



FEARNHILL SCHOOL

Headteacher – Mr T Spencer, BSc

Our ref: TSR/SCR

22nd April 2025

Dear parents/carers

Calm Cards - Important Information

I am writing to inform you that, after careful review, we have decided to discontinue the use of Calm Cards in school from Monday 28th April 2025. While this strategy was introduced to support students in managing their regulation needs, we have found that it has led to significant disruptions to learning. Students leaving and returning to lessons interrupts both their own learning and that of their peers, and there is little evidence to suggest that Calm Cards are effectively helping students to regulate.

We remain fully committed to supporting all students in their learning and well-being. Moving forward, we will be implementing alternative strategies within the classroom to help students regulate without missing essential learning time. Where needed, teachers will provide structured movement breaks and in-class support to ensure that students can manage their needs while staying engaged in their lessons.

If you have any concerns or would like to discuss how we can support your child in school, please contact: admin@fearnhill.herts.sch.uk

Thank you for your support in ensuring the best possible learning environment for all students.

Yours faithfully

Tim Spencer
Headteacher

Icknield Way, Letchworth Garden City, Hertfordshire SG6 4BA

Telephone: 01462 621200 – Email: admin@fearnhill.herts.sch.uk – Website: www.fearnhill.herts.sch.uk



GROWING EXCELLENCE EVERY DAY

