

JULY 2022 - FIFTH EDITION

INCLUSION UPDATE

SEND, WELLBEING and BEHAVIOUR

Keeping you in the loop with our current school priorities

In our school we have a HUB.
The HUB stands for
'Helping Us Belong'



Here a Year 6 Pupil explains why the HUB is important to them:

"I like going to the HUB because I can calm down and play with my friends! I also like to relax in there on a chair or the beanbag. I do Sunshine Squad in there too!

Sunshine Squad helps me share my worries so that teachers can help me sort the worries out!"



GOODBYE

GOOD LUCK!

We would like to recognise the journey of our Year 6 children throughout their time at Haxby Road Primary School. They have not only achieved academic progress from their starting points but also social and emotional progress too. They can now confidently talk about emotions, ask for help and follow individual strategies to regulate. This is going to stand you all in good stead for secondary school and we know you are now all 'secondary ready.' Enjoy your final week. We will miss you.

SUMMER HOLIDAYS WELLBEING TIPS

If you need some time to regulate throughout the summer try one of the following activities:

Sung in the shower 	Played with a furry friend 	Had a good sleep 	Spent some time with my family/friends 
Listened to my favourite tune 	Read a good book 	Watched a great movie/TV show 	Eaten something delicious 
Done some exercise 	Stayed hydrated 	Drawn a picture 	Laughed until my cheeks hurt 
Spent some time in a park 	Danced 	Treated myself 	Visited somewhere new 

Emotion Coaching at Home

In our school we use 'Emotion Coaching' to respond to the feelings and behaviour of our pupils. We use this to guide and teach children about emotions and how to solve problems. These are the steps we take in school. Why not give it a go at home too?

Step 1 - recognise the child's feelings and empathise with them

Step 2 - validate feelings and label them

Step 3 - set limits on behaviour

Step 4 - problem solve

Please watch this to find out more about how and why this may help in the home as well as at school: <https://www.youtube.com/watch?v=7KJa32r07xk>

Transition Support over Summer

A change in routine can be hard for adults and children, particularly with additional needs. Over the summer holidays, try to create a consistent routine and keep some things the same e.g. bedtime and morning routines to support a smooth transition in September. To support returning back to school here are our top 5 tips:

1. Set up playdates with school friends
2. Talk about school and any worries your child may have using emotion coaching / revisit and remember the highlights of coming to school
3. Discuss transitional items that could come to school with your child if it would comfort them
4. Have pictures of the new teaching team up at home
5. Get to bed early 2-3 days before returning to help get back into routine



Preparing for Adulthood at Home



All children on the SEND register have a 'preparing for adulthood target.' Why not spend some time at home over the summer holidays, working on this to encourage independent skills that will help them when they return to school in September?

Reading over the Summer Holidays

We all know that the summer holidays is a long time to fill with activities. As Reading continues to be a priority, why not try some of the following activities over summer to build on your child's reading progress this year.

Visit a local library - pick a new book or join in with their summer holiday activity schedule

Search the web - Oxford Owl and CBBC both have e-books that are free and appeal to older and younger readers

Cooking - find a recipe for your child to read and follow

Shopping or out and about - read road signs, information leaflets or timetables

In the news - Why not subscribe to First News or visit CBBC newsround online?

Magazines are also a great tool to promote reading linked to interests

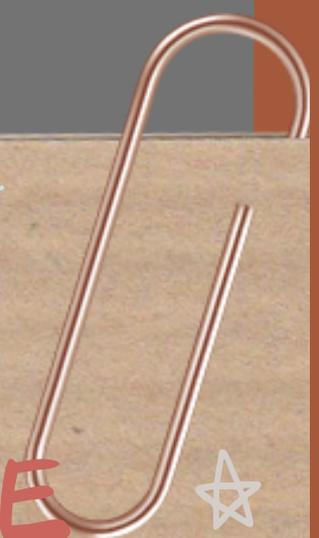
Create your own books - visit storybird.com to create your own picture books or make a holiday scrapbook

Reading and dreaming - why not create a cosy book corner or tent and encourage your child to visit it when they need some special alone time?

Songs, rhymes, stories and podcasts - listen to books, rhymes and stories on your journeys to develop imagination and vocabulary

Back to School in September In School, In Uniform, On Time

School uniform plays a key role in promoting pride, self-confidence, and a feeling of belonging within our school community. These factors contribute to students' wellbeing, removing the additional pressures of deciding what to wear and added stress of meeting the expectations of their peers. If your child has additional needs we are happy to make reasonable adjustments or if you need help with uniform please see Mr Smart.



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!

