



"I can do all things through him who gives me strength." Philippians 4:13



Hello again! I hope you enjoyed last term's Special Education Needs newsletter, and you felt well informed of the support that is available outside of school. This issue of the newsletter is going to focus on supporting your child's emotional wellbeing and mental health. Though I recognise that most of our children are lucky enough not to suffer from social, emotional and mental health difficulties, the things I want to signpost you towards today can benefit all children, and even adults! As always, if you have any suggestions of topics you would like to be covered on this half termly newsletter please let me know.

SEND services in school:

Your child's class teacher is always the first port of call for any SEND queries you might have. If you need any further support following on from this, you are always welcome to make an appointment with myself as SENCo.

The 5 Ways to Wellbeing

This is a whole school initiative that we have been taking part in for just under a year now. Research shows there are five simple things you can do as part of your daily life – both for yourself and your children – to build resilience, boost your wellbeing and lower the risk of developing mental health problems. These simple actions are known internationally as the Five Ways to Wellbeing:



In school, the children are encouraged to think about doing these 5 things daily. It would be fantastic to encourage them to think about them at home too!

Where to go next for support:

- YoungMinds Parent Helpline: 0808 802 5544
- Your GP can refer you to other agencies that can help, such as CAMHS (Child and Adolescent Mental Health Services)
- Speak to your child's class teacher or myself about the support we can provide in school, for example Pastoral Support.

Young Minds

As a school, we recognise that there are a rising number of children needing some support with their mental health. With that in mind, the Young Minds charity have some great tips to help support you and your family. [Click here](#) to visit the Parents area.

The #Take20 Parents' Hub

We also know that sometimes talking to your child about how they feel can be hard. For them and us! By taking 20 minutes with them to do an activity you both enjoy, you'll create a relaxed space to start that conversation. [Click here](#) for some examples of activities you could do with your children.

Conversation starters



General

How are you feeling?

How do you feel about staying at home?

Serious

What was challenging about today?

How can I support you through this?

Fun

What's your favourite TV show at the moment?

Is there a good book you would recommend?

Encouragers

I love you, nothing can ever change that

Even if I don't understand, know that I want to

Events for your calendar– all free!

17th January 2022 13:00: 'Time2Talk' Need a listening ear? Got a little question you want to ask? Not clear about something or perhaps you just want to share your thoughts with someone with experience of parenting a children with a Disability or additional need? [Book here.](#)

19th January 2022 14:30– 15:00– 'Coffee and a Catch Up' All members of our school family are welcome to join us for coffee, tea and cake. An opportunity to meet other parents and catch up! at Barrowby Primary School.

17th March 11:30-13:00: 'Juggling the Joys of Parenting' Understanding Strategies Workshop: Are you a parent, grandparent, Carer, relative or friend of a child/adult with special needs or a disability? Yes? ...then these workshops are a must for you! [Book here.](#)

"When a flower doesn't bloom, you fix the environment in which it grows, not the flower."
Alexander Den Heijer