



Spring Term 1 2023

Bidston Village C.E Primary  
School

SEND Newsletter

Issue 2



Happy New Year from your SEND team. In this issue we focus on taking time for ourselves, whether that be by reading for pleasure, looking after our mental health, support with challenging behaviour or just taking a breath. We hope you find it useful and informative.

If you have any SEND concerns, please speak to your child's class teacher in the first instance. Should you need any further support, please ring to make an appointment with a member of the SEND team: Mrs Jones (EYFS Foundation Stage), Miss Wall (KS1 / EIB1) or Mrs Fallon (KS2 / EIB2). Our school SEN governor is Miss Gartland. As we all teach in school, please understand that we may not be able to contact you immediately but we will do so as soon as we can.

We would love to celebrate your news in this newsletter so please use the form on parent app to share news, including photographs. If your child attends clubs or groups that support additional needs, it would be great to share that too.



Our Inspirational musician this term is Stevie Wonder.

**Did you know...**

- Stevie Wonder was born Stevland Hardaway Morris
- He was born on the 13th May 1950 in Saginaw, Michigan in the United States of America. His star sign is Taurus.
- He has been blind since he was a baby
- He became a star when he was still a child with the release of his first album at the tender age of 12. His first hit single was released in 1963.
- By the age of 10, Stevie Wonder's musical talent was already incredible. He could play a range of instruments including the drums, bass, piano and harmonica.

Stevie Wonder said, '*Just because a man lacks the use of his eyes doesn't mean he lacks vision*'.



On 6<sup>th</sup> Feb, the ADHD foundation will run a webinar for parents/carers and grandparents of primary-aged children to help them help their children develop a love of reading for pleasure at home. It will be held on Monday 6th February, 10-11am. You can register for free using this link:

<https://us02web.zoom.us/meeting/register/tZAtceGvpzgjGt28KJm1qZXgW-gF7t37shVz>

# Children's Mental Health Week 6<sup>th</sup>-12<sup>th</sup> February



This year's theme is **let's connect.**

<https://www.childrensmentalhealthweek.org.uk/>

The Place2Be's website is full of free resources for primary age and secondary age children and young people. Activities in their resources section are designed to encourage children (and adults) to consider how we can make meaningful connections that support our mental health. They have 6 handy tips for reconnecting as parents / carers. For example, when you pick your child up from school, or come in from work, try to give them your full attention and see if this helps you feel better connected as you hug, talk, smile and hear about their day. Watching your child play and joining in is really important to them – so put your phone away and have a bit of fun – being playful is good for adults, too! They also offer additional support for the 'not-so' happy times such as conflicts, arguments and discussing bereavement. Parenting Smart, Place2Be's site for parents and carers, is full of expert advice and tips on supporting primary-age children, and managing their behaviour. Why not have a look... <http://parentingsmart.org.uk/>

Don't forget to breathe!

## Rainbow Breathing



Starting on the red band, put your finger on the white dot.

Breathe in and trace the red band with your finger.

Move your finger onto the orange band, starting on the white dot.

Breathe out and trace the orange band.

Repeat until you have traced all the colours.

## Family Toolbox

Sharing this Term is a course being offered to parents. **Who's in charge?**

Who's In Charge? is an 8-week programme for parents and carers of young people aged (8 to 18), which aims to provide a supportive environment to share experiences and ideas, reduce the guilt and shame that most parents feel, and offer help and guidance to develop individual strategies for managing your own child's behaviour, explore ways of increasing safety and well-being and help parents feel more in control and less stressed.

This programme is aimed at parents/carers of young children aged 8-18. This runs every Thursday for 8 weeks at the community village, New Chester Road, Rock ferry 6:30-8:30pm. There is no charge for this. If you would like to attend, please call 0151 644-4839 or email [involve@northwest.org.uk](mailto:involve@northwest.org.uk)