

SEND Newsletter

Issue 10– November 2024



You can also find a copy of this email on the school website under SEND.

Dear Parents and carers,

Welcome to our November SEND and inclusion newsletter.

Thank you to parents who attended our Parent Inclusion meeting with the School's Mental Health Team. For those who were unable to attend I have included some of the information in the newsletter.

At the meeting parents shared some of the challenges they can face supporting children with a range of needs. I have tried to include some local support within this newsletter as well as some national organisations. Please remember if you have any concerns or questions please contact me through SEND@Ankermoor.org or **speak to the office and I can arrange a meeting or phone call.**

Shirley-Anne Magill
SENDCO



Tamworth Family Hub

955 followers • 104 following

Glascote Family Hub
Hawksworth
Tamworth
B77 2ER
01827 475222

"The purpose of a Family Hub is to ensure young children get the best start in life and that their families are supported to help their children achieve this.

At a Family Hub, families can access a range of services, participate in activities and get information about what support is available locally. Family Hubs work together with lots of other partners that offer support to families including:- Adult learning, Health Visitors, Midwives, School Nurses and a variety of Community Groups."

In It Together: Parent & Carer SEND support group

Family Hub - Glascote

Join us for a cuppa and a chat. Make friends, share experiences and tips. Never feel judged. You're not alone, we are in this together.

Every 3rd Wednesday of each month.

1.00-12.00 Children welcome.

Free to attend. Refreshments included.

Booking required.

Email: initttogether.tamworth@gmail.com

Tel: Emma 07368835556



Join us once a month at our **FREE** activity and play session for children with additional needs and their families!

An opportunity to explore free play and activities, Safely in a non structured environment.

To find out when the next session is and to book a place you can either -

Join our Facebook group by Scanning the QR code ---> or search Shining Starz



or you can email us - shiningstarz_gfh@yahoo.com

Scan me!

Glascote Family Hub

Hawsworth | B77 2HH

Family Support in Staffordshire - Malachi

Staffordshire:

Family Support and Outreach Services

Malachi Family Support Workers will work predominantly with adults in the household to provide support for children and young people from the ages 0-19 years (up to 25 years for those with special educational needs and disabilities). Our aim of the service is to offer a range of therapeutic and practical support to families who are facing a range of challenges.

How can we help?

We offer a range of therapeutic and practical support to families who are facing a range of challenges...

- Parenting skills and strategies
- Building healthy relationships
- Emotional wellbeing
- Staying safe in the community
- Building confidence and self-esteem
- Child development (inc. early years)
- Building positive relationships between home and school
- Housing and financial issues
- Returning to employment or education
- Developing positive community relationships
- Access to local services and facilities

Did you know that you can access

Additional support through Malachi Family Support. They offer a range of support for families. Families can either self refer or speak to the school about a school referral.

"The support from Malachi was really helpful and has made a big difference at home. They gave me practical advice on how to help with behaviour which I had not used before and helped me make a referral for more help." Previous parent involved.

The ZONES of Regulation

BLUE ZONE	GREEN ZONE	YELLOW ZONE	RED ZONE
 <p>sad, sick, tired, bored, moving slowly</p>	 <p>happy, calm, focused feeling okay, ready to learn</p>	 <p>frustrated, worried silly/wiggly, excited, loss of some control</p>	 <p>mad/angry, terrified yelling/hitting elated, out of control</p>
<p>I can try...</p>  <p>scritch</p>	<p>I can try...</p>  <p>drink water</p>	<p>I can try...</p>  <p>deep breaths</p>	<p>I can try...</p>  <p>take a break</p>

Zones of Regulation

Emotions are a normal part of everyday lives. Everyone experiences them but for some, these emotions can seem overwhelming and they may feel out of control. These feelings can include guilt, sadness, frustration, anger and low self-worth.

Emotional regulation is a term used to describe a person's ability to effectively manage and respond to an emotional experience. Some adults and children struggle to regulate their emotions and this is called emotional dysregulation.

All adults and children feel, think and behave differently about different situations. However, it is important for children to practice emotional regulation strategies so that they do not become overwhelmed.

Tips for regulating emotions:

Take care of your physical needs -

- ★ Good sleep and rest
- ★ Eating healthily
- ★ Exercising your body
- ★ Limited screen time
- ★ Get outside or some fresh air
- ★ Breathing exercises

Engage in activities that build a sense of achievement and joy -

- ★ Join a club
- ★ Practice a hobby
- ★ Set yourself a target
- ★ Bake a cake

Engage with others -

- ★ Play with friends on bikes
- ★ Play a board game/card game with friends or family
- ★ Go for a walk with friends or family (take the dog, if you have one!)
- ★ Eat dinner as a family and talk about your day



Child learning Plan Reviews

Children's learning plans will be reviewed in December. Your child's class teacher will share a copy of the review and the new plan with you. You will be invited to share your views - this can either be through an email, informal discussion or a arranged meeting. If you have any queries please contact your class teacher, speak to the office or email at send@ankermoor.org

	Interim reviews	Review and new plans
Autumn Term	<p>Week beginning 14th October 2024</p> <p>Teachers to meet with parents to discuss plans during parents evening.</p>	<p>Teacher complete reviews and create new plans w.b. 2nd December 2024</p> <p>Teachers to share new plans and invite parent comments and feedback.</p>
Spring Term	<p>Week beginning 10th February 2025</p> <p>Parents to meet teachers to discuss plans during parent meetings.</p>	<p>Teacher complete reviews by 4th April</p> <p>Teachers to share plans and invite parent comments and feedback.</p>
Summer Term	<p>By Friday 16th May</p> <p>Teacher <u>carry</u> out interim reviews</p>	<p>By 11th July Final review and new plans</p> <p>Teachers to meet and parents and review and create new plans.</p>



Parent/Carer Cause for Concern

This form is for parents who want to raise a new concern regarding their child in relation to Special Educational needs.

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 to return to Mrs Magill, SENDCO

WORRY TIME

Top tip: It can be helpful for a grown-up to come along to your Worry Time with you to help you discuss your worries, create a plan for the ones we can do something about and support you with letting the rest go.

Worrying can take up lots of time in our day and stop us from doing things that we want to do. Worry Time is a specific time each day for you to worry. This means that you can worry less throughout the day and let worries go knowing that you will be coming back to them later on.

Here is a Step-by-Step guide to Worry Time:

1. Decide on a specific time for Worry Time. This should be the same time each day but it should never be just before bedtime. We recommend after-school at 4:30pm. Worry Time will last around 10 minutes.



2. Decide on a specific place to sit for Worry Time. This should not be your bedroom but it should be somewhere comfortable.



3. When you notice a worry throughout the day, you could write it down and add it to your worry monster, worry jar or worry box. Alternatively, if you are in school you could use a bracelet and move the beads along each time you have a worry.

Top tip: If you find yourself worrying throughout the day and are finding it difficult to let go of the worry until worry time, then taking a big deep breath and imagining the worry leaving your body can be helpful!

If you can do something about your worries throughout the day, then you can solve them in the moment. If not, then you bring those worries to Worry Time.

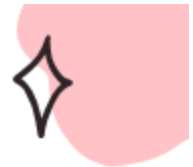


4. Bring your worries from throughout the day to Worry Time. Get comfortable, set a timer for 10 minutes and allow yourself to worry about all of your worries. Ask yourself, 'Can I do anything about this worry?'. If you can, then come up with a plan. If not, then let go of the worry by tearing up the worry or using a deep breath to blow the worry away.



Once you have worried about the worry, then that worry is done and you can move on to your next worry.

5. Finish Worry Time by taking 3 deep breaths and thinking of 3 positives from your day.



_____ 's worry monster...



Hi my name is:



Remember, we all feel worried at times and this is totally normal. It's important to have techniques that can help us feel better when we feel worried.

When my worry monster comes along, these are the things I can do to help:

Play with...

Take deep breaths.

Talk to someone about how I'm feeling.

Write down how I'm feeling.



Read a book I enjoy.

Watch TV.

Play a game.

Do something relaxing.

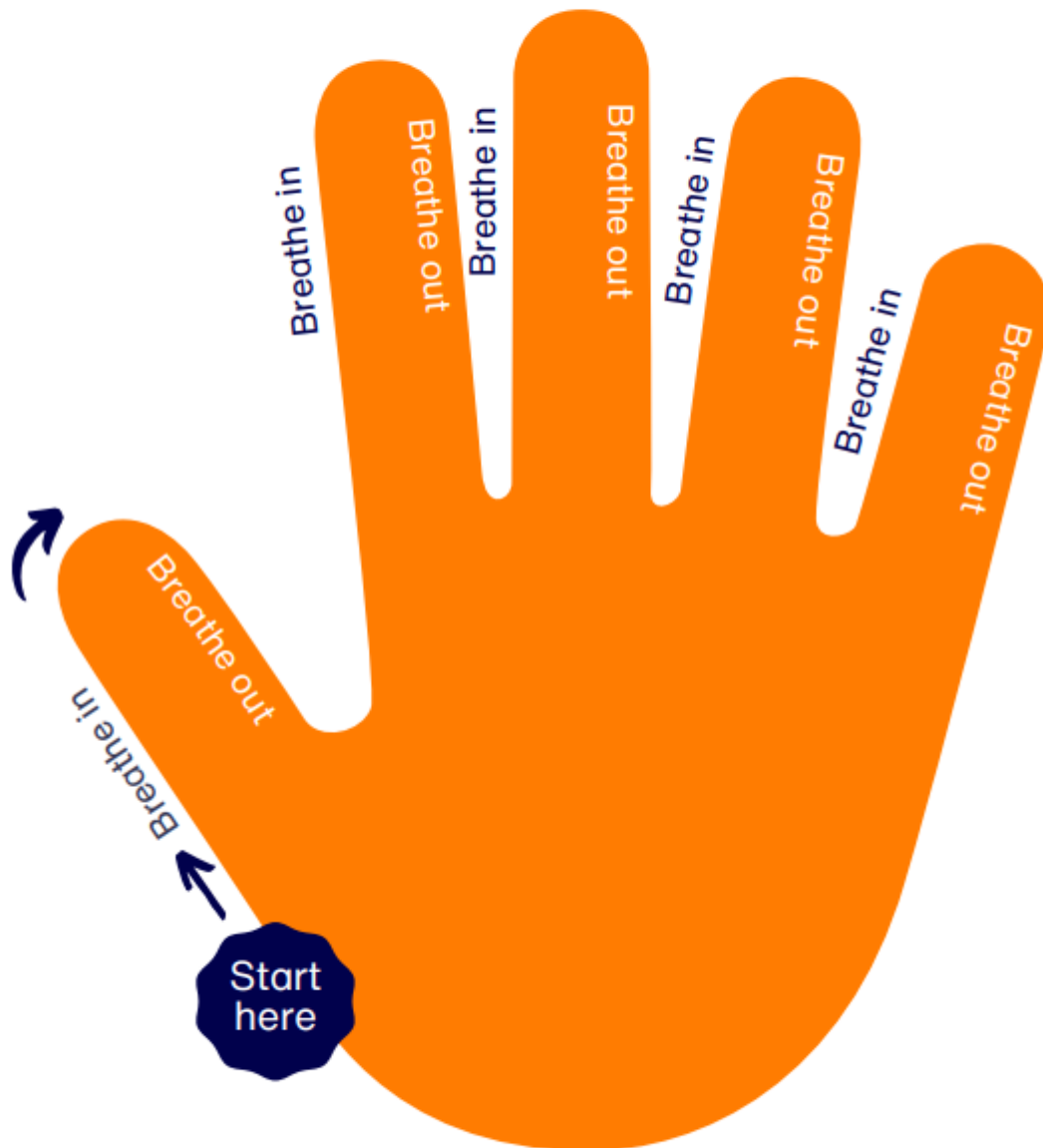
Spend time outdoors.

Do something creative.

Think happy thoughts.



CALM YOURSELF WITH A
5 FINGER BREATHING
BRAIN BREAK



Slowly trace the outside of the hand with the index finger, breathing in when you trace up a finger and breathing out when you trace down.

You can also do this breathing exercise using your own hand.



GROUNDING TECHNIQUE: 5-4-3-2-1



5 things you can see...

4 things you can feel...



3 things you can hear...

2 things you can smell...



1 thing you
want to taste...



Exciting Teacher © 2023



What are grounding techniques?

Ground techniques are strategies that are helpful for dealing with big emotions and feeling calm again. 😊 ★

Worry Tree

Notice the worry



What am I worrying about?



Is there something I could do about this worry?

yes



no



Use problem solving to
find a solution

- 1) Write it down.
- 2) Think of all the ideas you can to solve the problem.
- 3) Choose the best solution.
- 4) Make a plan of action to put your solution in place.

Let the worry
go

To do this you could:
write it down, rip it up, throw it
away, say it out loud, put it on
your phone/tablet and then
delete it.

Focus your attention away from the worry

To do this you could:
Focus on what you're doing.
Do something different.

Use the 5, 4, 3, 2, 1 technique by noticing 5 things you can see, 4 things you can hear, 3 things you can feel, 2 things you can smell and 1 thing you can taste.