

Inclusion Update

Welcome to first edition of the Inclusion Update from The Elms Primary School. The purpose of this termly update is to inform you about what is going on in school to support your children with their mental health and wellbeing, as well as their social and emotional education.

Each term, you will be updated on teaching and learning opportunities the children have been given in lessons as well some of the extra enrichment that is brought to life outside of lessons.

There will also be tips and signposting of who to turn to if you or you child needs any additional support. I hope you find it useful, Mrs McIntosh.

Spring is Coming!

It certainly feels like spring is on its way. I have noticed the daffodils in the shops, the blossom on the trees and the mornings and evenings getting slowly lighter– snowdrop have appeared in the peace garden this week!

Remember to make time to notice these small changes– signs of hope and growth. Point them out to your children when you walk to school or take an opportunity to find a patch of sunlight and feel the warmth as you take a moment to pause.



Mulberry Bush Curriculum

As a school- as well as keeping children safe- our main priority is for children to learn and make progress. However, we understand that not all children are ready to learn, all of the time.

This term, we have rolled out The Mulberry Bush: Social and Emotional Curriculum. The Mulberry Bush is a world leading therapeutic school based in Oxfordshire, who have created a curriculum that is to be delivered in addition to traditional subjects. It aims to teach children how to develop their own self awareness, self management, social awareness, relationship skills and responsible decision making.

Every class in school is completing a session (lasting around 10 minutes) three times a week. The children see it as playing games, or doing fun activities but the learning behind the sessions are far greater and is crucial to develop our children as learners.

The feedback from both children and teachers has been overwhelmingly positive.

"It's my favourite part of the day!" M– Year 5

"I love having the time to unpick these important learning points with my class." Mrs Woodward.

Please ask your children about some of the activities they have done in class or in small groups.



Children's Mental Health Week

The school will be celebrating Children's Mental Health Week in the last week of this term. It will be launched on Monday 5th February with a whole school assembly where we will unpick what is mental health.

It is important that we all understand that mental health is as important as physical health– they are intertwined. All people have mental health and everyone's mental health can feel good or bad– often changing over the course of a day. As a school, we feel it is important for children to recognise how they are feeling and how they can support their mental health– just like we encourage them to consider their physical health.

The theme of this week is "My Voice Matters." During the week all children will take part in range of activities thinking about how they can share their feelings, and empower and equip them to have a voice.

We look forward to sharing some of the highlights of the week in the next update.



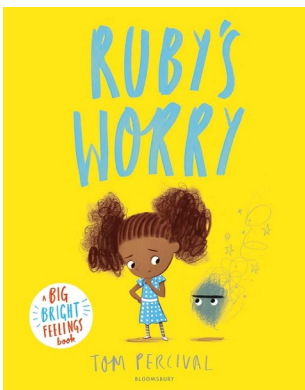
Cross Country Running Club

As well as mental health, we encourage children to consider their physical health. A group of Year 6 children and Mr Moore have organised a running club everyone Monday and Tuesday lunchtime for Years 3 to 6. It has been great seeing children coming off the field after a great running session full of endorphins ready for learning in the afternoon. Even after a few sessions, we have noticed the improvement in behaviour on the playground and in lessons in the afternoon! A great idea driven by our fantastic children!



Book Recommendation

Each update, will include a book recommendation. Reading is core across our whole school and that is no different when we think about our wellbeing and emotions. Books help us to see our own feelings– making us laugh, cry, worry and know that we are not alone.



This recommendation is a book that we will share with the children during Children's Mental Health Week. Ruby's Worry by Tom Percival is an excellent book to share with children of all ages about how sharing your worries– no matter how big or small– with a trusted person will help them feel smaller and more manageable.

Tom Percival has an excellent range of picture books looking at a number of feelings including anger and loneliness– check them out!

Signposting

As parents and carers things can occasionally feel tough, especially when your children are finding things tricky.



Knowing where to look or who to ask first is normally the hardest first step. Take a look at the Mind website. It is a great resource to offer advice and suggest where to go next.

<https://www.oxfordshiremind.org.uk/support-for-you/children-and-young-people/>



The Nest– Meet Mrs Fowler

Mrs Fowler is our new Inclusion Assistant in school. Mrs Fowler has worked at The Elms for 4 years in the school office and as our SEND assistant– her appointment to this post means that she already knows many of our families and all of our children. Under Mrs Fowler, The Nest will remain open, however as she makes it her own and the needs of our children change, there will be some adjustments over the coming months.

Over the course of the day, The Nest is used by a range of children in order to regulate before learning. Some attending for breakfast, some needing a moment of calm before learning and some to 'chuck the yuck' at the end of a tricky day. It



offers calm activities, such as Lego, playdoh, colouring and simple card games, and a space for children to share their worries. The Nest is a safe space for all children in school, however it must be arranged with the class teacher and Mrs Fowler before The Nest is used. If you feel your child would benefit from this provision, please speak to your class teacher about your concerns. This is a photo of Mrs Fowler and her new puppy Twiglet.

Attendance Matters

Attendance is essential for pupils to get the most out of their school experience, including their attainment, wellbeing, and wider life chances.

Children who arrive in school on time and prepared for the day are able to settle into their learning, have positive interactions with their peers and teachers and are proven to thrive by academically and socially.

If you are concerned **Attendance Matters** about your child's attendance please contact 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.