



Welcome to our summer St. Luke's SEN Newsletter!

Every term, our newsletter will provide information about SEND at St. Luke's Catholic Primary School. We will also keep you updated with the Telford & Wrekin local offer and guidance.

Welcome!



**Miss Louise Russell
Federation SENCO**

As St. Luke's Special Educational Needs and Disability Coordinator (SENCO), I am here to offer support and advice regarding additional needs or SEND support for your child.

As a school, we value the engagement of our parents so please do not hesitate to get in touch if you have any questions. My contact email address is: send.obs@taw.org.uk

Alternatively, you may find further information about our SEND provision on the school website:

<https://www.stlukesatholicprimary.org.uk/en.php>

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- SEND Support for families.
- Wellbeing APP of the term.
- Community support for SEN
- Airea 51 SEND sessions

Mental Health and Wellbeing edition

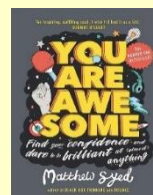
At St. Luke's, we are committed to supporting the emotional health and wellbeing of our pupils and staff. We understand that life experiences can sometimes leave us feeling vulnerable and in need of emotional support.

As a team, we view that positive mental health should be supported by everyone across the school and we all have a role to play.

We offer different levels of mental health and wellbeing support including within school including:

Universal Offer - our school ethos and curriculum support all pupil's needs.

Targeted support - for pupils who require a more personalized approach or intervention.



Telford and Wrekin

For further information about the Telford and Wrekin SEND, please see the link below:

<https://www.telfordsend.org.uk/site/index.php>

You can also find a copy of the Telford & Wrekin SEND parent newsletter. www.telfordsend.org.uk/info/1/home/109/send_news



Mental Health and Wellbeing @ St. Luke's

Mental Health and Wellbeing across the curriculum

We want all pupils at St. Luke's to value their own self-worth, empathise with others and make a positive contribution to our community. Children should be encouraged to have high aspirations for the future and have the courage to bounce back from failures or challenges and grow as an individual.

Our curriculum specifically promotes children's personal, social and health development and helps them to grow as individuals and as members of families and communities.

PSHE equips children and young people with knowledge and practical skills to live healthy, safe, fulfilled, and responsible lives, both now and in the future.

Through the teaching of mental and emotional health, we promote pupils' wellbeing through an understanding of their own and others' emotions and the development of healthy coping strategies. It also contributes to safeguarding, providing pupils with knowledge, understanding and strategies to keep themselves healthy and safe, as well as equipping them to support others who are facing challenges.

Our PSHE curriculum enables pupils to reflect on and clarify both their own and British values and attitudes and explore the complex and sometimes conflicting range of attitudes and values they encounter now and in the future.

Who is the ELSA at St. Luke's and how can she help with mental health and wellbeing?

At St. Luke's, we have an Emotional Literacy Support Assistants (ELSA's) who is trained to support the emotional development of pupils by helping them to recognise, understand and manage emotions through individual or small group programmes.

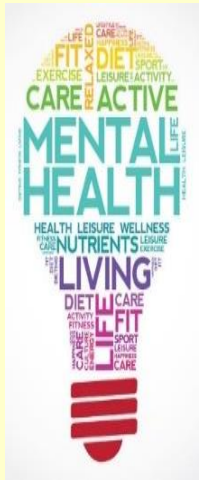
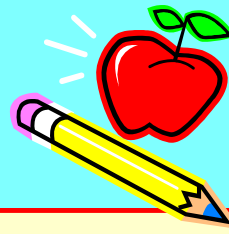
Programmes normally last between 6-12 weeks and can focus on a range of topics including: recognizing and regulating emotions, increasing self-esteem, improving friendships, developing social skills, recovering from loss and bereavement, and resolving conflict effectively.

Our ELSA's at St. Luke's is Miss Russell.





SEND NEWS!



Mental Health and Wellbeing @ St. Luke's The Importance of Sleep

Sleep is a primary activity of the brain and is essential to healthy development in children and young people.
In children aged 6-13, it is recommended by NHS England that they have 9-11 hours of sleep a night.

Facts about sleep:

The circadian rhythm or internal 'body clock' tells us when to sleep and when to wake up, regulating our sleep pattern.



Moving in a 24 hour daily cycle the circadian rhythm responds mainly to daylight.

We all go through sleep cycles. We move through light sleep, deep sleep, dream sleep, waking and then going back to sleep. Each of these cycles lasts for approximately 90 minutes. Brief waking after each cycle is part of a normal sleep pattern.

Why is sleep so important for children and young people?

- Sleep promotes growth
- Sleep helps the heart and the immune system.
- Reduces injury risk.
- Increases attention.
- Boosts learning.



Developing good sleep habits:

- Have a regular routine which includes going to bed at the same time each night and waking up at the same time each morning.
- Limit screen time before bedtime.
- Have a warm bath or shower 1-2 hours before bed.
- Exercise regularly during the day.
- Make sure your bedroom is comfortable.

Sleep Toolkit for parents

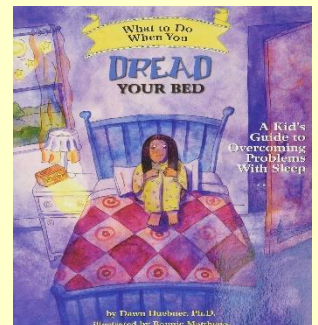
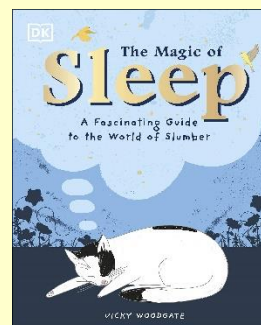
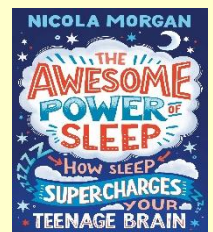
Shropshire BEAM is an organization which provides low-level intervention relating to emotional health and wellbeing in children and young people. They have produced a guide in response to the sleep issues that they hear about from parents and young people.

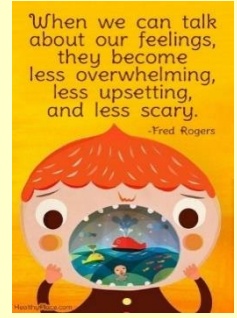
The link can be found below and is an excellent guide to how to support your child's sleep alongside trouble shooting and offering advice and guidance for common sleep issues.

<https://shropshire.gov.uk/media/15292/beam-sleepy-heads-guide.pdf>

Sleep resources:

Some recommended books about sleep





Mental Health and Wellbeing @ St. Luke's 'Emotion Coaching; Building Resilience; Reducing Anxiety'

Emotion Coaching:

On Tuesday 17th May, we held a coffee morning at St. Luke's, for all parents with the focus on Emotion coaching and supporting children's mental health and wellbeing. Dr Adele Thacker - our link educational psychologist led a workshop where Emotion coaching techniques were explored.

Emotion coaching is a parenting tool to enable parents to teach and support children to recognise, understand and manage their own emotions. There are 5 steps of emotion coaching: recognising the emotion; labelling and naming emotions; emphasizing and validating feelings, setting limits on behaviour and problem solving.

An emotion coaching approach can support pupils to become happy and healthy adults; develop healthy friendships, live healthier and successful lives and it can reduce the risk of becoming emotionally unstable; becoming socially isolated; developing behavioural problems.

For more information about Emotion coaching please visit: www.emotioncoachinguk.com

Coffee morning invite for parents:

We are offering a coffee morning for parents to provide information, strategies, toolkits and support around mental health and wellbeing.



'Promoting Good Mental Health through building resilience and reducing anxiety.'

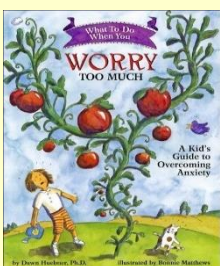
Tuesday 21st June from 9-10am in the Hall.

If you would like to attend, please contact the school office.

Books about positive Mental Health



Books about anxiety





Supporting Transition @ St. Luke's

Transition, whether it is to a new class or a new school, can be a difficult time and we endeavour to make sure that we ensure that this process is as smooth as possible for pupils and parents.

Transition to a new class @ St. Luke's

All teachers work closely together to prepare for transition from year to year. Meetings are held to discuss pupils and information is passed on in advance of the new academic year beginning.

For pupils with SEND, Individual Provision Maps are shared with the new teachers so that new Individual Provision Maps can be written at the start of the new academic year. Some children with SEND may need transitional visits to their new classes and this is arranged during the summer term. Social stories may also be used to support transition for pupils with Autistic spectrum conditions (ASC) or particular anxiety.

All pupils visit their new class during the summer term where they can meet their new teacher and begin their transition journey.

Year 6 to Year 7 Transition

Year 6 pupils are supported through their transition from primary to their chosen secondary school.

During the summer term, the pupils meet their new 'Year 7 head of year' and are given the opportunity to ask questions or raise concerns about their next step to secondary school.

Within class, teachers complete work around transition with all Y6 pupils to offer strategies, advice and reassurance about the next step on their educational journey.

Each secondary school is providing transition days where the children will visit their new school. Confirmed dates are below:

Burton Borough - Wednesday 29th June
Holy Trinity - Monday 11th - Friday 15th July
HLC -
Telford Priory -
Charlton - Monday 4th & Tuesday 5th July

Transition Top Tips for kids

- Look on the school website to find out information about your new school.
- Plot and travel the route to your new school before you start in September.
- Practise getting ready for school - make a list of everything you will need.
- Find out who else is going to your new secondary school with you.
- Find out the school rules so that you know what you are allowed/not allowed to do.
- Check to see if you need an appointment to purchase new secondary uniform.



SEND NEWS!



Mental Health support
for families across
Telford and Wrekin

Parents Opening Doors (PODS)

PODS is a parent carer/peer led charity with staff and volunteers who have the relevant 'real life' experience to support families who have a child with a disability or additional need (aged 0 - 25 years).

For further information, support and advice see: www.podstelford.org



Bee U is the emotional health and wellbeing service for people, up to the age of 25, living in Shropshire and Telford and Wrekin.

Bee U is designed to:

- Offer advice and support.
- Signpost to services.

For more information visit:

www.camhs.mpft.nhs.uk/beeU

PODS offer a range of support including:

- Befriending scheme
- Activity sessions for children with SEN needs
- Information courses for parents.
- Resources for children
- Advice about SEND, EHCP's and SEND processes.



For further details you can contact PODS on 01952 458047

Kooth

For children and young people aged 11-24



APP of the
term!



Moshi sleep and Meditation app for Children aged 4+

Free trial available visit:

www.moshikids.com

Community sessions for SEN pupils



Sessions are on a Tuesday/Wednesday 6-7pm

For more information visit: www.airea51.co.uk

Airea51 are keen to work with the community and children with SEN needs.

They are offering weekly SEN sessions where lights are dimmed and music is lowered.