

THRIVE

ALL THINGS SEND & WELLBEING IN OUR SCHOOL COMMUNITY, REGION & BEYOND

ELLOUGHTON PRIMARY SCHOOL. SPRING TERM 2024



WELCOME TO THE EIGHTH 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.

COME ALONG TO OUR COFFEE & CHAT SESSIONS

This term we have seen the welcomed return of our 'Coffee & Chat' sessions. These sessions are an opportunity for parents to get together along with our SEND & Pastoral team whilst enjoying a warm drink and a sweet treat! These sessions are very informal. Lots of our parents find them a lovely opportunity to discuss and share their ideas, achievements, routines and even their struggles to help support one another within our school community. As well as having the time to chat with other parents we have a focus topic for each of our sessions.



Our most recent 'Coffee & Chat' session focused on Lego Therapy. During the session we discussed what is Lego Therapy, how we use this in school, what children learn from participating in Lego Therapy followed by parents having a go for themselves. The parents who attended our Lego Therapy session



were amazed by the skills the children can learn from taking part in these sessions. They develop a child's social and communication skills by learning through the different roles within the sessions.

Lots of parents expressed how useful the session had been and said they will most definitely be implementing some of the concepts from Lego Therapy at home with their child/children working together as a family.

DO YOU HAVE A CONCERN ABOUT YOUR CHILD THAT RELATES TO SEND OR PASTORAL SUPPORT?

**PLEASE CONTINUE TO SEND YOUR ENQUIRIES TO
SEND@EPSCH.CO.UK**

ELSA SUPPORT AT ELLOUGHTON PRIMARY

Here at Elloughton we are extremely lucky to not only have one but two ELSAs. Mrs Robbins is our full time ELSA and Mrs Dakins is our part time ELSA.

WHAT IS AN ELSA?

ELSAs are Emotional Literacy Support Assistants. They have special training from Educational Psychologists to support the emotional development of children and young people in school. ELSAs have regular professional supervision from Educational Psychologists to help them in their work.

ELSAs help children and young people learn to understand their emotions and respect the feelings of those around them. They provide the time and space for pupils to think about their personal circumstances and how they manage them.

HOW DOES ELSA WORK?

Most ELSA programmes last for 6-12 weeks, helping the pupil to learn some specific new skills or coping strategies. Clear programme aims (SMART targets) are set early on and each session has an objective something the ELSA wants to help the pupil understand or achieve.

The ELSA isn't there to 'fix' the child. For pupils with complex or long-term needs, it's unrealistic to expect ELSA support to resolve all their difficulties. Change is a long-term process that needs everyone's help.

ELSA work should be fun – that's what makes the difference. It isn't a reward for bad behaviour. By building a positive relationship with challenging children the ELSA can help them think about and reduce their troublesome behaviour. It will take time, but will be worth it in the end.

HOW AND WHEN DOES A CHILD ACCESS ELSA SUPPORT?

A child may access ELSA support at any time throughout their time at Elloughton should the need for ELSA support be highlighted either by the child's parents or their teacher. Initially the child's parents may initiate a discussion with the child's teacher expressing their concerns or a request for ELSA support may be submitted by the child's teacher following concerns being present within school. Information is then shared with our ELSA and the child will be added to their waiting list or in exceptional circumstances it may be that support is needed immediately. Before our ELSA starts working with a child they will contact the child's parents to discuss and gather any background information and inform them of the programme of work they will be completing with their child. Parents will then be updated on



completion of the programme of work and next steps will be discussed. Most of our ELSA work in school takes place in our 'SMILE room'. This is a quiet space within the school with soft furnishings, soft toys and low lighting to allow the children to feel comfortable and calm within their sessions.



NEW EHCP PARENT VIDEOS

Over several months, the Local Authority has met regularly with a working group of parents and carers, young people and professionals from across the council and beyond to develop two new videos. These videos, written and voiced by staff and young people, have been fully co-produced with the assistance of parents and carers.

Both videos have been created to ensure that parents, carers, children and young people and professionals have a full understanding of what can often be presented as complicated processes in relation to Education, Health and Care Plans (EHCPs).



The first video explains the process of the Education, Health and Care Needs Assessment (EHCNA), an (up to) 20-week process whereby a request is made to assess the needs of a child or young person who may have Special Educational Needs or Disabilities (SEND). The video talks through the process from start to finish, explaining how each step links to the next, as well as explaining who you would come into contact with during the process and where you can seek help if needed.



The second video discusses the Education, Health and Care Plan (EHCP) Annual Review, the process in which an EHCP is reviewed. This process occurs at least annually, and involves parents and carers, young people, education settings and other professionals meeting to review the EHCP. They discuss any changes and confer on any areas of disagreement. The video explains the process from beginning to end, offering examples and answering commonly-asked questions.

YGAM – SAFE GAMING ADVICE & SUPPORT

Do you want to know more about:

- How to make gaming safe for your child?
- What effects gaming can have on your child?



YGAM is a charity whose social purpose is to inform, educate and safeguard young people against gaming and gambling harms.

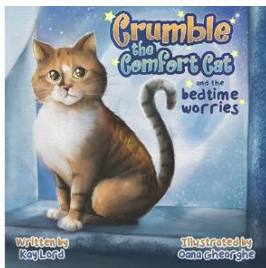
YGAM have their own 'Parent Hub' which has been developed by listening to the needs and questions of parents. The Hub empowers parents with the knowledge and understanding to help safeguard their children and ensure they access the world of video gaming in a safe and secure manner.

The website features a range of custom designed tools and resources including a 'Gaming Glossary' and 'Game Guides' from select games across all platforms which aims to give parents an example of the differing mechanics and playstyles available to children and young people.

If you would like to discover more please click the link below:

<https://parents.ygam.org/>

BOOK RECOMMENDATION



"A heart-warming storybook, that reminds us all - a problem shared really is a problem halved, and encourages little ones to talk about their worries."

Come and join the adventures of Crumble the Comfort Cat in her first story. This beautiful, fully-illustrated story is filled with warmth and charm and will delight little readers and all lovers of cats, everywhere.

PARENTING SESSIONS

Family Links

We work closely with the Family Links Network and the Children Centre to offer additional support for children, parents and families in our school community. Mrs Brammall and Mrs Dakin are now trained to deliver a range of workshops which have been delivered to Elloughton parents this year.

1:1 Nurturing Programme via telephone or in person:

From understanding your child's behaviour, changes in your relationships and even just making sense of what it means to be a parent, this popular Family Links course can help you work these things out whilst offering practical advice, strategies and tactics.

We can now offer this course flexibly as a 1:1 programme over the phone or in person at a time to suit you. Each week focuses on a different topic and information relating to it is sent by email. Content typically takes between 5-10 minutes to read. We can then meet or arrange a telephone call to talk through this topic giving you the opportunity to discuss in more detail, ask questions or get further advice about that week's topic. The topics include:

- Praise is magic
- Paying attention to the right things
- What behaviour should you ignore
- Parenting styles
- Appropriate expectations
- Discipline and boundaries
- Time to calm down
- Family rules
- Managing anger and other feelings
- Choices and consequences
- Problem solving and negotiating.



**IF YOU ARE INTERESTED IN ANY OF
THESE WORKSHOPS
PLEASE EMAIL SEND@EPSCH.CO.UK**

COFFEE & CHAT EVENTS

OUR NEXT 'COFFEE AND CHAT'
SESSION IS ON:

**TRANSITION IN SCHOOL
& TO SECONDARY**

**TUESDAY 6TH FEBRUARY
5 - 6PM**

If you have any suggestions or aspect of SEND/Pastoral support you would like more information on please let us know.