



Inclusion Newsletter



Hello. My name is Miss Payne and for those of you who do not know me, I am one of the Assistant Headteachers at Leechpool. My responsibility is Inclusion and Achievement.

My role means that I look out for children who may be more vulnerable than other children because of their individual needs. I especially look out for children with Special Educational Needs and Disabilities (SEND), those who have English as an additional language (EAL), children who are gifted and talented and those that may need additional support. All children may come into one of these areas at some point during their time in school.

Leechpool Primary School

Autumn Term 1

2020



Reaching Families
Empowering families of children and young people with special educational needs and disabilities
Autumn Workshops (first half term)

Reaching Families are offering a range of different workshops currently. All of the workshops are free of charge and will be delivered online via Zoom.

For more information and booking please email:

admin
@reachingfamilies.org.uk

or visit

<https://www.eventbrite.co.uk/o/reaching-families-8261724058>

10 WAYS TO HELP YOUR CHILD LOOK AFTER THEIR MENTAL HEALTH

WWW.BELIEVEPERFORM.COM @BELIEVEPHQ

- ROLE MODEL**
Be a positive mental health role model. Demonstrate positive behaviours which your child can learn from you.
- SLEEP**
Support your child to build positive sleep habits. Develop a good sleep environment with your child.
- PLAY**
Promote play and creativity among your child. Allow them to explore.
- RELAXATION**
Help your child to relax. Teach them relaxation skills such as deep breathing.
- TALKING**
Support your child to talk about their problems and how they are feeling.
- WELLBEING**
Promote healthy eating and physical activity. Exercise is a great tool to boost mood and reduce stress and anxiety.
- SELF CARE**
Make sure your child has time and space to look after themselves. Involve yourself in their hobbies.
- AUTONOMY**
Allow your child to make their own decisions. This will help to build resilience.
- RELATIONSHIPS**
Support your child to build positive relationships with friends and family.
- COPING SKILLS**
Work with your child to develop coping skills. Support your child to learn skills such as problem solving and thought challenging.

This half term I have been working closely with all of our staff to ensure that we have the right support in place for all of our pupils – both academically and emotionally. We know the current restrictions and guidelines of the COVID pandemic are having an impact on families. If you have any worries or concerns about your child, in relation to the above, please telephone or email the school office to arrange to speak to their class teacher in the first instance.

(reception@leechpool.w-sussex.sch.uk)

Emma Payne

Additional Support for Parents and Carers

Action for Children - Provide parenting support through Parent Talk
<https://www.actionforchildren.org.uk/support-for-parents/>

Family Lives (was Parentline)

Confidential and free helpline for families, for emotional support, information, advice and guidance on parenting and family life.

W: www.familylives.org.uk

T: 0808 800 2222

E: askus@familylives.org.uk

Fegans

Fegans is a Christian charity that offers support to parents and children. There is a cost to families but they also operate a bursary scheme.

They are now offering online one-to-one support to parents via Zoom.

To find out more or book a session please email: info@fegans.org.uk

<https://www.fegans.org.uk/online-services/>

Solihull Approach <https://solihullapproachparenting.com/>

Award winning **online courses** about being a parent. **Free downloads.**

Beacon House <https://beaconhouse.org.uk/training/>

Independent mental health team specialising in repairing the effects of trauma and attachment disruption. Training available to parents, adopters and foster carers.

Talented Pupils

Please remember that we love to celebrate any achievements that pupils complete out of school. If they have certificates, medals, trophies or awards, please take a photo of them and email it into school. We will then print it out and add it to our Talented display.

