



Wellbeing and Inclusion Newsletter

Issue 13

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Welcome to our newsletter that focuses on inclusion, wellbeing and mental health. These newsletters will be 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 23rd January 2024, 2pm-3pm. The theme of this event is Speech and Language. It's not always easy to think of ways to help develop your child's speech and language skills. We will share ideas of what can work well to help your child's speech and activities that you can for working on speech and language skills that are quick to implement at home.

[Complete form](#)

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.

[Key Information | Spring Gardens Primary School](#)



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.

Quality First Teaching- focuses on high quality and inclusive teaching for every child in a classroom. Quality First Teaching relies on a variety of learning strategies in order to be effective, like adaptive teaching and the use of resources. It highlights the need for a personalised learning experience and encourages greater inclusion of pupils with SEND needs.

Intervention- a short-term focused teaching approach that will typically have a specific set of outcomes that have been planned for a child with additional needs. Sometimes, interventions are delivered to a small group or can be 1:1. Some interventions continue for a longer period of time, such as regular dyslexia sessions.

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 15th January from 8.40am if you would like to chat to him regarding advice, information and signposting to support services.



In the spotlight-Supporting social skills

Some children may find socialising more difficult than others. If your child struggles or seems reluctant to be with other people, they may need some support to learn social skills. There are some things you can do to help.



Listen and take turns-Children learn both verbal and non-verbal skills from the people around them. To help your child to listen well, you can:

- Try showing them what good listening looks like through your own behaviour.
- Use games like 'Simon Says'.
- Find ways to make taking turns fun. Choose an object and tell your family they have to be holding it when they talk. Pass it between you. If your child is a little older, take it in turns to make made up sounds as if you are having an alien conversation.

Show the importance of body language-

- Practise making eye contact and smiling with your child. If they are old enough to understand, ask them to talk about something while you use poor body language. This could be crossed arms, looking away, or fidgeting.
- Ask them how your actions made them feel. Then show them attentive body language. Take it in turns.

Teach them about personal space- Consider teaching your child about personal space. Try:

- Asking them to put their hands on their hips and stick their elbows out - this is their personal space.
- Getting everyone in the room to walk around with their elbows out, to see how to give others space.
- Introduce the idea of boundaries by asking if you can come into their space. You could say things like, "Can I give you a hug?" or 'I know you don't like hugs so shall we high five?'

Develop their emotional skills

- Help your child to understand, express and cope with emotions. This develops their empathy for others and helps them sense how to react to the emotions of others.
- Teach them to problem-solve. If they're old enough, ask them how they think they could tackle any issues they have. Guide them with questions like "What could you do?" or "What could you say?" Try to avoid fixing it for them.
- You can also talk to them about friendships and what it is to be a good friend. If you can, arrange and support opportunities for socialising.

Find moments for learning in play- Children use lots of social skills when playing. It can be helpful to spot opportunities in play for learning. You can:

- Ask your child to help with tasks, and see if they'll try activities with others, to build teamwork skills.
- Teach your child positive ways of responding to winning, losing or not getting their way.
- Show them you understand when they're upset, but help them see what the positives could be (might the outcome have made their friend happy?).
- Show them what sharing looks like when playing at home.
- If your child hits or bites, help them recognise how others feel when they're hurt. Praise your child when you see them playing well. You can also gently encourage your child to apologise if they do hurt someone during play. Or if they don't feel comfortable doing this, model apologising for them until they feel more confident. You could say something like, "Freddie feels sad that he's hurt you and he wants to say he's very sorry."

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 31st January at 2pm. Follow the link to complete the form if you would like to attend.



[Complete the form here](#)

Best wishes,

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

