

Dear Parent/Carer

Student Pass Review

We have a high number of students issued with passes to enable them to use our SEMH base and have therefore taken the decision to review their usage. This space and provision are meant for dysregulated individuals to allow them a reset to enable them to return to their lesson.

In conjunction with the Pastoral Teams Y7-Y11, we have asked that December 19th is the final day of pass use to enable us to look at distribution on a case-by-case basis. In addition, if the Pastoral team feel that there are any specific students that need this provision to continue, then they will remain in place.

The single most impactful and useful thing to support their child is for them to be in lesson so that missed learning is avoided, which in turn reduces anxiety and worry and therefore reduces emotional dysregulation.

Your child has, to date, had significant input from the SEMH base and so have developed the necessary regulation strategies to self-manage any emotional response to keep them in their lessons.

We understand that everyone has mental health and sometimes it is okay, not be okay. Some stress or worry is natural, but we want to make sure these emotions are managed and do not become overpowering.

Please find below a summary of some emotional regulation techniques that may be of use at times of higher stress or worry that your child can use in the classroom to ensure they receive the support they need but also do not miss out on important learning.

Could I take this opportunity to thank you all for your support of the provision and intervention we have at City Academy – it is much appreciated.

We will be confirming the students who are able to continue with their SEMH Base pass prior to their return in January.

Kindest regards,

Mrs Kelly Aldred

Assistant Headteacher - Inclusion & SENDCo

[Self-Regulation Curriculum | The Zones of Regulation](#)

[10 Self-Regulation Strategies for Kids to Help Them Stay Calm and Focused – Mental Health Center Kids](#)



Every child, Same chance

