

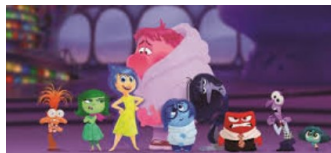


Mail on Friday

Redhill Primary Academy and Nursery Weekly Newsletter

Email us at: parentcontact@redhillprimary.co.uk

The ZONES of Regulation®



At Redhill, we teach that all emotions are healthy, on a spectrum and are part of being a human, with a focus on developing skills to manage and express them, so that children feel safe and understood. We have introduced 'Zones of Regulation' in our classrooms and the wider school. Our aim is to teach children about good coping and regulation strategies so they can understand and help themselves when they experience emotions, anxiety or stress.

What is self regulation?

Self-regulation can go by many names such as 'emotional regulation', 'self-control', 'impulse management' and 'self-management'. Self-regulation is best described as the best state of alertness for a situation, or the ability to maintain a well regulated emotional state to cope with everyday stress and to be most available for learning and interacting.

What are the Zones of Regulation?

Zones of Regulation is a self-regulation approach to help teach children the ways we can categorise feelings and emotions, energy levels and states of alertness into four-coloured zones. The Zones framework provides strategies to help teach children to become more aware of, and independent in, managing their emotions and impulses, managing their sensory needs, and improving their ability to problem solve conflicts.

Blue	Green	Yellow	Red
sad	happy	frustrated	angry
sick	calm	worried	terrified
tired	feeling okay	restless	ecstatic
bored	focused	excited	devastated
moving slowly	relaxed	loss of some control	out of control

Why use Zones of Regulation?

Sometimes young people struggle to recognise their emotions, and especially the tools needed for self-regulation. Zones of Regulation is designed to help children recognise their feelings or emotions and how this influences their behaviour. As well as learning to understand how their behaviour impacts themselves and those around them, they learn what tools they can use to manage their feelings and states.

If you would like to find out more about Zones of Regulation, how it will be used in school or how it could be used at home to help develop understanding of emotions and regulation, please refer to the school website.

What Parents & Carers Need to Know about

TIKTOK

AGE RESTRICTION
13+

(certain features are restricted to over-18s only)

TikTok is a free social media platform that lets users create, share and watch short videos ranging anywhere from 15 seconds to 10 minutes in duration. The app gained notoriety for its viral dances, trends and celebrity cameos and can be a creative, fun platform for teens to enjoy. Now available in 75 languages, it has more than a billion active users worldwide (as of spring 2022) and is most popular with the under-18 age bracket. In fact, a 2022 Ofcom report found TikTok to be the most-used social media platform for posting content, particularly among young people aged 12 to 17.

WHAT ARE THE RISKS?

AGE-INAPPROPRIATE CONTENT

While TikTok's "Following" feed only displays videos from users someone follows, "For You" is a stream of clips based on their previously watched content. Most videos on a child's "For You" feed will therefore be light-hearted and amusing, but it could potentially surface something unsuitable. TikTok's guidelines prohibit the sharing of illegal or inappropriate content, but the sheer volume of uploads mean they aren't manually monitored and vetted.

18
CENSORED

DANGEROUS CHALLENGES

Due to TikTok's immense popularity, some young people have unfortunately been influenced by videos challenging them to perform harmful, criminal or even deadly acts. One extreme example was the "blackout" trend, which encouraged users to hold their breath until they passed out from a lack of oxygen. It led to two families filing lawsuits against TikTok over the tragic deaths of their children.

CONTACT WITH STRANGERS

With around 1.1 billion users globally, the potential for contact from strangers on TikTok is high – especially as accounts created by over-18s (or youngsters using a false date of birth) are set to public by default. This not only means that someone's profile is visible to everyone else on the app; it also lets their videos be suggested to others and enables anyone to comment on them or download them.

IN-APP SPENDING

TikTok is free, but users have the option to buy TikTok coins, which can be used to purchase emojis in the app. These emojis are then sent as rewards (retaining their monetary value) to other users for videos they've created. Coin bundles range from £3.99 to an eye-watering £99; TikTok's policy is that they can't be bought by under-18s, but it's possible to bypass this with a fake birthdate.

ADDICTIVE NATURE

Like all social networking platforms, TikTok can be addictive: figures show that young people are investing increasing amounts of time in it. In the UK, children with TikTok spend an average of 102 minutes per day on the app, versus 53 minutes on YouTube. This compulsive repeated use can interfere with their sleep patterns – leading to irritability – and distract them from other activities.

TIKTOK NOW

Introduced in late 2022, the 'TikTok Now' feature lets users post a daily video or photo at the exact same time as their friends. Users receive a synchronised notification at a random time of day, giving them three minutes to take a video or real-time photo. This addition can not only be a distraction to young people but could lead to them inadvertently sharing private content such as their location.

Advice for Parents & Carers

ENABLE FAMILY PAIRING

Family Pairing allows parents to link their TikTok account with their child's and control their settings remotely. Parents can then, for example, turn on Restricted Mode (reducing the chances of a child seeing inappropriate content); set screen time limits; and manage their child's ability to send messages (and to whom). Children can't alter these settings without parental approval.

MAKE ACCOUNTS PRIVATE

Although under-18s will have their TikTok account set to private by default, bypassing this setting is relatively easy. However, parents have the ability to manually set their child's account to private – meaning that their videos won't be visible to strangers and they won't be able to exchange messages with people who aren't on their friends list.

LIMIT IN-APP SPENDING

If your child is using an iPhone or Android device to access TikTok, you can alter the settings to prevent them from making in-app purchases. We'd recommend that you enable this feature, as it's quite easy for a young person – without realising what they're doing – to spend a significant amount of real money buying TikTok coins so they can unlock more features of the app.

DISCUSS THE DANGERS

If your child wants to use TikTok and you're happy for them to do so, it's crucial to talk about the potential risks in this type of app. For example, ensure they understand not to share any identifying personal information – and that they realise they could be exposed to inappropriate content. Thinking critically about what they see on TikTok can help children become generally more social media savvy.



READ THE SIGNS

If you're concerned that your child might be spending too much time on TikTok, or that they've been emotionally affected by something inappropriate or upsetting that they've seen, it's important to know how to spot the possible signs. Increased irritability and a lack of concentration are potential red flags, as are failing to complete homework or regularly not eating meals.



Dates for your Diary Events 2025

BREAK THE RULES

MARCH
28
Break The Rules Day

APRIL
4
Mufti Day for Easter Raffle

APR
9
Easter Raffle Draw



MAY
DTBC
Virtual Balloon / Duck Race

JUNE
26
Summer Disco

JULY
DTBC
PROM

JULY
DTBC
BOUNCY CASTLES

"All dates subject to change"

The Friends