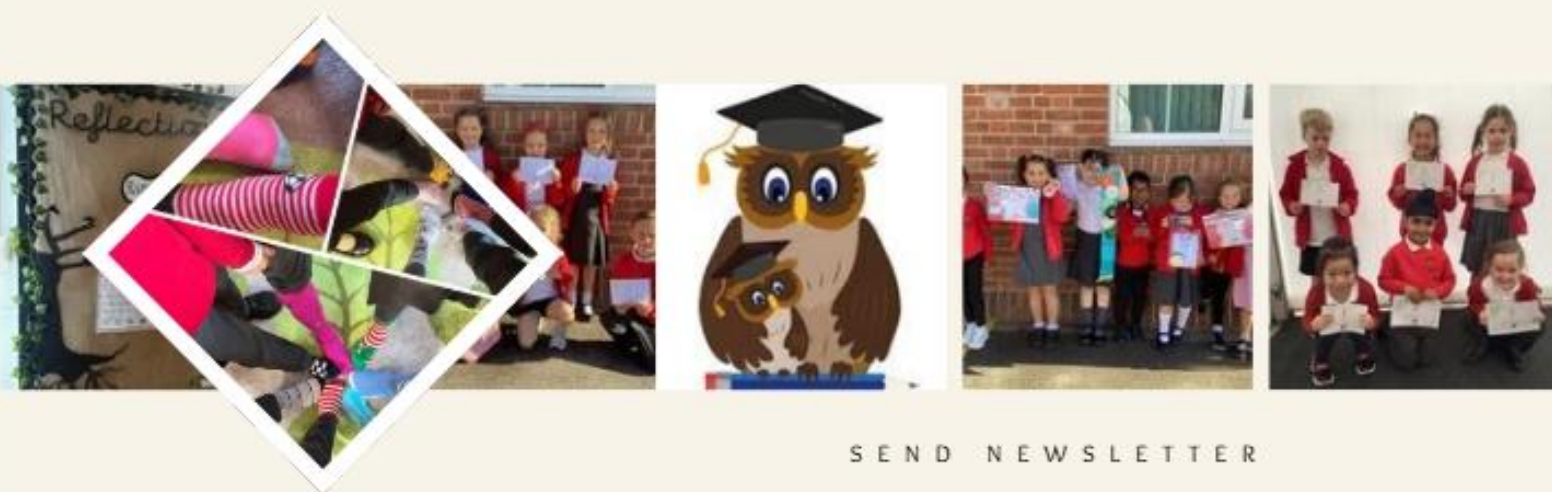


SENDCo's note:



Hannah Owen-

Deputy headteacher

and Inclusion lead (SENDCo)

Hi everyone!

How are we halfway through the academic year already?! One of the highlights of the half term was welcoming some of you to our SEND Coffee Afternoon, where we were joined by the Mental Health in Schools Team (MHST). We will be running another SEND Coffee Afternoon this half term, and I warmly encourage you to come along, whether you joined us last time or will be attending for the first time you will be very welcome. Dates will be shared shortly.

Parents' Evenings are taking place this half term. If you would like to book a 1:1 appointment with me as SENCO, you are very welcome to do so.

You can arrange this by:

- Sending me a direct Dojo message, or
- Contacting the school office, who will direct your enquiry to me

Whether you have a specific concern, a question about provision, or would simply like an update, I am here to help and would be delighted to meet with you.

A positive, supportive half term

Thank you again for your continued partnership, openness, and dedication to supporting your children. Working together makes such a meaningful difference, and this half term has been a wonderful reflection of that.

If you have any questions or would like to talk through anything at all, please do get in touch via Class Dojo or through the school office.

Mrs Owen

Spotlight on the power of co-regulation



Supporting children with their emotions can sometimes feel overwhelming, especially when they experience big feelings that seem to come from nowhere. This half term, my spotlight focuses on Co-regulation. Co-regulation is a simple but powerful approach that helps children feel safe, understood, and able to calm their bodies and minds.

What Is Co-Regulation?

Co-regulation means *borrowing an adult's calm*.

Children, especially those with SEND or those still developing their emotional skills, rely heavily on the adults around them to help them settle when things feel difficult. Rather than expecting children to “self-regulate” on their own, co-regulation recognises that they need a calm, steady, and supportive adult first.

It's not about fixing the emotion or stopping the behaviour it's about showing the child: “You're not alone. I'm here. We can calm down together.”

Why Do Children Need Co-Regulation?

Children's brains are still developing, and the parts responsible for managing emotions, staying calm, and making sense of big feelings take many years to mature. For children with additional needs, this can take even longer.

Co-regulation helps children to:

- Feel safe and connected
- Understand and name their emotions
- Learn how to calm their bodies
- Build the skills needed for self-regulation later on

- Reduce meltdowns, anxiety and overwhelm

It's a process that happens *through relationships*, not through consequences or demands.

So, what does co-regulation look like?

It can be as simple as:

1. Staying close and calm

Sitting nearby, lowering your voice, softening your expression, your calm nervous system helps settle theirs.

2. Matching their emotional intensity, then slowing it down

For example:

"I can see your body is feeling really cross... I'm right here. Let's take a slow breath together."

3. Using grounding language

Children in dysregulation can't process long explanations. Try:

"You're safe."

"I'm with you."

"We'll get through this together."

4. Offering co-regulating sensory strategies

- Deep pressure hugs (if your child likes touch)
- A weighted toy
- Slow breathing together
- Sitting in a calm, predictable space
- Rocking gently or swaying side to side



5. Staying connected, even if the child withdraws

Some children don't want touch or talking when overwhelmed, and that's okay. You can co-regulate quietly by staying present and keeping your tone soft.

Why co-regulation helps At home:

Many families describe the "after-school meltdown" children holding it together all day, then releasing it at home where they feel safest. Co-regulation supports children through this by:

- Reducing the intensity of meltdowns

- Preventing situations from escalating
- Strengthening trust and attachment
- Helping children feel understood, not judged

When children experience co-regulation regularly, you're building their ability to self-regulate over time.

Simple Co-Regulation Phrases You Can Use

- "Take your time, I'm right here."
- "Your feelings make sense."
- "Let's breathe together."
- "You're safe. I won't rush you."
- "I can help you."
- "We'll figure this out when your body feels calmer."

At School...

We use co-regulation daily through:

- calm voices and predictable routines- all classes have a visual timetable
- offering quiet, safe spaces like 'The Nest' or in Reception 'The Zen Den'
- supporting children with visual tools
- modelling calm responses during big emotions
- giving them time to come back to the learning when ready

These small moments make a big impact on children's wellbeing.

Co-regulation is not about perfection it's about connection.

You don't need the ideal words or a perfectly calm voice. What matters is that your child feels your presence and your willingness to support them through their feelings.

If you would like more ideas, modelling, or support with co-regulation at home, please feel free to message me on Dojo or book an appointment during Parents' Evening. I'm always here to help.

Last half term's highlights:

New outdoor play equipment

This half term we've broadened the range of play equipment available during break and lunch times, giving children even more ways to explore, imagine and play.

It's been lovely to see all children engaging in richer, more varied play outdoors and we will continue to add more equipment as the year progresses. We would be grateful of any donations please!



Additional after school clubs

We have expanded our after-school club offer to include:

- Cooking Club
- Construction Club
- Arts and Crafts Club

These have been incredibly popular and have been thoroughly enjoyed by those lucky enough to be attending.

Looking ahead, we're excited to introduce 'Little Dramatics' next half term taking place on a Friday-a brand-new club designed to build confidence, imagination and early drama skills. We can't wait to see the children enjoying this new opportunity!



Snow Day!

One of the most memorable moments of the half term was when it snowed! It was so special to pause our usual routine, wrap up warm, and head outside together to enjoy the snow on the playground.

The excitement, laughter and sheer joy on the children's faces made it a moment we will all remember.



That's a wrap!



For questions and clarifications, you may reach out to me directly on-
hannah.owen@dunchurch.covmat.org or via class dojo.

