



Wellbeing and Inclusion Newsletter

Issue 1
September
2023

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 Morning

Our next coffee event takes place on Wednesday 27th September 2023, 2pm-3pm. The theme of this event is Autism, and we will be hosting Rebecca Welsh from North East Autism Society to share information and guidance about autism. We hope that this will interest some of you and that you will come along to find out more about some of the challenges you and your child may experience. Please follow the link to complete the form to let us know if you are coming along.

[Complete form](#)



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.

OT-Occupational Therapists- assess how to maximise and maintain individual independence in everyday living skills. They can advise on aids, equipment or home/school adaptations.

SALT-Speech and Language Therapy/Therapist- Assesses children's speech, language and communication needs. They often provide information and resources that staff and families can use to support the development of speech.

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...Mental Health and Wellbeing

What do we mean by Mental Health?

We all have mental health- mental health is about our feelings, our thinking, our emotions and our moods. Looking after our mental health is important.

We all have feelings every day. These sometimes feel strong and overwhelming, whether happy or sad, but they usually go away before too long.

What do we do at school to support positive mental health?

- Our ethos
- Positive, nurturing relationships
- Curriculum-PSHE/SRE
- Themed days/weeks e.g. Happy Heads Week
- Buddies
- School Council
- Friendship Friday-Kindness Award
- Reward systems

What do we do at school to support positive mental health?

- Areas to go/staff who can help
- The Calm Room
- Happy Head Hub
- Mrs Royle-Care, Support and Guidance Lead
- **Staff approach-**
- **A**-Assess the situation
- **L**-Listen non judgmentally
- **G**-Give support and information
- **E**-Encourage appropriate help from professionals
- **E**-Encourage self-help and other support strategies

Daily Check ins...

- The children let staff know how they are feeling.
- Staff keep a close eye on anyone who doesn't seem themselves
- Staff have regular meetings to discuss wellbeing concerns.
- Parents/carers inform staff of any worries and concerns.

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 4th October 2023 at 2pm. Follow the link to complete the form if you would like to attend.

[Complete the form here](#)

Best wishes,

Mrs Kate Wankowicz



Check out the school website for more information about these helpful resources.

