

# Ankermoor Primary Academy

## SEND Newsletter

### Issue 4 – February 2024



Welcome to our half termly SEND newsletter - Addressing all things related to Special Educational Needs and Disabilities!

In this issue of the newsletter, I have included a spotlight on children's mental health. Children's Mental Health Week 2024 takes place from **5th–11th February 2024** and this year's theme is 'My Voice Matters'.

*Mrs. Natalie Horler*

SENDCO

**My VOICE MATTERS**

**TALKING TO YOUR CHILD ABOUT MENTAL HEALTH**

Are you a parent or carer who wants to talk to your child about mental health?

The Children's Mental Health Week we want all children and young people, wherever they are, and wherever they are in the world to be able to say - and believe - 'My voice matters'.

We visited primary and secondary schools to ask students what they wanted from the week - to help shape the activities we create for schools, the messages we give to teachers, the tool we give to other children, and the advice we give to parents, carers and families.

**LOOKING FOR FREE PRACTICAL ADVICE TO HELP YOU SUPPORT YOUR CHILD?**

Parenting Smart, Place2Be's site for parents and carers, is full of expert advice and tips on supporting primary-age children, and managing their behaviour - and act on their needs.

[PARENTINGSMART.ORG.UK](https://parentingsmart.org.uk)

**Here's what children and young people told us they need from you:**

- 1 We don't need to have 'one-off' conversations about our mental health - sometimes a chat on a journey or at bedtime is enough.
- 2 I need to know it's okay to talk to you about any and all of my feelings. Please hear what I have to say without interrupting me.
- 3 Please listen to me carefully and acknowledge how I am feeling - it might seem silly to you but what I am going through is important to me.
- 4 Playing with pets can make me feel better. Some with playing football, basketball or whatever type of sport I am into.
- 5 Don't compare my experiences to your own when you were a child.
- 6 Sometimes I just need you to listen and hear what I'm saying - I don't always need answers (or lectures)
- 7 Please don't worry about trying to fix things for me - I often just need to know you are there for me and understand what I am going through.
- 8 If you are open with me about your feelings, this can help me to be more open about mine.
- 9 Sometimes I don't want to talk. Please trust that I will come to you for another grown-up or someone my own age when I'm ready. Sometimes it's easier for me to talk to someone nearer my own age - my siblings, cousins, friends, younger teachers at school - because they 'get it'.
- 10 Sometimes a hug is all it takes to make me feel supported.

**WHAT MATTERS TO YOU? CREATIVE VIDEO ACTIVITIES FOR FAMILIES**

These wellbeing activities can help children and young people think about and share what matters to them.

- For primary children: [bit.ly/3S822w6](https://bit.ly/3S822w6)
- For secondary children: [bit.ly/3S822w6](https://bit.ly/3S822w6)

**CONVERSATION STARTERS**

Some ways to start a conversation with your child about mental health could be...

- TELL ME ABOUT YOUR DAY
- WHAT WAS THE BEST THING ABOUT TODAY?
- WHAT IS THE BIGGEST STRESS / WORRY IN YOUR LIFE RIGHT NOW?
- WHAT'S YOUR ONLINE LIFE LIKE?
- WHO WOULD YOU TALK TO IF YOU WERE FEELING WORRIED ABOUT YOUR MENTAL HEALTH?
- WHAT CAN I DO TO HELP YOU?

CHILDRENSMENTALHEALTHWEEK.ORG.UK

### Children's Mental Health Week

Children's Mental Health Week 2024 takes place from 5th-11th February. Place2Be launched the mental health awareness week in 2015 to empower, equip and give a voice to every child in the UK.

Every year Children's Mental Health Week sees hundreds of schools, children, parents and carers taking part. Now in its 10th year, they hope to encourage more people than ever to help reach the goal that no child or young person has to face a mental health problem alone.

Each year, Place 2 Be create **free resources** so that as many people as possible can take part. Why not take a look at their resources for **families, parents and carers?**

[Families - Children's Mental Health Week \(childrensmentalhealthweek.org.uk\)](https://childrensmentalhealthweek.org.uk)



### **What is CAMHS?**

CAMHS stands for Child and Adolescent Mental Health Services. It is the name of the NHS service that assess and treat young people with emotional, behavioural or mental health difficulties and referrals to this service can be made through Mrs Horlor.

CAMHS support covers depression, problems with food and eating, self-harm, abuse, violence or anger, bipolar disorder, schizophrenia and anxiety, among other difficulties.

There are local NHS CAMHS services around the UK, with teams made up of nurses, therapists, psychologists, child and adolescent psychiatrists (medical doctors specialising in mental health), support workers and social workers, as well as other professionals.

Once a referral has been made and accepted, the young person would be placed onto the waiting list for an initial appointment. Sometimes the initial meeting may take place in the family home and for young people under the age of 16, a parent would always be present. The team will work with the young person to identify the correct support and at the end of the session they will discuss what will happen next.

If this is a service that you feel your child may need, please arrange a meeting with Mrs Horlor or Mr Hancox to discuss this further and if necessary begin the referral process.

### **SEND Individual Learning Plans**

For pupils at Anker Moor who require additional support and are recorded on our SEND Register, Individual Learning Plans are in place. These plans will have focused and achievable targets which are personal to each individual child, enabling gaps to be closed and progress to be made. Sometimes, these targets may be linked to actions that have been set by professionals e.g., Educational Psychologist or Speech and Language.

#### **When are the targets set and reviewed?**

Targets will be reviewed, and new ones set at 3 points in the academic year. The dates for the remainder of this academic year are:

*Week ending 15<sup>th</sup> March 2024*

*Week ending 5<sup>th</sup> July 2024*

It is important that you as parents and the children are involved in this process, therefore you will be invited to meet with your child's class teacher at these points in the year to be part of the review process. If your child is on the SEND register and you have not yet received a copy of their current Individual Learning plan, please contact your child's class teacher.

### **I am worried about my child – what can I do?**

If you have any concerns about your child, please share these with the class teacher in the first instance, as they may be able to put support in place. Where teachers share your concerns and support in place has not had impact, a Teacher Referral form to the SENDCO, can be completed leading to further observations and referrals to relevant professionals.

A Parent Referral Form is also available for you to complete and forward to [SEND@Anker Moor.org](mailto:SEND@Anker Moor.org) (a copy is included below).

### **Did you know?**

Staffordshire Local Offer provides information in one place for children and young people aged 0-25 with Special Educational Needs and Disabilities, their parent/carers and professionals.

The Local Offer includes information on local services to help children, young people, parents and carers make choices about the support they receive.

Access the Local Staffordshire Offer here:

[Staffordshire Connects](https://www.staffordshireconnects.org/)



## Parent Cause for Concern

**Child's Name:** ..... **D.O.B:** ..... **Class:**

**Child's strengths and achievements:**

**Concerns at home:**

**Concerns at school:**

**Parent/Carer information:**

A description of all available information about your child.

**Areas of concern:**

- |                                    |                                    |                                                      |
|------------------------------------|------------------------------------|------------------------------------------------------|
| <input type="checkbox"/> Visual    | <input type="checkbox"/> Auditory  | <input type="checkbox"/> Communication/Speech        |
| <input type="checkbox"/> Emotional | <input type="checkbox"/> Behaviour | <input type="checkbox"/> Attendance                  |
| <input type="checkbox"/> Physical  | <input type="checkbox"/> Medical   | <input type="checkbox"/> Punctuality                 |
| <input type="checkbox"/> Social    | <input type="checkbox"/> Eating    | <input type="checkbox"/> Other (Please state): ..... |

**Signed:** ..... **Date:**

Please email to [SEND@Ankermoor.org](mailto:SEND@Ankermoor.org) to return to Mrs Horlor, SENDCO