

# INCLUSION UPDATE

SEND, WELLBEING and BEHAVIOUR  
Keeping you in the loop with our current school priorities

## WELLBEING TIP

All of our children will be going through a transition this summer - either moving school or moving into a new class. Although this can be exciting; new opportunities, new friends and teachers, it can also be scary and daunting.

School will be providing lots of support both before and after this transition period and you, too, can help your child. Please see the table for some suggestions and as always, school are here if you have any concerns



**Choose health**  
Know what affects your child, what makes them grumpy, hyper, disconnected...  
Do they need snacks throughout the day?  
Do they need lots of sleep?  
Do they need to get out and about and do exercise?  
Do they need time alone?  
Trust that you know your child and give them the basics that they need to cope with difficult days.

**Work together**  
Share ideas about how to:  
• create action plans  
• have a problem-solving approach  
• enjoy achievements  
• be forward looking  
• show them that we can all get things wrong

**Move on up**  
Encourage independence  
• help them to move positively from child identity towards teen identity  
• increase their responsibilities  
• be positive whenever they act maturely  
Be aware of your child's changing needs. Sometimes it might feel like one step forwards, two steps back.

**Communicate**  
The small things you do make all the difference.  
Keep talking, texting, listening, hearing, hugging, sympathising, smiling, reassuring, checking, sharing, suggesting, encouraging, respecting

**Get learning**  
Be involved, find out more and talk about:  
• social media  
• internet benefits and dangers  
• language and slang  
• current affairs  
• what it's like to be young in the current world

**Be calm**  
Try to stay calm whilst your child is feeling distressed. Your child may show:  
• highs and lows  
• anger  
• blame  
• self-centredness

**Be wise**  
As they discover new things, try to:  
• be interested  
• be non-judgemental  
• guide  
• give boundaries carefully  
• see it from all sides  
• listen to their point of view  
• choose your words carefully  
• act on warning bells

**Be the anchor**  
In times of change you are:  
• consistent  
• family  
• familiar  
• routine  
• in-jokers  
• initiating  
• comforting  
• home

**Have fun**  
Provide lots of light relief:  
• be silly  
• be embarrassing  
• play games  
• laugh together  
• do stuff together  
• make jokes  
• make things  
• be outside

**Look after yourself**  
Support yourself, to best support your child:  
• learn say friends  
• offload on other family  
• find time alone  
• see the GP  
• relax, exercise  
• sleep well, eat well  
• remember tomorrow is a new day

**YM Parents Helpline**  
0808 802 5544  
youngminds.org.uk  
Mon-Fri 9.30am-4pm

**ASDA foundation**  
Supporting young people's mental health

**Find Your Feet**  
Supporting young people's mental health



**SUMMER Holiday Club**  
2-25TH AUG  
Supported SEND places available  
Play, social, outdoor, craft, & singing  
Every Tues, Wed & Thurs 8:30-5:30  
£15 HALF DAY  
£30 FULL DAY  
PLAY AND HAVE FUN THESE HOLIDAYS TOGETHER  
CALL 01904 555995 OR EMAIL ST.PAULS.NURSERY@YORK.GOV.UK TO BOOK  
A setting accredited by the National Postage Association

### St Paul's Holiday Club

St. Paul's Nursery are offering a Holiday Club this summer, for 3-11 year olds.

Full day and half day sessions are available - snacks included, packed lunch needed.

First and last week of holidays they will not open.

Besides that, they open Tue, Wed and Thu.

Phone number is: 01904 555995 or email [st.pauls.nursery@york.gov.uk](mailto:st.pauls.nursery@york.gov.uk).

## Zones of Regulation Next Steps

As a school we are using the Zones of Regulation well to check in and express how we are feeling. We are becoming more confident with ways to get back to 'green,' which means we are calm and 'ready to learn.' We are now exploring ways to 'alert' and 'calm' our senses if we check in as feeling 'blue,' which means we feel low or tired. Every classroom has 'wake me up' cards, which all children can access. Why not ask your children what they do if they feel blue? It is a very common feeling in us adults too. If you have any ideas to support with this that come out of your discussions please share with us,



## Sports Day Well Done from Mrs Tasker



My heart was bursting with pride last week as I saw some children participate in sports day. They were so calm and regulated. I have thanked all the staff for their preparations for the event.

A huge well done to our children for having a go and doing extremely well in the races. I couldn't wipe the smile off my face. I am so very proud of everything the children have achieved this year but this was another highlight for me!

## Transition Place 2 Be from the Rivers to the Sea



Our Year 6 children have all started From River to Sea; an art project to support children to cope with change, particularly those who will soon be moving from primary school to secondary or high school. The project is a chance for children to think about their time at primary school, and the changes ahead as they 'sail' into secondary or high school. Starting secondary or high school can feel like a huge leap for children and their families, which is why we hold transition reviews, provide extra visits and aim to check in with children around any individual transition worries/needs they have.



## Reading at Home

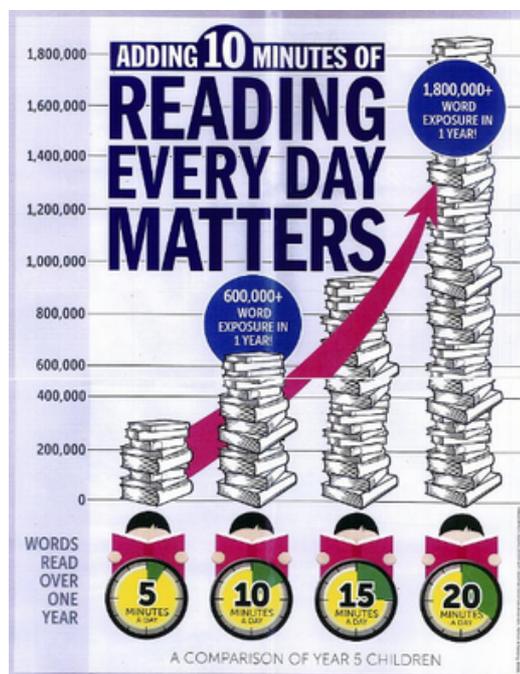
### Ways a Parent Can Help with **READING**

- 1** Let your child see you reading!  
Have magazines and books in your home.
- 2** Help your child find appropriate word & reading games on the computer.  
Keep a dictionary on hand. Help your child look up new words they read or hear.
- 3** Read mysteries with your child and try to figure out the clues together.
- 4** Movie version coming out?  
Read the book together first, then talk about which you each liked better.
- 5** Set aside a time and place for your child to read -  
like a comfy chair and a reading light in a quiet place
- 6** Visit your public library regularly.  
Look for and read together the books that were your favorites when you were a kid.
- 7** Encourage your child to write -  
letters, thank you notes, emails, journals, lists, stories about their own trips, events, and daily life
- 8** Ask your child questions about what he or she is reading, such as:  
- What is the story about?  
- Who are the important characters in the story?  
- Where does the story take place?  
- Why do you think the character made that choice?  
- Why did that happen?  
- How did you know about...?  
- Would you recommend this book to your friends?
- 9** Ask your child to draw a comic strip about what happens in the story.  
Provide word searches, crossword and other word games and puzzles, or help your child make his/her own



Share with your child about what you're reading... and encourage your child to do the same

**Reading is a school priority because it is needed for all areas of the curriculum and it is a vital life skill. Did you know reading is also important as it builds self-esteem, vocabulary, feeds imagination and even improves sleeping patterns? We passionately believe we can cater for all Reading needs and abilities through our Reading Pathway. If you would like more support and specialist advice please contact: [j.tasker@ebor.academy](mailto:j.tasker@ebor.academy)**





WELCOME

SEND

Welcome Picnic

20th September

10:30am-11:30am

Bring a picnic rug, a picnic and your family to our SEND Welcome Picnic.

A chance to meet other families, local charities and discuss how we can support you!

