



St Edward's  
Church of England  
Academy

RECOGNISE • ENCOURAGE • STRIVE • PREPARE • EMPATHISE • CHRISTIAN • TEAMWORK

Pastoral Support SATS Evening 2024

# House Leaders

RECOGNISE • ENCOURAGE • STRIVE • PREPARE • EMPATHISE • CHRISTIAN • TEAMWORK



**Mrs Mulroy – Nightingale  
Mental Health & Wellbeing**



**Mrs Matthews – Newton  
Pupils Behaviour & Welfare**



**Mrs Mountford – Elgar  
Social & Emotional Counselling**



PREPARE • EMPATHISE • CHRISTIAN • TEAMWORK

# Zones of Regulation

**Blue Zone** - low states of alertness, such as when one feels sad, tired, sick, or bored. This is when one's body and/or brain is moving slowly or sluggishly

**Green Zone** - regulated state of alertness. A person may be described as calm, happy, focused, or content when in the Green Zone. Being in the Green Zone shows control.

**Yellow Zone**- heightened state of alertness. A person may be experiencing stress, frustration, anxiety, excitement, silliness, nervousness, confusion, and many more slightly elevated emotions and states when in the Yellow Zone (such as wiggly, squirmy, or sensory seeking). The Yellow Zone is starting to lose some control.

**Red Zone** - extremely heightened states of alertness or very intense feelings. A person may be experiencing anger, rage, explosive behaviour, panic, terror, or elation when in the Red Zone. Being in the Red Zone can best be explained by not being in control of one's body.