminar to learn a bit about the Zones of Regulation to help support your child at home, and for you to understand some of the work we are doing in school through the programme.

I will be running the session at the following times:

Monday 20th March 2023 at 2:30pm

Tuesday 21st March 2023 at 8:45am

Tuesday 21st March 2023 at 5pm

The session will last no more than 30 minutes.

Please could you indicate through the following link or scan the QR code if you wish to attend so I can plan for numbers.

<https://forms.office.com/e/K8CENZz5Us>



Best wishes,

Mr Lumley

Deputy Headteacher