

WAKEFIELD SCHOOL

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Awabakal land

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Dear Parent/Caregiver,

Wakefield School continues to look at ways to develop student capacity for emotional regulation. Students have been introduced to the concept of the 'Window of Tolerance'. This concept aims to help students understand states of arousal and how this links to emotional awareness and emotional regulation.

The school will be exploring how wearable activity trackers can help students see how self-regulation strategies can affect their heart rate. The aim is to help students see how self-regulation strategies can build student belief in the impact of a range of self-regulation strategies, which can create more positive and healthier outcomes for their future self.

To facilitate this, the school will loan students a FitBit through the library borrowing system. FitBits that are lost or broken by the student will need to be replaced at the parent/carers expense. Alternatively, you can purchase one through the school.

If you have any questions or require further information, please feel free to contact school staff.

Assistant Principal

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Please sign below to give permission for the school to loan your child a Fitbit and setup an account.

Student Name: _____

Parent/Carer name: _____

Date: _____

Parent/Carer signature: _____