



# Wellbeing and Inclusion Newsletter

Issue 14

April 2024

Welcome to our newsletter that focuses on inclusion, wellbeing and mental health. These newsletters are a regular occurrence and I hope you find them informative and interesting. At Spring Gardens Primary School we believe it is essential to provide a well-balanced, challenging curriculum for all children. We are committed to ensuring that all children, including those with Special Educational Needs or Disability [SEND], receive a high quality, accessible and inclusive curriculum.

## Inclusion Coffee Afternoon

Our next coffee event takes place on Tuesday 24th April 2024, 2pm-3.15pm. The theme of this event is ACES-Adverse Childhood Experiences.

### The impact of ACEs



Complete this form if you would like to attend

## Resources and support

Our website has a wealth of resources to support you and your child in regard to SEND, Mental Health and Wellbeing. You will find signposts to a range of services. Please ensure you check it regularly to keep up to date.

[Link to the SEND section of the website](#)

[Link to the Mental Health Section of the website](#)



## SEND Glossary

We know that there are lots of acronyms and new words in the world of Special Educational Needs so we hope that this glossary will be helpful for families.

**Provision Maps** are a way of evidencing the range of provisions (interventions and support) available to pupils in school. They allow us to plan the most appropriate support for children as well as monitor and evaluate impact.

**ACES**-Adverse Childhood Experiences (ACEs) are traumatic experiences that children experience before the age of 18 that can have lasting impacts on their mental health, physical health, and general well-being. Come along to our next Inclusion coffee event to find out more and discover some of the things we can do to help children overcome these experiences.

## Mental Health Support Team

We are a link school with North Tyneside Mental Health Support Team (MHST) and have a designated Mental Health Support Worker who offers us support and guidance. Peter Higgins will be present on the school yard once per month starting on Monday 15<sup>th</sup> January from 8.40am if you would like to chat to him regarding advice, information and signposting to support services.



## In the spotlight-Anxiety

**Just like adults, children and young people feel worried and anxious at times.** But if your child's anxiety is starting to affect their wellbeing, they may need some help.

### **What makes children anxious?**

Children can feel anxious about different things at different ages. Many of these worries are a normal part of growing up.

From the age of around 6 months to 3 years it's very common for young children to have separation anxiety. They may become clingy and cry when separated from their parents or carers. This is a normal stage in a child's development and should stop at around age 2 to 3. It's also common for preschool-age children to develop specific fears or phobias. Common fears in early childhood include animals, insects, storms, heights, water, blood and the dark. These fears usually go away gradually on their own.

There may also be other times in a child's life when they feel anxious. For example, many children feel anxious when going to a new school or before tests and exams. Some children feel shy in social situations and may need support with this.

### **When is anxiety a problem for children?**

Anxiety becomes a problem for children when it starts to get in the way of their everyday life. Severe anxiety like this can harm children's mental and emotional wellbeing, affecting their self-esteem and confidence. They may become withdrawn and go to great lengths to avoid things or situations that make them feel anxious.

### **What are the signs of anxiety in children?**

When young children feel anxious, they cannot always understand or express what they are feeling. You may notice that they:

- become irritable, tearful or clingy
- have difficulty sleeping
- wake in the night
- start wetting the bed
- have bad dreams
- 

In older children you may notice that they:

- lack confidence to try new things or seem unable to face simple, everyday challenges
- find it hard to concentrate

- have problems with sleeping or eating
- have angry outbursts
- have a lot of negative thoughts, or keep thinking that bad things are going to happen
- start avoiding everyday activities, such as seeing friends, going out in public or going to school



**Care and Share-Parent/Carer Support Drop-in** We are not only dedicated to helping our *children* achieve their very best - but we would also like to offer support for parents and carers by use of a regular drop-in session. These sessions will give you the opportunity to meet with key staff, as well as other parents and carers, to share any concerns around SEND, mental health and wellbeing. Our next session is-

**Wednesday 15<sup>th</sup> May at 2pm.** Follow the link to complete the form if you would like to attend.

[Complete the form here if you would like to attend](#)

Best wishes,

Mrs Kate Wankowicz, Deputy Headteacher, SENCO, Senior Mental Health Lead