



RIVERLEY NEWS

PROUD TRADITIONS

WIDE HORIZONS

HIGH ACHIEVEMENT

WELLBEING 02

FRIDAY 20TH JANUARY 2023

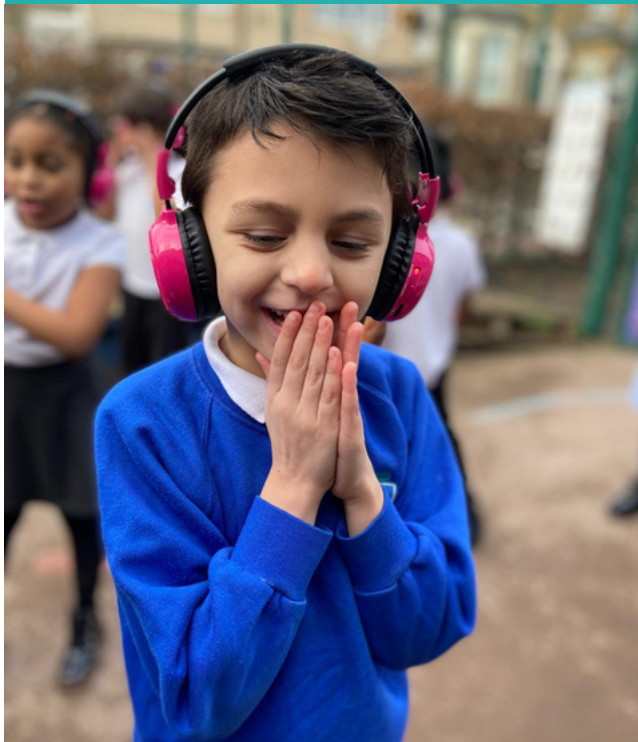
NEWS & FEATURES

SCHOOL COUNSELLOR
PAGE 1

ZONES OF REGULATION
PAGE 2

WALTHAM FOREST SERVICES
PAGE 3

APPS AND WEBSITES
PAGE 4



Dear Riverley Families

Mental health and wellbeing is always at the forefront of everything we do at Riverley. Ensuring children feel safe and secure at school is fundamental and we strive to help them in every way possible. This newsletter not only shares one way in which we do this but also gives you and your loved ones more information on adult mental health and wellbeing.

Keeping ourselves moving is a fantastic way to invigorate our body and mind. Every Friday, Coach Kieran will lead a Feel Fit Friday session in the Main Playground at 8.40 for all families to join.

We are pleased to introduce Elizabeth, a counsellor, who will be working with children across the school, delivering a safe space and outlet.

Our doors are always open and as a Riverley Family we hope to support children and families in every way we can. If you ever have any concerns or worries, please see a member of the team.

Hannah Thornton
Wellbeing Lead

Life is not merely being alive, but by being well.
Marcus Aurelius

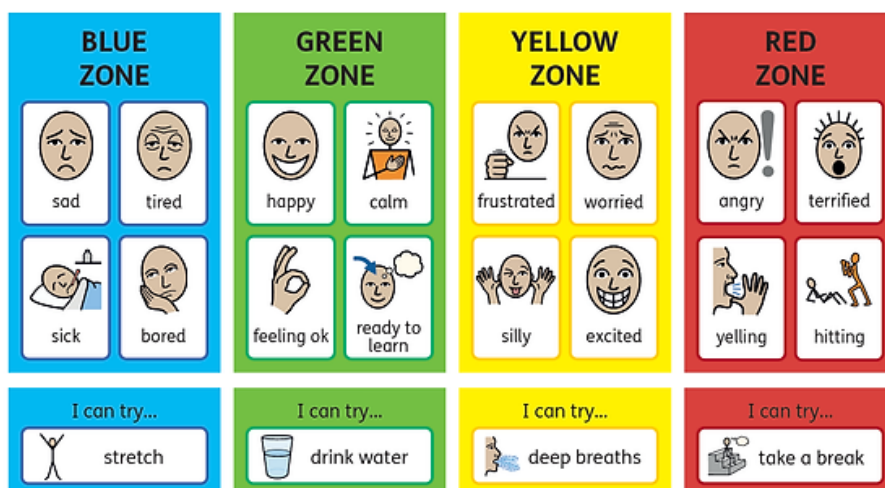
THE ZONES OF REGULATION™

A SOCIAL EMOTIONAL LEARNING FRAMEWORK AND PATHWAY TO REGULATION

Zones of Regulation is a tool to support children's emotional literacy. It develops awareness of feelings, energy and alertness levels while exploring a variety of tools and strategies for regulation, prosocial skills, self-care, and overall wellness.

This curriculum provides us an easy way to think and talk about how we feel on the inside and sort these feelings into four coloured Zones, all of which are expected in life. Once we understand our feelings and zones, we can learn to use tools/strategies to manage our different Zones in order to meet goals like doing schoolwork or other tasks, managing big feelings, and healthy relationships with others.

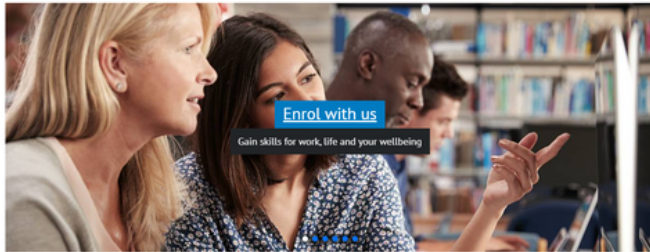
The simple, common language and visual structure of The Zones of Regulation helps make the complex skill of regulation more concrete for learners and those who support them.



Embedded in areas around the school, children have the opportunity to work in small groups and take part in scenario based discussions. They create their own core values; thinking of ways they can identify their emotions, how these emotions affect their behaviour, how they wish others to support them during these moments and ways to they understand trigger points. Children can also generate ideas to support them when feeling a particular 'Zone' in order to support them moving from one a negative based feeling to a positive one.

For more information: www.zonesofregulation.com

Waltham Forest offer a wide range of support for children and adults. Below is a selection of services that may support you or someone you know:



<https://www.lbwfadultlearning.co.uk/>

Provides adults an opportunity to take part in a variety of courses from creative courses, business, and administration to gardening. Apprenticeships are also available to help earn while you learn.

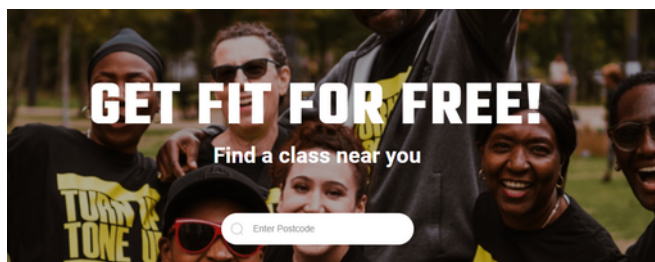


MENTORED HOME COOKING COURSE

Join our popular FREE Mentored Home Cooking Course
Cook amazingly tasty food for just pennies!
Save money, improve your health, and surprise your friends and family.
Go on an international adventure from the comfort of your own kitchen!

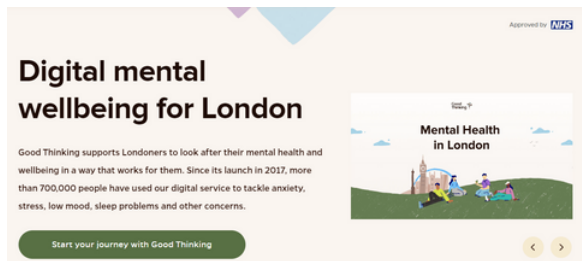
<https://bagsoftaste.org/mentored/>

Offers free virtual cooking course to help you make tasty international dishes at home. A free bag of ingredients is also delivered.



<https://ourparks.org.uk/>

Provides adults a number of fat burning, high and low intensity live online work outs with opportunities for 1:1 coaching as well as group sessions in local parks.



<https://www.good-thinking.uk/>

Supports adults to look after their mental health and wellbeing in a way that works for them. Anxiety, stress, low mood, sleep problems and money worries are supported with practical tips and tools.

**Free, 24/7 support
for people in crisis.**

www.crisistextline.uk

Shout is an affiliate of Crisis Text Line® in the UK that provides free, confidential support, 24/7 via text. It's the first free 24/7 texting service in the UK for anyone in crisis anytime, anywhere. Text SHOUT to 85258 in the UK to text with a trained Crisis Volunteer

Waltham Forest Children Services also provide a variety of sessions for children such as play sessions and book sharing. For more information:
[/www.walthamforest.gov.uk/events](http://www.walthamforest.gov.uk/events)

Apps & Websites



Mindshift

Android + Apple

This app teaches users how to relax and helps them identify active steps to directly face and take charge of their anxiety. The goal is to help young people learn and practice anxiety coping skills. These tools address everyday situations that contribute to increased levels of anxiety, in order to help users change their overall relationship with anxiety.



Headspace

Android + Apple

Headspace app aims to keep children calm through short meditation exercises. It uses common meditation techniques like becoming aware of environmental sounds, breath awareness, breath counting, and more. Children can learn the basics of meditation and mindfulness. They can develop the habit of making time for personal growth and self-reflection in different situations, such as bedtime and waking up.



Smart Tales

Android + Apple

Smart Tales is an educational app full of interactive and animated stories that teach STEM subjects through narratives. Each Smart Tale contains many animated and interactive storybook pages. It has over 500+ animated pages created by artists who are experts in children's entertainment and 300+ educational games designed by speech therapists and educators.



Breathe, Think, Do with Sesame

Android + Apple

This app teaches users how to learn to deal with frustrating situations using the "breathe, think, do" method. They'll learn to take long, breaths to calm down, think of a few strategies to handle the problem, and then do those things. They'll develop resilience as they overcome frustrations and challenges on their own. Aimed for younger children, the app encourages them to be more aware of their emotions.



The Zones of Regulation

Android + Apple

Linking to our Zones of Regulation sessions within school, this app supports children to identify the coloured 'zone' that they are in which corresponds to different groups of emotions. The app then guides children through these emotions and how to deal with them. The intention is for children to understand and move through negative emotions into the calm and content ones.