



# Inclusion Newsletter

## Spring term update

Leechpool Primary School

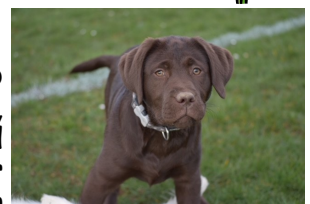
It is so lovely to see all of the children back in school and to reconnect with them, chatting and seeing how they are. Mrs Letley and I have been popping into classrooms and out onto the playground at playtimes to see everyone and also giving children a chance to approach us if there is something they want to share.

Spring Term 2

February 2021



Mabel Hope has also been to visit every class and is getting used to the large number of children now in school! As time goes on, children will get to know Mabel Hope a bit more and she may spend time in some classes, or some children may come and read to her or show her their work. She now has her own post box where children can send her letters and pictures if they wish.



Across the school, we are continuing to support the children's mental health and wellbeing as well as their academic learning. By providing the structure and routines of school, we hope that this will help relieve some anxieties. Sometimes we use some of the phrases to the right, which parents and carers may find useful at home.

Please remember that you can phone or email the School Office between 9am and 3pm to leave a message for a member of staff and we will get back to you as soon as we can.

Please look after yourselves and stay safe.

Emma Payne

**things to say to your anxious child**

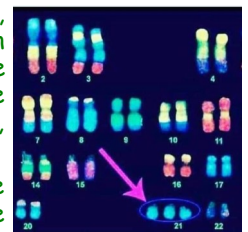
1. I'm here with you. You're safe.
2. Do you want to do some dancing or running to get rid of the worried energy?
3. Tell me about it.
4. What would you like to say to your worry? What might your worry say back? Then what?
5. Let's draw it.
6. What does it feel like in your body? Where is the worry? How big is it?
7. Match your breaths to mine.
8. Let's think up some endings for what could happen (anxious ones, goofy ones, AND realistic ones).
9. What's something we could do to help you feel better?



**World Down Syndrome Day** is celebrated every year across the world on 21st of March. To celebrate—people wear mismatched socks on this day. Socks are used as the symbol because chromosomes are shaped like socks.

People with Down syndrome have an extra 21st chromosome, meaning they have 3 instead of 2 copies. This is why it is often called Trisomy 21 ... 3 lots of the 21st chromosome. Most people have 46 chromosomes but people with Down syndrome have 47. Your chromosomes are the building blocks inside every cell of your body that makes you an individual. When the egg divides, an extra copy of the 21st chromosome happens right at the time of conception.

All of these things mean children and adults have to think a little smarter about how to ensure everyone is included in games and activities, show support and encouragement, give more time and have patience.



**psds** Providing Support for children with Down syndrome (PSDS) is a charity that operates in Surrey and Sussex and they provide support for children with Down syndrome and their families. They are also committed to supporting schools in the mainstream education of children with Down syndrome and we are lucky enough to have received support from them over the past few months. Their website [www.psds.info](http://www.psds.info) has more information about the services they can offer. We are hoping to be able to donate to them over the next year from some of our planned sponsored events that we are planning.