

# INCLUSION UPDATE

SEND, WELLBEING and BEHAVIOUR

Keeping you in the loop with our current school priorities

## MENTAL WELLBEING TIP

10 THINGS TO SAY INSTEAD OF  
"Stop Crying"

**IT'S OKAY TO CRY.**

*I see this is really hard for you.*

**I'M HERE WITH YOU.**

*It's ok to be sad.*

**I HEAR YOU.**

*I will help you work on it.*

**THAT'S WAS REALLY FRUSTRATING, SCARY, DISAPPOINTING, ETC.**

*Tell me about it. I'm listening.*

**I KNOW IT DOESN'T FEEL FAIR.**

*I know what you are going through.*



**ZONES OF REGULATION**

## Open Classroom

Would you be interested in learning more about the Zones of Regulation through your children?

Next term we will be holding an art based Zones of Regulation Inspire Morning.

Here our children and teachers will tell you more about how we manage our emotions and come up with strategies to help us!



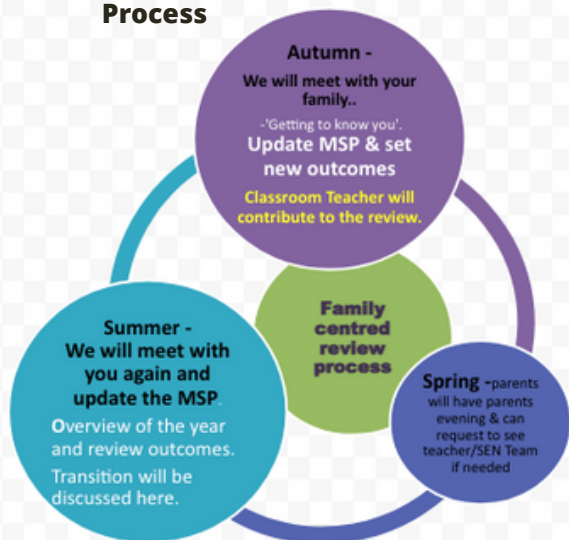
## MEET A MEMBER OF THE HUB TEAM

**NAME:** MRS B

**SEND TEAM:** MRS B IS HIGHLY EXPERIENCED WORKING WITH SEND CHILDREN. MRS B SUPPORTS THE SEND TEAM WITH MEETINGS AND PAPERWORK AND ALSO FORMS PART OF OUR HUB TEAM SUPPORTING THE WELLBEING OF THE CHILDREN. MRS B IS ALSO BASED IN THE SCHOOL OFFICE SO IF YOU WOULD LIKE TO FIND OUT MORE ABOUT HOW WE CAN SUPPORT YOUR CHILD - POP FOR A CHAT!

**MORE ABOUT MRS B:** MRS B LOVES TO GO ON WALKS WITH HER PET LABRADOR BELLA. SHE ALSO LOVES TO BAKE AND SOMETIMES CAN BE FOUND IN THE HUB MAKING YUMMY TREATS WITH THE CHILDREN.

## The SEND Review MSP Process



*We are here for you*

As the cost of living crisis hits and makes times harder than ever, please see Mr Smart for further support. He can arrange discreet food bank deliveries. We are here to help and support you and your family.



**contact** For families with disabled children

## Early Years Parent Workshops

Please visit '<https://contact.org.uk/help-for-families/workshops-and-events/workshops/early-years-workshops/>' to find out more about anxiety, sleep, toileting, speech and language and wellbeing for parents/carers of children with additional needs and money matters for parents of young children. Sign up to secure your place using this link!