



Wellbeing and Inclusion Newsletter

Issue 12

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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.

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 22nd November 2023 at 2pm.

Follow the link to complete the form if you would like to attend.



[Complete the form here](#)

Resources and support

We have been developing our website to provide a wealth of resources to support you and your child in regard to SEND, Mental Health and Wellbeing. 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.

Dyslexia-is a common learning difficulty that mainly causes problems with reading, writing and spelling.

LCT-Language and Communication Team provide advice, support and teaching strategies for children with specific language and communication needs. These include children with social communication difficulties and autism.

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 every Wednesday morning from 8.40am if you would like to chat to him regarding advice, information and signposting to support services.



In the spotlight...Speech, Language and Communication

Speech and language skills are absolutely fundamental to our wellbeing and success in life. We use these skills constantly to communicate our wants and needs to others, to collaborate and negotiate, and to build strong bonds with other people. Language skills are also important for our learning. In schools and at home, we learn new skills and acquire new knowledge by listening to others talking and reading written language. The demands on language skills only increase as children get older and progress through their education. It's often easy to identify children who have difficulties with unclear speech, as you will find it difficult to understand their talking, and your child may be frustrated when their speech is not understood. Language, on the other hand, can be a hidden difficulty which is harder to identify as we often can't observe whether someone has or hasn't understood.

At Spring Gardens Primary, we work closely with the Speech and Language (SALT), and Language and Communication Teams in North Tyneside. They work with many of our children to offer bespoke programmes of support, advice and ideas for staff to use in class and can also offer advice to families.

It's not always easy to think of ways to help develop your child's speech and language skills especially when family life is so busy. We asked our speech and language therapists for some quick tips to help. Here are their ideas for working on speech and language skills that are quick to implement at home

- **Repeating sounds and words:** When a child makes a mistake with their words or sounds, repeat the sentence back correctly so that they can understand where the mistake happened. E.g., 'I goed to the shops.' you repeat back, 'You went to the shops?'
- **Plan out talking time:** The best way to support communication, is to communicate more. Choosing an everyday activity and turning it into a conversation is a great way to support communication.
- **Giving time:** In a conversation with a child, give more time between turn-taking. This is to let the child process the meaning of what they have heard and think of what to say
- **Helping out:** Have your children help with putting the grocery shopping away. Ask them what each product and ask them where they belong in the kitchen.
- **Watch TV together:** Watch your child's favourite tv show, then have them retell you what happened in the show.
- **Use visuals to support understanding:** There are a wide range of different visual cues, so pick one that is best matched to the situation and the child's level. E.g., photos, picture-drawing, videos, signs, etc.
- **Don't pretend to understand:** Encourage your child to find another way to communicate their message if it's not the correct way.
- **Expand your child's expressive language:** Repeat back what the child has said and then add in one or two extra words. E.g., the child says, 'She's got a bike.' and you say 'Yes, she's got a new red bike.'

For more information, advice and resources, please check out the inclusion area on our website. [Speech and Language | Spring Gardens Primary School](#)

Best wishes,

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