

Inclusion Update

Welcome to Term 4's Inclusion Newsletter. It's been another busy term so far– Science week, World Book Day and the SEND parent meetings. We have enjoyed the first signs of spring appearing– those warmer days are certainly helping lift the mood.

As we navigate through the school year, we want to highlight the importance of managing emotions in children. It is normal for young learners to experience a range of emotions, especially during times of change or stress.

We encourage our students to express their feelings and seek support from teachers and staff when needed. By fostering a safe and supportive environment, we can help our children develop healthy coping mechanisms and emotional intelligence.

No feeling is wrong, it is how we manage those feelings that matter. At school we encourage children to share their feelings using our Zones of Regulation. Most children are able to point to the colour which is the first step to being able to think about how they manage their feeling.

Some techniques shared with children include:

- Box breathing– breathing in and out for a count of 4 each tracing the sides of a box.
- Mindful thinking– 5 things you can see, 4 things you can hear, 3 things you can touch, 2 things you can smell, 1 thing you want to do...
- Moving– take a break from your feelings and change the scene
- Take a drink of cold water– reset your senses.



<p>Blue Zone Sad - Bored Tired - Sick</p>	<p>Green Zone Happy - Focused Calm - Proud</p>	<p>Yellow Zone Worried - Frustrated Silly - Excited</p>	<p>Red Zone Overjoyed/Elated Panicked - Angry - Terrified</p>

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Inclusion Coffee Morning

We are hosting a drop in coffee (and tea) morning on **Friday 28th March**– straight after drop off for half an hour. Mrs Fowler– Pastoral Lead, Cat Hughes– Our CAMHs MHST worker, Helen Murray - our new Home School Link Worker (introductions later in the newsletter) and myself will be available to answer any questions you may have about your child or any specific signposting that we can offer.

We hope to see you there, but if you cannot make it, remember you can always contact the inclusion team on inclusion@tep.cambrianlt.org.

Introducing our new Home School Link Worker– Meet Helen Murray

Firstly, it is probably wise to explain what a home school link worker is. Helen's role in the school is to work across The Elms and Folly View to build and support the link between families and school– both schools strongly believe that the best outcomes for young children occur when parents/carers work in partnership with our school. The main purpose of the role is to work with families, children and school, to provide support and guidance as well as signposting to local and national organisations in times of stress and change.

Parents, carers and the school can ask Helen to support. With your consent, she will explore the challenges your child is experiencing and identify the best way to help to allow them to thrive in all aspects of life. More information on how to access Helen is available via the school office, inclusion@tep.cambrianlt.org or the school website.

Helen has lots of experience in working with families and supporting others as she has previously worked as a PCSO, school safeguarding manager and behaviour lead. Helen will be on the gate most Monday mornings, please come and say hello!

Meet Helen!

Hello, my name is Helen Murray. I am the new Home School Link Worker at the Elms. I am here to support our families to make sure they are getting the right support from school and partner agencies. I have a child myself and understand how difficult parenting can be. Outside of work, I love spending time outside as a family. I have recently taken up Line Dancing, which I am enjoying (although not very good at!).



Signposting

Signposting this term has a **SEND** focus.

If your child have been referred to the NDC (Neurodevelopmental Conditions) pathway at CAMHs because they are showing signs of **Autism and ADHD**, you can access the **Living with Neurodiversity– Autism Oxford** website. www.onhs.autismoxford.com/



They have a fantastic offer including:



Brief 1:1 Advice sessions with one of our team

Workshops for parents and carers

Just for Us peer group for young people

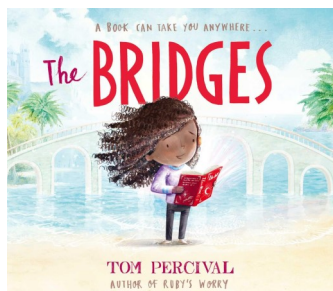
Workshops for young people

Parent/Carers Support Groups



Book Recommendation

Our recommendation for a book this term shares our of value of **community** this term is The Bridges by Tom Percival.



A whole new world opens up to Mia when she discovers books and how they bring people together. A great book celebrating reading and community!

Attendance

Thank you to all our families who are arriving at school on time, this provides children with a smooth start to the day and allows children to complete useful early morning learning tasks.

The schools current overall attendance is at **94.4%**, which is below our target of **96%**. At parent's evening over the next week, your child's teacher will share your child's attendance with you- we really appreciate your support to get your children into school where they can flourish.

Reporting Absences: If your child is unable to attend school due to sickness, please contact the school office on 01367 240232 by 9am. You must call the school **every day** that your child is absent. Parents are reminded that if your child has vomiting or diarrhoea, they must stay off school for 48 hours.

Attendance Matters



MHST Update



Thank you to those parents who attended the Coffee Morning run by Cat from CAMHS MHST. There was some really useful information and lots of parents reached out for support.

As a result of the coffee morning, a Sleep Workshop is being run with 6 parents to hopefully support parents who are struggling to get their children to switch off and fall asleep. More workshops for parents who have shown an interest will be arranged over the coming terms.

On **Friday 14th March**, Year 3 and 4 will all be taking part in classroom based sessions around emotions and how you can manage your own emotions when they feel a *lot!* At the end of the day, all parents from Year 3 and 4 are invited to have listen to a talk explaining what their children have learnt during their session and how as parents we can support children to manage their emotions. A skill that sometimes needs lots of work.

The session for parents will take place in the top (dinner) hall at 2.15 on Friday 14th March. I hope to see lots of you there.

School Health Nurse

As a school, we have access to a School Health Nurse through Oxford Health. The inclusion team is able to submit referrals with consent from parents. If you feel you would like support from our SHN please speak to a member of the inclusion team. Some areas they support with are:

- Healthy eating
- Bedwetting
- Growing up and puberty
- Specific medical concerns



<https://www.oxfordhealth.nhs.uk/school-health-nurses/primary/>

Safeguarding

In school one of our most significant responsibilities at is to safeguard the children in our care.



If you have concerns about a child please contact the Mr Jacques or Mrs McIntosh or contact MASH- **0345 050 7666**.

Our children are all encouraged to have 5 trusted adults in school- ask your child who their trusted adults are?

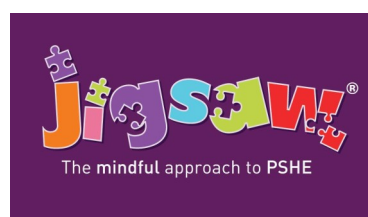
PSHE- Jigsaw Update

In Personal, Social and Health Education (PSHE) this term, the children are learning about "**Healthy Me.**" Over the term it encourages all children to think about how to maintain good physical and mental health. Over the term, children will consider choices around diet, friendships, exercise, medicines and pressure. For more information look at the PSHE curriculum page on the [website](#).



Our Jigsaw piece next term is '**Relationships.**' In this puzzle piece, children will consider what healthy relationships looks like and the importance of these in our daily lives. This unit forms part of the statutory PSHE curriculum. Each year group across the school will cover the topics at an age-appropriate level Topics covered include:

- ◇ Families and the people who care for me,
- ◇ Caring friendships,
- ◇ Respectful relationships,
- ◇ Online relationships,
- ◇ Changing relationships (loss and grief)



Please contact your child's teacher if you would like to discuss any aspect of the PSHE curriculum further.