



Inclusion Newsletter



Autumn 2018

Hello!

Welcome to our first newsletter of this academic year. We are going to write newsletters regularly to keep you updated about how we are supporting the families and children of Palace Wood Primary School and to provide helpful information. Please let us know if there is anything you'd like to see on a future newsletter!

Mrs Ball – FLO

I am the Family Liaison Officer at Palace Wood Primary School.

In my role I work with children and families and lots of outside agencies. When children are experiencing emotional difficulties I work with them through 1:1 or group work. I am trained in using Drawing and Talking therapy. I work full time and am based in the Acorns building. Please come and see me if you have any concerns or worries about family issues, attendance or anything else that may be affecting your child's learning. You can contact me via email anneke.ball@palacewood.kent.sch.uk

Mrs Root – SENCO

I am the SENCO at Palace Wood Primary School.

As SENCO, I support children to overcome challenges and obstacles which prevent them from learning and reaching their potential. This means working closely with pupils, teachers and parents as well as many outside agencies. I am also a trained therapist and work with children who are experiencing emotional difficulties.

I work Monday-Wednesday so please come and see me if you have any concerns about your child's learning or emotional wellbeing. I am based in the Acorns building. You can also contact me via email amy.root@palacewood.kent.sch.uk

Many of you may not know what the **Local Offer** is and where to find it. Here is some information about the Kent Local Offer.

Every local authority must publish a **Local Offer**. The **SEND Local Offer** tells you what support is available for children and young people with special educational needs (SEN) and/or disabilities, and their families. You can find the **SEND Local Offer** for Kent County Council (KCC) at

www.kent.gov.uk/education-and-children/special-educational-needs

The **SEND Local Offer** is for:

- children and young people with SEN and/or disabilities from birth to 25
 - their parents and carers
 - practitioners and professionals.

If you have any questions about supporting children with SEND or about what services are in the local area for pupils and their families, please ask us. Some services and charity support groups may not be known to us either, so if you hear that one is brilliant please let us know 😊

Taking turns

Helping

Kindness

😊 **FRIENDSHIP** 😊

Lots of children who find interaction tricky also find friendships hard. A good place to start is to teach children what makes a good friend.

Sharing

Interests

Movement ideas to support emotional wellbeing

Our **Safeguarding Leads** are Mrs Ball, Mrs Vincett, Mrs Root, Miss Ridout and Mr Chatley. If you have any worries about the safety or emotional wellbeing of a child or family, please speak to one of us.



KIDS 7 MINUTE HIIT WORK OUT FOR SELF-REGULATION

Set an Interval timer and complete each animal movement for 45 seconds, with 15 seconds of rest in between. Do as many as you can!



FROG JUMPS
Hop, hop, back and forth like a frog



BEAR WALK
Hands & feet on the floor, hips high - walk left and right



GORILLA SHUFFLE
Sink into a low sumo squat, with hands on the floor, shuffle around the room.



STARFISH JUMPS
Jumping jacks as fast as you can, with arms and legs spread wide.



CHEETAH RUN
Run in place, as FAST as you can! Just like the fastest animal in the Sahara.



CRAB CRAWL
Sit and place your palms flat on the floor behind you near your hips. Lift up off the ground and crawl.



ELEPHANT STOMPS
March in place lifting your knees as high as you can and stomping the ground as hard as you can!

RAISING AN EXTRAORDINARY PERSON
[HTTPS://HES-EXTRAORDINARY.COM](https://hes-extraordinary.com)

Information about Anxiety in Children

8 WAYS A CHILD'S ANXIETY SHOWS UP AS SOMETHING ELSE

1. Anger

The perception of danger, stress or opposition is enough to trigger the fight or flight response leaving your child angry and without a way to communicate why.



4. Chandeliering

Chandeliering is when a seemingly calm person suddenly flies off the handle for no reason. They have pushed hurt and anxiety so deep for so long that a seemingly innocent comment or event suddenly sends them straight through the chandelier.



2. Difficulty Sleeping

In children, having difficulty falling asleep or staying asleep is one of the hallmark characteristics of anxiety.



5. Lack of Focus

Children with anxiety are often so caught up in their own thoughts that they do not pay attention to what is going on around them.



6. Avoidance

Children who are trying to avoid a particular person, place or task often end up experiencing more of whatever it is they are avoiding.



3. Defiance

Unable to communicate what is really going on, it is easy to interpret the child's defiance as a lack of discipline instead of an attempt to control a situation where they feel anxious and helpless.



8. Overplanning

Overplanning and defiance go hand in hand in their root cause. Where anxiety can cause some children to try to take back control through defiant behavior, it can cause others to overplan for situations where planning is minimal or unnecessary.



LOOKING AHEAD...

We are keen to start running some parent workshops and would love your feedback as to what you'd like to have included.

Maybe you'd like some advice about supporting your child with their learning at home, or perhaps behaviour management strategies, emotional wellbeing or worrying, helping children with their working memory or something completely different.

We are fortunate to have access to many experts in different areas and could invite guest speakers in, too!

Please get in touch with Mrs Root or Mrs Ball to let us know what you'd find helpful.