

# THRIVE

ALL THINGS SEND & WELLBEING IN OUR SCHOOL COMMUNITY, REGION & BEYOND  
ELLOUGHTON PRIMARY SCHOOL - AUTUMN TERM 2022



WELCOME TO THE FOURTH EDITION OF THRIVE – A NEWSLETTER WHICH AIMS TO PULL TOGETHER INFORMATION, RESOURCES AND UPDATES ON ALL THINGS SEND (SPECIAL EDUCATIONAL NEEDS AND DISABILITIES) AND WELL BEING IN OUR SCHOOL COMMUNITY, REGION AND BEYOND.

## OUR TEAM HAS GROWN!

We would like to introduce you to our team:

**Mrs Stillings** is our Inclusion Manager/SENCo. Her role is to promote high standards of teaching and learning, pupil achievement and progression through effective inclusion for pupils with Special Educational Needs, those in receipt of Pupil Premium or who have emotional needs. Also alongside this role Mrs Stillings is our Deputy Safeguarding officer.

**Mrs Robbins** is our full time Pastoral Support Advisor. Her role is to support children with their emotional wellbeing through either 1:1 sessions or group interventions and advising parents and staff.

**Mrs Dakin** is our Pastoral Support Advisor. Mrs Dakin works one day per week implementing lego therapy sessions and some 1:1 sessions alongside studying psychology at university.

**Mrs Stubbins** is our SEN Assistant. Mrs Stubbins works as a teaching assistant supporting children in the classroom. She also implements sessions for children who require speech and language support.

**Mrs Bates** is our SEN Administrator. Her role is providing admin support to our team by monitoring the SEND email account, answering any queries and booking appointments with external agencies and Parents.

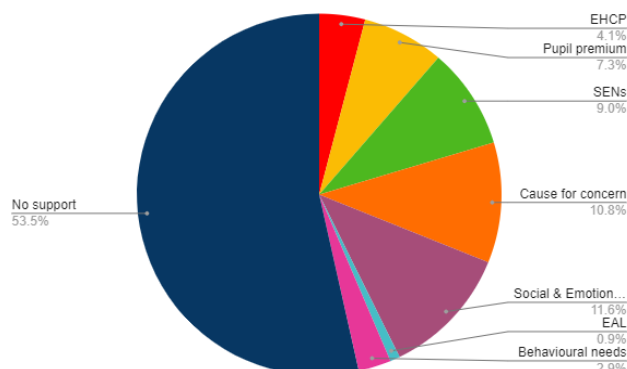
## HOW MANY CHILDREN ARE WE CURRENTLY SUPPORTING IN SCHOOL?

We are currently supporting 46% of pupils across the school. Nationally there has been a significant increase in the number of children requiring support over the past year. Greater awareness has played a huge role in early identification of SENs in schools.



**CONTACT OUR TEAM**  
[send@epsch.co.uk](mailto:send@epsch.co.uk)

"FAIR ISN'T EVERYONE GETTING THE SAME THING. FAIR IS EVERYONE GETTING WHAT THEY NEED IN ORDER TO BE SUCCESSFUL" *UNKNOWN*



# A CLOSER LOOK AT SEPARATION ANXIETY

## WHAT IS SEPARATION ANXIETY?

Many children have difficulties being away from or saying goodbye to their parents and carers. The pandemic disrupted normal school life and its routines. It also meant that family life changed, losing loved ones, suddenly spending a lot more time together, working from home or not at all. So for many children readjusting to being apart from their parents or carers has been difficult and has taken time. However, for some children, the worry of being separated from their Parent/Carer can take over and become life limiting. Separation anxiety is defined as:

Recurrent and excessive distress about anticipating or being away from home or loved ones. Constant, excessive worry about losing a parent or other loved one to an illness or a disaster. Constant worry that something bad will happen, such as being lost or kidnapped, causing separation from parents or other loved ones.

## WHAT DOES SEPARATION ANXIETY LOOK LIKE?

Tearful, tantrum-filled goodbyes are common during a child's earliest years. Though separation anxiety is a perfectly normal part of childhood development, it can be unsettling. How long separation anxiety lasts can vary, depending on the child and how a parent responds. In some cases, depending on a child's temperament, separation anxiety can last from infancy through the primary school years.

Understanding what your child is going through and having a few coping strategies ready can help both of you get through it.

## WHAT YOU MIGHT FEEL

Separation anxiety might have you feeling a variety of emotions; happy that you have a strong bond with your child but guilty for leaving them and maybe overwhelmed or worried by the amount of attention your child needs from you.

Separation anxiety is different from the normal feelings children have when they don't want a parent to leave (which can usually be overcome if a child is distracted enough). Children do understand the effect this has on parents. If you run back into the room every time your child cries or you cancel your plans, your child will continue to use this tactic to avoid separation. Keep in mind that your little one's unwillingness to leave you is a good sign that healthy attachments have developed between the two of you. Eventually, your child will be able to remember that you always return after you leave, and that will be comfort enough while you're gone. This also offers your child the opportunity to develop their coping skills, confidence and independence.



# MAKING GOODBYES EASIER

These tips can help children and parents through this difficult period:

- **Create a goodbye routine together.** For example, this could involve a hug, high five and then a goodbye wave. Keep it short and sweet like a three step routine and stick to it.
- **Be calm and consistent.** Stay calm and show confidence in your child. Reassure him or her that you'll be back. Give your full attention when you say goodbye, and when you say you're leaving, mean it; coming back will only make things worse.
- **Comfort item.** Some children benefit from having an item they associate with their parent or loved one with them whilst they are apart. This could be a note, an item scented with mum or dad's fragrance, a small cuddly toy or painted pebble that you have created together.
- **Follow through on promises.** It's important to make sure that you return when you have promised to. This is critical — this is how your child will develop the confidence that he or she can make it through the time apart.
- **Reflection.** Set aside time to talk about your separate experiences, picking out the positives to build up good memories of times apart. Reflect on any worries they might have had about that separation. Did they come to fruition or not?

For most children, the anxiety of being apart from a parent passes without any need for further attention. But if you have concerns, talk to your doctor about anxiety.

## RECOMMENDED BOOK



Patrice Karst  
Illustrated by Geoff Stevenson

### The Invisible String by Patrice Karst

The premise of this book is that we are all connected by an invisible string. Even though it is invisible, you can feel it with your heart. Everyone has an invisible string and it can reach anywhere, even heaven. An under-the-radar bestseller that has helped countless readers of all ages across the world cope with separation anxiety, loss, loneliness, and grief—now available in paperback and re-illustrated for a new generation of readers.

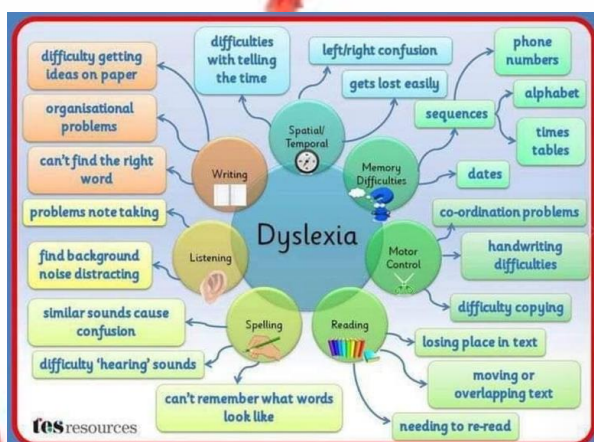


## COFFEE & CHAT EVENTS

This term has seen us have our first two 'Coffee and Chat' events and we are pleased to be able to say these have proved a massive success.

Our first session allowed us to introduce our growing team in person and for the new members of our team it gave them the opportunity to meet some of our parents and carers. The session was less informative but offered parents and carers the time to freely discuss any concerns they had with members of our team.

At our second 'Coffee and Chat' event we were extremely pleased to be able to welcome Jane Craig from Dyslexia sparks. Jane presented a wonderful presentation offering an insight into dyslexia and what dyslexia can look like for a child. Jane was followed by our very own Mrs Bennett who discussed how we are a dyslexia friendly school, how our support for children with dyslexia in school looks and how to support your child at home with their reading.



# 0-25 SEND TEAM POP-UP-POD

Are you wanting to know more information about how the 0-25 SEND Team can provide advice/ information to families of children and young people with special educational needs and disabilities within the East Riding?

Come along to one of the pop-up pods to meet members of the 0-25 SEND Team and to access information including:

- Support groups and services
- Charities and grants
- Local activities
- Assistance on how to access FISH and the Local Offer and signposting

**There is no need to book - please just turn up at our upcoming session:**

**Goole Library, Carlisle Street, DN14 5DS**

**Thursday 24th November, 10am – 12pm**

For more information, please contact Sarah Quinn 0-25 SEND Team Intensive Family Coordinator  
01482 394000 (option 6) or [sarah.quinn@eastriding.gov.uk](mailto:sarah.quinn@eastriding.gov.uk)  
[www.eastridinglocaloffer.org.uk](http://www.eastridinglocaloffer.org.uk)

For information on Unique Friends, a non-profit organisation supporting SEND young people and families, head to their website: [uniquefriends.org.uk](http://uniquefriends.org.uk)



Please note that the vision screening carried out for children starting school at the age of 4 or 5 is not a full eye examination as carried out by a qualified optician. Although your child should have regular eye tests as they grow up, it's still important to look out for signs of any problems and get advice if you have any concerns. In older children, signs of a possible eye problem can include:

- the eyes not pointing in the same direction
- complaining of [headaches](#) or eye strain
- problems reading – for example, they may need to hold books close to their face and they may lose their place regularly
- problems with hand-eye co-ordination – for example, they may struggle to play ball games
- being unusually clumsy
- regularly rubbing their eyes
- sitting too close to the TV



# FREE EYE TESTS!

Don't forget NHS eye tests for children under the age of 16 are **FREE!**

Your child's eyesight is tested routinely at 4 or 5 years old. This is usually carried out in school as part of the standard vision screening programme. However, for some children problems with their sight does not become apparent until they are older. It is strongly advised that you get your child's eyes tested regularly.

Simply go to your local opticians to  
**BOOK AN APPOINTMENT!**

## Local Opticians

**Edwards Opticians,  
1 Stockbridge Road,  
Elloughton  
HU15 1HW  
Tel: 01482 668712**

**Sightcare Opticians  
Unit 4, Shopping Park  
Brough  
HU15 1AF  
Tel: 01482 665999**

# WHY ARE EYE TESTS IMPORTANT?

Children may not realise they have a vision problem so, without routine tests, there's a risk a problem may not be spotted. This may affect their development and education. It's recommended that people should get their eyes tested every 2 years.

Children can have a free eyesight test at any age. They do not need to be able to read. An eyesight test is particularly important if there's a history of childhood eye problems, such as squint or lazy eye, in your family.