

Reboot News



HODSE - Mrs Jack

Dear Parents and Guardians,

This fortnight, we're focusing on Face 4 in the Reboot 5 Faces of Regulation.

This is the blue face, which is the best place for learning, connection, and growth.



What is Face 4?

Face 4 is when a child feels comfortable, calm, and positive. They might feel curious, friendly, relaxed, or ready to try something new. In this state, the brain is switched on, learning is easier, and social connections are stronger. This is the space we want our students to reach, because when they feel good, they learn more, think more creatively, and show kindness, empathy, and resilience.

What are we teaching students?

- That Face 4 is where our brains learn best. It is when we feel safe, connected, and calm.
- That they can notice body cues like soft shoulders, deep breathing, smiles, and a sense of peace.
- When we feel like a 4 we:
 - Encourage others
 - Set goals and work towards them
 - Use positive self-talk ("I can do this!")
 - Be kind, helpful, and cooperative
 - Be ready to take on challenges with confidence
- That the more time they spend in Face 4, the more confident and successful they can become, and that we all move in and out of this space at different times.

How can parents support at home?

- Celebrate moments with your child "You look so calm and focused right now!"
- Encourage positive self-talk: "I'm proud of myself." "I can do hard things."
- Create calm routines, moments for connection, and opportunities for kindness.
- Talk about how their body feels when they're calm, happy, or enjoying learning.

Face 4 is a place of growth, connection, and possibility. When in this mindset they are better able to thrive socially, emotionally, and academically. Thank you for helping us create safe, supportive environments where every child can feel confident, calm, and ready to learn.