



Inclusion & Wellbeing News

Spring 2025

Welcome to our termly newsletter that focuses on inclusion, wellbeing and mental health. 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.



Mrs K Wankowicz
Deputy Headteacher/
SENCO/Senior Mental
Health Lead

As Spring Garden's Special Educational Needs and Disability Coordinator (SENCO), I am here to offer support and advice regarding additional needs or SEND support for your child. As a school, we value the engagement of our parents and carers, so please do not hesitate to get in touch if you have any questions. You can contact me via the school office: office@springgardensprimary.org.uk.

Alternatively, you may find further information about our SEND provision on the school website; <http://www.springgardensprimary.org.uk>

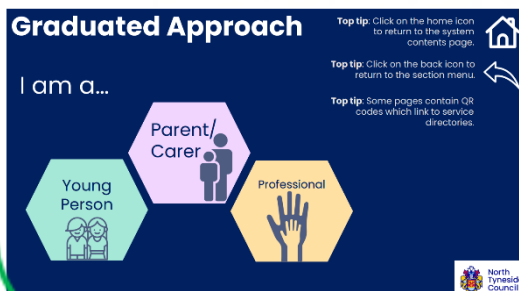
Contents

- Welcome
- NT Local Offer
- Wellbeing and Mental health at Spring Gardens
- The Burrow and other resources
- SEND support for families

North Tyneside Local Offer

The Local Offer provides information for children and young people (from birth to 25 years) with Special Educational Needs and/or Disabilities (SEND) and their families. It brings together information in one place so parents, carers and young people can see the range of services and support available in their local area and understand how to access them.

[Local Offer: Special Educational Needs and Disabilities \(SEND\) | North Tyneside Council](#)



North
Tyneside
Graduated
Approach



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How do we create a learning environment that supports mental health and wellbeing?



At Spring Gardens Primary School we take the mental health and wellbeing of our children and families very seriously. We achieved the School Mental Health Award with Carnegie University and have been recognised for the work we do to support our children and wider school community.

As a school we have adopted a whole school approach to mental health & wellbeing. We know that 50% of mental health issues are established by age 14 and the scale of the problem is clear. We've long been at a point where fewer words and more actions are needed to address the ever-deepening crisis in children's mental health.

One part of the solution is ensuring that we create mentally healthy environments for young people from the outset. And it's here that a 'whole school' approach can help. This means school staff, parents, governors and children working collaboratively to prioritise wellbeing in every area of school life. It involves giving everyone a voice and looking at the school culture, its curriculum, staff policies, links to local services and training needs - all in the interest of creating a supportive community where everyone can thrive.

The wellbeing and emotional health of our children, staff and families is fundamental to our school to ensure we care for each other, so we can be successful now and in the future.



Spring Gardens Primary School
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We are a link school with North Tyneside Connect Mental Health Support Team.

They offer therapeutic interventions for individuals and small groups, as well as supporting our school with a 'Whole School Approach' to mental health and emotional wellbeing. They offer short term support to children and young people who are experiencing symptoms of mild to moderate mental health difficulties. The Connect MHST Service can support children and young people who experience;

- **Low mood**
- **Fears and worries**
- **Mild phobias**
- **Sleep difficulties**
- **Emotional dysregulation**
- **Low self-esteem**

The team also come into school to deliver the Friends Resilience Programme to some of our year groups in KS2. This aims to reduce the symptoms of anxiety and promote emotional wellbeing. It focuses on building key skills such as relaxation techniques, problem-solving, positive thinking, and the use of social support.

The QR code below will take you to a wealth of information from CONNECT.



Primary School Parents

or follow the link below-

<https://hiveconnect.padlet.org/peterhiggins2/primary-school-parents-3chsijfapuyag72a>



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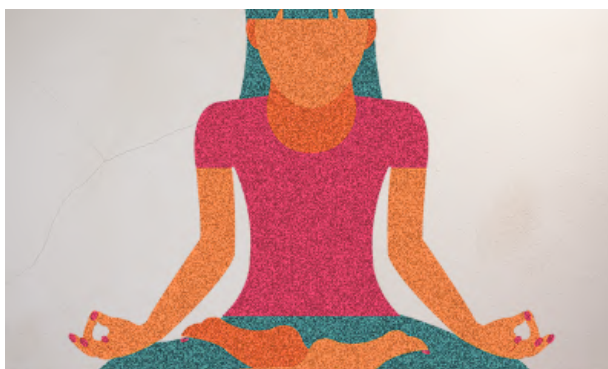
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We also work closely with The Anna Freud Centre and they are a fabulous resource to help children and families. Click on the links below for more information.



[Common difficulties in the early years](#)
[| Anna Freud](#)



[Self-Care Resources For Young](#)
[People | Anna Freud](#)



[Mental Health and](#)
[Wellbeing - Spring](#)
[Gardens Primary](#)
[School - North](#)
[Shields](#)

Our school website is also a great place to start. You will find lots of signposts to information and services.



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Our Team

Mrs Wankowicz is our Senior Mental health Lead in school. Mr Jones, Mrs Royle, Mrs Chambers and other staff are qualified Mental Health First Aiders. All of our staff have a good understanding of mental health.



This year, we have improved our Mental Health offer in the creation of **The Burrow**. This is a multipurpose space that is a safe and nurturing environment during break and lunchtimes as well as at other times during the day. It is staffed by empathetic and understanding staff who will support children in times of need, dysregulation or upset.



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We have a range of other tools and strategies across the school to nurture our children.



Zones of regulation displays and tools



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Supporting children and families

Follow the clickable links for more information



North Tyneside Parent Carer Forum ccc



Family Development

north east
autism society

**Child and Adolescent Mental Health service
(CAMHS)**



North Tyneside Council

**Educational
Psychology
Service**

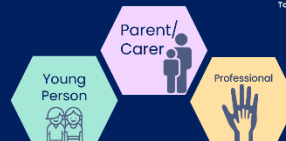
**Special educational
needs and disability**

A guide for parents and carers

North Tyneside
sendiass

Graduated Approach

I am a...



Top tip: Click on the home icon to return to the system contents page.
Top tip: Click on the back icon to return to the section menu.
Top tip: Some pages contain QR codes which link to service directories.



Mindstars help children and families to navigate through life's difficult challenges and provide the tools and strategies they need to thrive.

Through our safe, confidential, inclusive services, we empower the next generation and support their full family.

Connect
Mental Health Support Team



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