



Inclusion & Family Support Newsletter



Autumn Term 1 2023

Hello!

Hello and welcome to the first edition of the St Louis Inclusion and Family Support Newsletter. For those of you who don't know or recognise me, I am Mrs Kerri Conway the Special Educational Needs and Disability Co-ordinator (SENCO) here at St. Louis. My working days are Monday, Tuesday and Wednesday as SENCO and on Thursdays I teach Sycamore Class (Year 4). Many of you will know me already but for those of you who don't, I will often be seen around the school popping in and out of different classes as my role is to support the needs of children in our school who need something additional to or different from our general offer, as part of quality first teaching. If you feel your child requires extra support with something, please speak to your child's class teacher in the first instance and they will pass your enquiry on to me if necessary. I look forward to working with many of you over the course of the year!



The Zones of Regulation

You might have heard your child talking about what 'zone' they are in this year as we have been introducing the 'Zones' into school as a whole school strategy to support mental health and wellbeing. The children learn about their emotions and how they can start to self-regulate to remain in the

'green zone', which is ideal for learning.

The ZONES of Regulation®			
BLUE ZONE Sad Sick Tired Bored Moving Slowly	GREEN ZONE Happy Calm Feeling Okay Focused Ready to Learn	YELLOW ZONE Frustrated Worried Silly/Wiggly Excited Loss of Some Control	RED ZONE Mad/Angry Mean Terrified Yelling/Hitting Out of Control

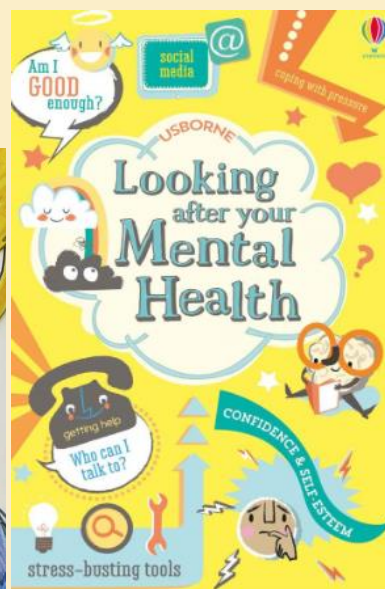
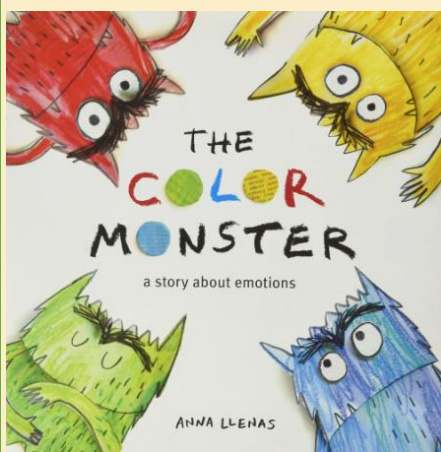
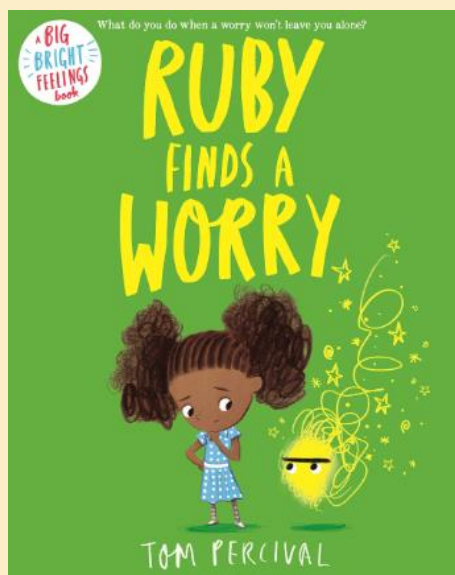
There are lots of books and resources out there to support children in recognising and understanding their emotions, these websites are particularly helpful:

<https://zonesofregulation.com/>

<https://www.theottoolbox.com/childrens-books-for-zones-of-regulation/>

<https://www.weareteachers.com/zones-of-regulation-activities/>

<https://hes-extraordinary.com/the-zones-of-regulation>



Activities Unlimited!

If you have not heard of them already, Activities Unlimited offer a range of free or heavily subsidised activities for children with SEND aged 0-25 across Suffolk. Please take a look at the link below as some of the activities on offer sound like a lot of fun!

<https://infolink.suffolk.gov.uk/kb5/suffolk/infolink/localoffer.page?localofferchannel=7>



Suffolk Local Offer

Within Suffolk local authority there are many ways to find help and support as parents of both children with or without SEND. They have lots of helpful support, advice and guidance for all parents. They run various courses and workshops over the year, targeted at toddlers to teenagers. I have included information below on all the upcoming workshops.

Let's Talk with Under 5s

This practical course is designed for parents and carers but is also suitable for early years practitioners. Written by speech and language therapists these seven two-hour sessions will enable you to learn how to enhance and develop your child's understanding and talking.

The course workbook is full of strategies and activities that can be used with your child at home and in the pre-school environment. Helping your child become a confident communicator now will mean that s/he is ready for all the exciting learning s/he will be involved in when school starts.

The aims are

- To give you practical ideas to help develop and enhance your child's ability to listen, understand and speak.
- To learn why some children find it challenging to understand what is said to them and to talk.
- To help you develop your child's talking so s/he is ready for school.
- To share ideas with other parents and carers.

Topics covered

- Understanding what's happening when we talk to each other.
- Enhancing interaction between children and adults.
- Developing play so that talking develops.
- Improving listening and understanding.
- Learn how children learn new words and help them use them in sentences.
- Learn how to ask appropriate questions and share books.
- Help children whose speech is hard to understand.

What the experts say

'Language at age two predicts reading, maths and writing when children start school' (DofE report 2011).

'Vocabulary at 5 is a very strong predictor of the qualifications achieved at school leaving age and beyond' (Feinstein and Duckworth, 2006).

For Parents and Carers in Suffolk

DATES AND TIMES (Each Session is on Thursday Morning)

This course is virtual, delivered through Microsoft TEAMS.

Session 1	9:30am – 11:30am	Thursday 18 th January 2024
Session 2	9:30am – 11:30am	Thursday 25 th January 2024
Session 3	9:30am – 11:30am	Thursday 1 st February 2024
Session 4	9:30am – 11:30am	Thursday 8 th February 2024
Session 5	9:30am – 11:30am	Thursday 15 th February 2024
Session 6	9:30am – 11:30am	Thursday 29 th February 2024
Session 7	9:30am – 11:30am	Thursday 7 th March 2024
Session 8	9:30am – 11:30am	Thursday 14 th March 2024

COST - free

- You will need a course book, ready to take part in these sessions.
- Your course book cost is £15 plus postage.
- The course book is available at the ELKLAN Shop [Let's Talk with Under 5s workbook \(elklan.co.uk\)](http://elklan.co.uk)

**TO BOOK YOUR PLACE/ ASK
QUESTIONS PLEASE CONTACT:
amy.webb@suffolk.gov.uk**

Childhood Neurodiversity: Understanding and Supporting Sensory Needs

What are the different sensory systems? What might sensory processing difficulties look like in children and teenagers? This workshop will answer these questions and explore how parents and carers can support a child's sensory needs.

Monday 6th November – 13:00 [Book Here](#)

Childhood Neurodiversity: Understanding and Supporting Eating Difficulties

This workshop is for parents/carers concerned about their neurodivergent child's limited diet (i.e. avoiding or restricting certain foods). We will explore why children may struggle to eat, anxiety around eating and how parents/carers can support children with these eating struggles. This workshop is not aimed at parents of children whose eating difficulties relate to body image concerns.

Thursday 7th December – 13:00 [Book Here](#)

Childhood Neurodiversity: Supporting Language and Communication

This workshop will discuss language and social communication, including how parents/carers can support their children to communicate. This workshop will be co-delivered with the Integrated Community Paediatric Services Speech and Language Therapy Team.

Tuesday 9th January 2024 – 13:00 [Book Here](#)

Childhood Neurodiversity PST Workshop Programme Parent/Carer Workshops 2023 – 2024

Future workshops dates TBC:

Childhood neurodiversity: Supporting children with planning, organising and remembering

Childhood neurodiversity: Understanding and supporting sleep difficulties

Childhood neurodiversity: Supporting social relationships

Childhood neurodiversity: The benefits and problems with using technology

To find out more and book a place on a workshop scan the QR code or visit:

www.nsft.uk/workshops



Working together for better mental health

Supporting Young People's Mental Health Parent/Carer Workshops September – December 2023



These free virtual workshops (Zoom) are designed to provide up to date advice and guidance on how parents and carers can support the young people in their life. The workshops are 60 minutes long.

Supporting our Young People with Anxiety

This workshop is for parents of school aged children to help them understand anxiety better. The session covers: what is anxiety, why anxiety, how it effects the brain, how it effects the body, how it impacts on what we do and don't do and how parents can support their children/adolescents who might be struggling with anxiety.

Tuesday 21st November 13:00 PM - [BOOK HERE](#)

Supporting our Young People with Low Mood

This workshop will help you to have a better understanding of why our young people are more vulnerable to low mood once they reach adolescence, the warning signs and some evidence based strategies to best support your young person.

Tuesday 21st November 18:00 PM - [BOOK HERE](#)

Supporting our Young People with Challenging Behaviours

In this workshop we will explore child behaviour that parents or teachers find challenging to manage, such as: hyperactivity, difficulties with attention, aggression, difficulties with friendships and relationships and irritability. We will cover practical strategies to help manage these behaviours positively. This workshop may be helpful for parents who have concerns around possible ADHD in their young person.

Tuesday 12th December 13:00 PM - [BOOK HERE](#)

Supporting our Young People Manage Big Feelings

As our children grow, they experience many changes in themselves and the world around them. During this time, our children will feel a variety of feelings which they do not know how to manage. This workshop is aimed at parents of young people aged up to 11 as we breakdown what leads our children to have these feelings and ways in which we can support them to manage if they become overwhelming.

Tuesday 12th December 17:00 PM - [BOOK HERE](#)

Scan the QR code to find out more and book a place on a workshop or visit www.eventbrite.co.uk and search for Psychology in Schools Team - NSFT



SEND Governor Information

St Louis SEND Governor – Jenny Balmer

St Louis Chair of Governors – Bethan Byrne



Finally, I would like to direct all parents to ‘Sharing Parenting’ which can easily be found online. It is an excellent source of endless information in videos, podcasts and articles, where all parents can, I think, find something to help them along their parenting journey!

Feel free to contact me at any time:

senco@stlouisacademy.co.uk

Have a restful and fun half-term break!

Mrs Kerri Conway