Albrighton Primary School and Nursery
Newhouse Lane
Albrighton
WV7 3QS
Tel: 01902 372558
Email: admin@albrightonprimary.com
Nursery: nursery@albrightonprimary.com
Headteacher: Karen Tearle

Dysregulation at home / Masking at school – Can You Help?

I am writing to you today to ask for your help. We are seeing an increasing number of parents who are reporting their children showing significant levels of anxiety or dysregulation when at home. Most of these children are displaying little to no 'behaviours' at school, perhaps masking their anxieties and releasing them once they are in their safe space of home.

Does this sound familiar? Firstly, you are not alone. Secondly, we believe you, and we want to help. If this sounds like your family, or you are experiencing similar behaviours, we want to hear from you. We are forming a working group of parents to work together with us to discuss what your children need, and make sure school is doing all it can to effectively support you, your families and your children.

If you'd like to be a part of this working group please email your details (name, email address and a short explanation of your situation) to SENDCO@albrightonprimary.com by Monday 26th January 2026.

We look forward to hearing from you and working together to meet the needs of all children, and their families, in our school community.

Kindest Regards,

Darren Green

Deputy Headteacher and SENDCo.

