



Canon Popham CofE Primary Academy SEND & Inclusion Newsletter

Autumn 2, 2025

Thank you for taking the time to read our half-termly newsletter full of information and tips for parents. If you have any questions related to SEND, please contact your child's class teacher or sendco@cpa.dsat.education

Parent/Carer Workshops

We are very lucky to work alongside external agencies who will be leading parent workshops throughout the academic year. These workshops will take place in school, to book a place please email enquiries@cpa.dsat.education

With Me In Mind

Supporting your child with big emotions-
Tuesday 27th January 2:15pm-3:15pm

The Importance of sleep-

Thursday 16th April 2:15pm-3:15pm

School Nurse

Dental Workshop -

Tuesday 13th January 2:15pm-3:15pm

Asthma Workshop-

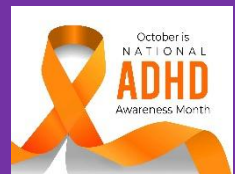
Tuesday 10th March 2:15pm-3:15pm



Just one of our many fantastic Zones of Regulation resources across school- this interactive sign in display is used by Nursery every day!



October is ADHD and Dyslexia awareness month. We are proud to raise awareness and support all of our learners and their individual achievements.



The Zones of Regulation

During World Mental Health Day, we explored the Zones of Regulation with all classes across school. Feelings are complicated. They come in different sizes, intensities, and levels of energy that are unique with in our brains and bodies. To make them easier to talk about, think about, and regulate, The Zones of Regulation organises our feelings, state of alertness, and energy levels into four coloured Zones – Blue, Green, Yellow, and Red. This intervention is used in each class across school and is a really good resource to use at home too.

The ZONES of Regulation®

BLUE ZONE Sad Sick Tired Bored Moving Slowly	GREEN ZONE Happy Calm Feeling Okay Focused Ready to Learn	YELLOW ZONE Frustrated Worried Silly/Wiggly Excited Loss of Some Control	RED ZONE Mad/Angry Terrified Yelling/Hitting Elated Out of Control

How to use the Zones of Regulation:

Talk through the zones with your child. Ask them how they would feel in each zone?

- Discuss what emotion they feel in each zone e.g., in the yellow zone I may feel worried.
- How they physically feel e.g., in yellow zone I may have butterflies in my stomach or have sweaty palms (if feeling anxious).
- Then discuss what might they be doing- what be their actions e.g., in yellow zone would they be pacing around, snapping at others, fidgeting?
- Then discuss how to help them move into the Green zone e.g. if I was in the Yellow zone and feeling anxious I might find competing some yoga stretches/ breathing techniques helps me get back into the green zone.
- Create a list of strategies that work for the child

Upcoming events in the Area & useful SEND contacts & information

Doncaster Autism Services- Events Calendar November 2025 attached

Doncaster Parents Voice- Events Calendar & Updates November 2025- attached

Carers Rights Day 2025- 20th November 2025

The Voice of SEND Young People Meeting- 16th December 2025 @ Doncaster Carers Centre



Work behind the scenes in Autumn 2

- Mrs Creighton and Mrs Clemitshaw have accessed their first Behaviour Academy session delivered through the Behaviour Outreach Support Service (BOSS)
- Mrs Shelton has updated our Behaviour Policy which can be found on our school website
- Miss Simpkin has attended the Pyramid Planning Meeting with the Educational Psychologist, ASCETS, BOSS and SENDCO's within the Hungerhill Pyramid
- Our Speech and Language Team for Doncaster have provided support for specific pupils across school