

Inclusion Update

We hope this newsletter finds you well and you are beginning to see the first signs of spring. There are several exciting updates to share with you this month, from celebrating Children's Mental Health Week, to the changes to our Inclusion team and our very exciting opportunity of having a school based Educational Mental Health Practitioner.



Mrs McIntosh

Contact us!!

If you wish to make contact with the inclusion team, please email: inclusion@tep.cambrianft.org

Remember though, the expert about your child on a daily basis is the class teacher, they are always a great first port of call! The inclusion team can support with SEND, Mental Health and Medical concerns. We may refer back to the class teacher if we feel they are better suited to support your query or request.

Meet our EMHP- Cat Hughes

Education mental health practitioners (EMHPs) work across education and healthcare to provide mental health support for children and young people in schools and colleges. We are fortunate to have such a valuable resource within our school community, and we are confident that our students and families will benefit greatly from this additional level of support.

They are trained to help children and young people manage common mental health problems, particularly mild to moderate symptoms of anxiety and depression, and behaviour problems.

They are able to

- * advise on sleep hygiene, problem solving and panic attacks
- * educate young people in how to manage anxiety and depression
- * promote approaches that improve emotional health and wellbeing
- * support and advise education staff and signpost further information to ensure they can give children and young people the right support.

Much of the work that Cat will complete in school will be with parents, however she is able to work with small groups of children and with whole classes. Come and meet Cat at our coffee morning on **Wednesday 5th February at 8.45-9.30.**

See our poster attached to this newsletter.

As Cat will be working with some children, she is also launching Children's Mental Health Week with an assembly on Friday exploring how to look after our mental health.



Inclusion Staffing Update

Since our last update, we have sadly said some goodbyes in the inclusion team.

Mrs Haly (SENDCo) and Emily Joyce (Home School Link Worker) have both left the team to take on different opportunities. We are really sad to see them go but wish them lots of luck in their new adventures.

To replace Mrs Haly as SENDCo, I (Mrs McIntosh) have taken on the role. Although only three weeks in, I am already loving the varied nature of the position and really getting to use my knowledge of the school and our children to drive inclusive learning forward for all of our children. Just next week, we have a number of TAs taking part in Lego Therapy training so that we can support children who struggle with communication and team work through play and Lego!!! Sounds like fun.

To replace our HSLW, we have recently interviews some fantastic candidates and will update you all when we know more!!



I am really please to announce though, that Mrs Fowler has not gone anywhere! She is still running our pastoral base, The Nest and supporting me with some of the administrative tasks linked to SEND.

Attendance Matters

Thank you so much for your hard work with attendance. As a school we rely heavily on parents getting their children to school on time and ensuring attendance is a regular as positive. Our attendance is currently 94.4%



We will be in contact shortly with families to see what further support can be offered to ensure all children strive for at least 96% attendance.

If you are concerned about your child's attendance or lateness, please speak to Mrs McIntosh via the school office.

Safeguarding

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

A new safeguarding board has been put up in school to remind children that they have trusted adults in school that they can share their worries with.

In term 4, we will also be delivering the NSPCC– Speak Out, Stay Safe assemblies with our children. The assemblies help children to understand that they always have a right to feel safe, and that they can speak to a safe adult or Childline if they ever need help or support.

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



PSHE– Jigsaw Update



In Personal, Social and Health Education (PSHE) this term, the children are learning about “**Dreams and Goals.**” The children have thought about their hopes for the future, what happens when we feel success or suffer setbacks. As they move through the school, we encourage children to consider how their dreams and goals could have a greater impact and support the wider school and community.

Our Jigsaw piece next term is ‘**Healthy Me.**’ This encourages children to think about the ways that they keep themselves healthy and safe. The lessons in Reception, Year 1 and 2 mainly consist of how food and exercise effects how healthy we are. Lessons also consider how to stay safe around medicines, roads and begins to explore online safety with Year 2 children. In Key Stage 2, lessons build on previous learning and start to consider healthy friendships as well as how to support your own mental health. Many of these lessons are based around real world scenarios and considering the pressures of growing up in an ever-changing society and where appropriate may discuss peer pressure around smoking, vaping and drinking.

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



Come and meet our Educational Mental Health Practitioner (EMHP)

**Wednesday 5th February
drop in between 8.45– 9.30am**



**anxiety school avoidance
sleep behaviour
simple phobias**

Join the Inclusion team in the school hall and find out what support Cat can offer your family or child.

A EMHP can also run specific workshops for parents, this is a great opportunity to request specific support.

What we offer:

Educational Mental Health Practitioners (EMHPs) offer early intervention for young people with mild to moderate difficulties.

Our team works closely with parents, young people and school staff to think together about ways to improve mental well being in your school environment.

Our team aims:

- Promote positive mental health and well being to children at all levels.
- Support the development of self help strategies.
- Provide early intervention.
- Provide low intensity CBT interventions.
- Support the school's whole school approach to well being.
- Signpost to specialist services.



**Hi - I'm your school's EMHP -
Cat Hughes**

Who we work with:

Parents or carers of children from reception to year 6 with mild-moderate levels of:

- Anxiety (fears and worries)
- Challenging behaviour

- 1:1 and group work with young people (anxiety and low mood).

- Whole classes and year groups (assemblies and workshops).

For more information please speak to Mrs McIntosh.