

# INCLUSION UPDATE

SEND, WELLBEING and BEHAVIOUR

Keeping you in the loop with our current school priorities

## MENTAL WELLBEING TIP

Worrying can be all consuming. We all worry but some children worry more than others. It's important they remember they are not alone and to develop strategies together to try and overcome the worries. Here is a worry activity to try at home.

### DO YOU HAVE A WORRY?

- Jot your worry down in the bubble.
- What could you do to pop your worry?
- Think of ideas and write them in the spikes.
- Close your eyes and think of your bubble popping and disappearing.



### ☆ ZONES OF REGULATION ☆

HERE ARE THE EMOTIONS EACH COLOUR REPRESENTS...

sad bored tired sick	calm happy focused ready to learn
excited silly frustrated nervous hyper	out of control anger rage terror



### MEET A MEMBER OF THE HUB TEAM

**NAME:** MRS TASKER

**SENDCO:** AS SENDCO MRS TASKER IS PASSIONATE ABOUT USING A CREATIVE, FLEXIBLE, FAMILY CENTRED APPROACH TO HELP EACH INDIVIDUAL SHINE.

**MORE ABOUT MRS TASKER:** MRS TASKER LOVES THE SUNSHINE AND ENJOYS GOING FOR WALKS /ADVENTURES WITH HER FAMILY. SHE LIKES TO GO FOR A RUN TO UNWIND.

MRS TASKER IS HERE WITH A LISTENING EAR SO PLEASE GET IN TOUCH IF YOU HAVE ANY CONCERNS ABOUT YOUR CHILD'S DEVELOPMENT.



### OFSTED and Our School Development Plan Priorities

**We are super proud that Ofsted recognised:**

- \*Pupils are supported by a highly effective pastoral team
- \*Pupils display high levels of emotional intelligence and are respectful of each other and staff
- \*Pupils receive provision tightly linked to their individual targets

Every year we set 3 priorities to work towards to continue to drive forwards our high standards within our school. We aim to share these with you at all reviews and SEND cafes so you can support these too. We are a family centred school and always love it when we work together to support our wonderful children. Inclusion is central to all that we do. Here are our School Priorities for this year:

1. To further support reading and maths to improve outcomes for ALL.
2. To continue to improve attendance.
3. To further develop our holistic approach for the mental wellbeing of our children.

CHECK OUT CITY OF YORK COUNCILS LOCAL OFFER TO FIND OUT HOW THEY AIM TO ENSURE PUPILS WITH SEND LIVE THE BEST LIFE THEY CAN THROUGH THEIR 7 OUTCOMES



# 10 tips for parents and carers

## HOW TO BE GREEN WITH YOUR TECH

Right now, humans aren't living sustainably: we're taking too many resources and not leaving the world in a fit state for future generations. Old tech products are a clear example: if we throw them away, the poisonous lead and mercury inside can get into the food chain through the soil. Recycling tech, though, has its own issues: it's often exported to countries where the law doesn't protect people from hazards. Whole villages (including children) sort through discarded devices to remove useful parts and substances like gold, silver and copper – often putting their health at risk. Finding ways to re-use tech is the greenest option.

So what can we do with those cupboards and drawers full of old phones and unwanted computers?  
**Reuse, recycle, donate or sell them!**

### 1 DONATE THEM TO CHARITY

There are lots of charities that redistribute unwanted tech to worthy causes, either in the UK or in developing nations. If your old products are still working, this is a great option – as it means that new products don't have to be made. Search online for your nearest place that does this.

### 2 REMEMBER THE BATTERIES

Almost all batteries can be recycled – even the little 'button' ones from smaller gadgets. You could choose a box at home or school to keep used batteries in, and then take them to a designated place that collects them. Be very careful, though – button cells can be deadly if eaten by small children or pets.

### 3 USE YOUR ONLINE SAFETY KNOWLEDGE

If you're recycling, selling or repurposing any of your devices, make sure that all your personal data, private photos and so on have been deleted before the tech leaves your hands or is connected online.

### 4 REUSE THEM

Old smartphones can be used as webcams, security cameras, baby monitors or pet cams: there are apps that will configure them to do this. You can also turn an outdated phone into a TV remote control, an alarm clock that wakes you up with your favourite track, or a media centre you can take to places where you wouldn't risk your new phone.

### 5 TURN IT INTO SOMETHING NEW

Smartphones are more powerful than most older computers. If you have an unwanted android phone, it's quite easy to create a new computer – you could use an old TV as a monitor, meaning you just need a mouse and keyboard. There are also small devices you can buy which let you do the same with iPhones.

### 6 RETURN THEM

Return devices to the manufacturer or retailer you bought them from. Some manufacturers take responsibility for their products and accept them back, to refurbish and redistribute. If they don't, you could contact them and ask why: the more consumer pressure there is on shops and manufacturers, the more likely they are to act in a greener way.

### 7 SUPPORT SCIENCE

Let your old devices help modern research. Scientists currently investigating topics like far-off star systems, cancer treatment and earthquakes need enormous computing power. If your unwanted device is WiFi enabled, for example, you can connect it to a network so that it can boost scientists' research.

### 8 SELL THEM

This is also a green option as it means that fewer devices have to be produced. On top of that, you could also donate some of the money you make to an environmental charity.

### 9 RESEARCH DISPOSAL METHODS

If your device is beyond repair and no one wants it, get rid of it safely through a specialist tech disposal company. Check that your device won't be shipped off to another country for processing.

### 10 KEEP THINKING

There's no such thing as 'too many' ways to help our planet: if you come up with a better idea than ours, contact National Online Safety and tell us.

## Meet Our Expert

Neil Adkin teaches scientific literacy through his non-profit organisation, Rubbish Science, which engages people in working together to live more sustainably and creatively uses waste to help address real-life problems. There are a range of environmental activities you may like to try on their website: [www.rubbishscience.com](http://www.rubbishscience.com).



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