



24 April 2024

Dear Families

Emotional Regulation Sessions

I am writing to inform you about an upcoming initiative that we believe will greatly benefit your child. We are planning to include your child in a series of weekly emotional regulation sessions, with one-hour lessons each week. As educators, we have identified the importance of nurturing emotional intelligence in our students, and we believe that these sessions will provide valuable skills and tools for your child's personal and academic development.

The emotional regulation sessions aim to help children understand and manage their emotions effectively, develop resilience, and enhance their overall well-being. Through a combination of interactive activities, discussions, and mindfulness exercises, we will support your child in recognising and expressing their feelings in a healthy and constructive manner.

We firmly believe that emotional regulation is a key aspect of social and emotional learning that can positively impact your child's academic performance and interpersonal relationships. By participating in these sessions, your child will not only acquire valuable coping mechanisms but also build self-awareness and empathy towards others.

We kindly request your support and cooperation in ensuring your child's attendance for each session. Consistent participation will maximise the benefits of the programme and allow your child to fully engage with the content covered. If there are any scheduling conflicts or concerns, please do not hesitate to contact us so that we can work together to find a suitable solution.

We encourage you to engage with your child about their experiences during the emotional regulation sessions and reinforce the learning outcomes through continued conversations at home. Your involvement and support play a crucial role in reinforcing the skills and strategies introduced during the sessions, creating a holistic approach to your child's emotional development.

Should you have any questions or require further information regarding the emotional regulation sessions, please feel free to reach out to me directly. Your child's well-being and academic success are our top priorities, and we are committed to providing a supportive and enriching learning environment for all our students.

I have arranged for the first session to take place this Thursday 25 April 2024, during period two and then going forward the sessions will be every Tuesday during period five.

Thank you for your attention to this matter and please do not hesitate to contact me if you have any questions.

Kind regards

Mrs Michelle Abel

Leader of Alternative Curriculum

