

INCLUSION UPDATE

SEND, WELLBEING and BEHAVIOUR

Keeping you in the loop with our current school priorities

WELLBEING TIP

Sleep is an essential part of the day and allows your body and mind to recharge, leaving you refreshed and alert when you wake up. Good sleep also helps the body remain healthy and allows you to learn well at school. Without enough sleep, the brain cannot function properly and children find it difficult to learn.



SELF-CARE FOR SLEEP



- Have a good morning routine to wake up to.
- Try reading or listening to nature sounds to relax.
- Keep your phone on silent when you're trying to sleep.
- Time going to bed so that you get a good amount of sleep for you!
- Have a good night time routine that winds you down.
- Set good boundaries around your bedtime routine.
- Make sure that you create an environment that lets you get good sleep.
- Stay away from caffeine before bed. Drink something soothing.
- Keep a dream journal if you have difficulty remembering them.

Self-Care & Mental Health



- Share your own feelings to encourage self-awareness.
- Recognize toxic stress events.
- Practice self-care for yourself to set the standard.
- Cultivate interests and hobbies.
- Set aside time for low stress or solo activities.
- Encourage journaling and writing.
- Encourage them to focus on the moment.
- Find social groups that help them feel like they belong.
- Focus on articulating feelings. "I am angry." "I am sad."
- Establish a self-care routine.

HUB Update

As you will all be aware Ms Martin has sadly left Haxby Road. Mr Smart will now be based much more in the HUB and in classrooms so he can really concentrate on our children's wellbeing. Wellbeing is important for everyone. Here are some tips to help you focus on improving your child's. As always Mr Smart is available to talk to if you have any questions or concerns. He will be on the gate as often as possible in the mornings and should you need more time please speak to the office about booking a meeting.



Diversity Role Models at Haxby Road Update from Mr Hind

As a school and in line with the new guidance of Relationships and Sex Education and our PSHCE, we are working hard to embed inclusion and empathy in the next generation. To do this, we have teamed up with the Department for Education and are lucky enough to be part of a new scheme called Diversity Role Models. Within this scheme, we will have the opportunity to hear from a large group of role models who can help us create an environment where diversity is embraced and children can thrive. Our hope is that the work we do will help future generations embrace, accept and support differences. Here at Haxby Road, we believe that this is a strength of our provision and the work will seek to embed a deeper understanding of diversity and how to celebrate difference. For this reason the Diversity role models will be attending our school on the 4th of July to share their experiences with the children, which can be anything from LGBT+ to religion. This is a fantastic opportunity and I hope that their experiences can further the children's understanding on embracing diversity and I will be collecting more Parent voice in this area to support the work we are doing. Finally, we want to reach out to our Haxby Road community and ask if there are any members of our community who would like to share their own experiences of Diversity to further enhance our children's understanding. If this is something you would be interested in doing please talk to the office staff and they will direct you accordingly.



York Inspirational Kids Resources for SEND Families



Recently we held a parent cafe with York Inspirational Kids. They shared some of the wonderful events that they run and have planned for the future. These are open to any SEND families, including siblings of children with SEND needs. These events are aimed at children and families to give parents/carers the chance to meet other families and create a network of support.

For more information please visit www.keyworking.co.uk/index

Some resources they highlighted that are available to SEND families are:

MAX card - The Max Card is the UK's leading discount card for foster families and families of children with additional needs. Families can use their Max Card at venues across the UK to get free or discounted admission. This is available from York Family Services

Carers Card - a free discount card for carers in York that can save you money at local businesses. This is available from the Carers Centre.

CEA card - this Card enables a disabled cinema guest to receive a complimentary ticket for someone to go with them when they visit a participating cinema. This costs £6/year.



SEND Parent Cafe with York Inspirational Kids and Mrs Tasker



WELCOME SEND PICNIC

We want to further develop our networking opportunities for our new SEND families. Look out for a fun filled 'Welcome SEND Picnic' for a chance to get to know other families in our school and meet with local charities. Together we can share ideas and support one another within our Haxby Road family.



Wellbeing Support for Families

Charlie Waller is one of many charities that can help with wellbeing. They offer advice, resources and training aimed at children and adults.
charliewaller.org