

THRIVE

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

ELLOUGHTON PRIMARY SCHOOL. SUMMER TERM 2023



WELCOME TO THE SIXTH 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.

TRANSITION AT ELLOUGHTON PRIMARY

Mrs Stillings describes what transition looks like at Elloughton:

The final term is a great opportunity for our children to reflect on the last academic year; their achievements, progress and how far they have come. It is also a time to prepare for moving up to the next year group. Some children are excited at this prospect whilst others are unsettled by the transition associated – we can all have mixed feelings when it comes to changes in life!

The key transition points in a child's educational journey include:

- Children transitioning into nursery
- Children transitioning from nursery to reception
- Key Stage 1 to Key Stage 2
- Children transitioning to secondary school (from year 6 to 7)

Each academic year we carefully plan our transition programme to ensure that our pupils become effectively familiar with new routine systems and structures and make social adjustments, maintaining and creating friendships.

What does transition look like?

- Taster days with new class and teacher - 29th June and 10th July
- Circle time and our PHSE lessons include managing change
- Every class teacher meets and exchanges academic and pastoral information with a child new class teacher
- Transition notes are written and shared with every teacher
- Each child will receive a 'Meet the teacher' profile from their new class teacher
- Transition books are made for our SEND pupils as a visual reference to their next academic year.

Primary to Secondary Transition

Transition between Key Stages is always a major milestone for pupils and students but moving to a new school or setting is an incredibly significant part of any child's school career. Much time and careful planning is spent ensuring that children transitioning from Year 6 to Year 7 are supported pastorally.

We liaise with secondary colleagues to plan transition days and work for our Year 6 pupils. We are delighted that our secondary colleagues come into school to meet their new Year 7 pupils and all pupils experience a day at their new school prior to September. Miss Johnson, Mrs Jenkins and I have had extensive discussions with the receiving secondary school colleagues to ensure detailed academic and pastoral information is passed on.

Often primary schools are places that some may describe as a 'family'. Pupils become members of this family and as teachers we become heavily invested in their onward journey.

It's therefore important that we focus on building certain qualities for our Year 6s. Qualities such as independence, organisational and social skills, self-sufficiency and being a 'ready' learner.

Hopefully, a focus on these qualities will help children cope more fully with the social and emotional challenges of secondary school. At Elloughton school, transition is, without a shred of doubt, incredibly important. After all, children need to feel safe, secure and settled if they are to make any progress in their future education.



HOW CAN I PREPARE AND SUPPORT MY CHILD FOR CHANGE?



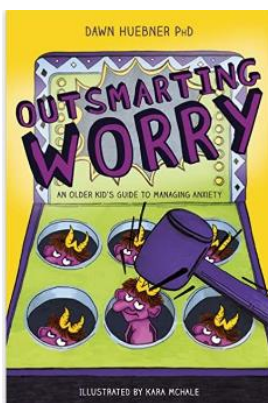
As the end of school year approaches, comes with it change for our pupils; new teachers, new classrooms and for our older pupils, new schools. In school we support and prepare our pupils for change in a variety of ways:

- Social stories/ Transition booklets which include what to expect on a general day at school, who their teaching and support staff will be, photograph of their new classroom and new class teacher
- Teaching staff take children on walks to their new year group corridors, lockers and classrooms to help familiarise them with their soon to be new surroundings.
- Teaching assistants accompany children moving up to secondary school on visits to their new school including transport (if accepted by the secondary school).
- Secondary school staff visit your child in school
- Providing the children with maps.
- Well Being check ins with Mrs Dakin and Mrs Robbins

HOW CAN I HELP MY CHILD PREPARE FOR SECONDARY SCHOOL AT HOME?

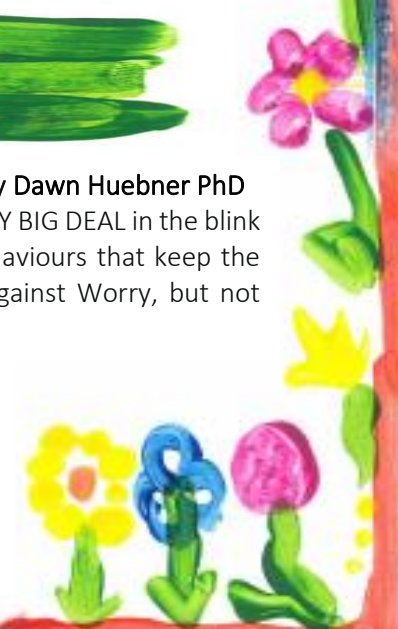
- Familiarise your child with their secondary school by walking by on local walks or driving past.
- If your child is walking to school take your child on some practice journeys to and from their new school.
- Speak to your child about any friends they have nearby who may also be using the same transport to and from school or walking that they can organise to go together.
- Display your child's new timetable at home and list any equipment they need each day of the week.
- Encourage your child to pack their bag for school the night before.
- Discuss with your child what to expect at secondary school and let them know that you are there for them to discuss any worries they are having.
- Go shopping together for their new uniform and encourage your child to practise wearing this at home.
- Encourage your child to attend any open days their new school has available for them.

BOOK RECOMMENDATION



Outsmarting Worry: An Older Kid's Guide to Managing Anxiety by Dawn Huebner PhD
Worry has a way of growing, shifting from not-a-big-deal to a VERY BIG DEAL in the blink of an eye. This big-deal Worry is tricky, luring children into behaviours that keep the anxiety cycle going. Children often find it hard to fight back against Worry, but not anymore.

Outsmarting Worry teaches 9-13 year olds and the adults who care about them a specific set of skills that makes it easier to face - and overcome - worries and fears. Smart, practical, proven techniques are presented in language immediately accessible to children with an emphasis on shifting from knowing to doing, from worried to happy and free.



PARENT WORKSHOPS AT ELLOUGHTON

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.



Feedback from some of our Elloughton parents who have done the course is very positive:

"It really opened my eyes to the fact that everyone is so different and not to treat everyone the same. The course was very much based on empathy and this is something I have since found works wonders! The exercises are so good to refer back to afterwards as it is easy to be so tired and forget what is right in front of you! It teaches a whole other language for effective communication with children, which can be embraced in many other scenarios. I found it so useful and only wished I had benefited from doing it when the children were younger."

Talking Teens Workshop:

The teenage years can be challenging for parents and for teenagers themselves. These workshops aim to support parents to meet these challenges, understand teenagers and promote emotional and mental health.

The workshops take place over 4 weeks and focus on relationships within the family, communication, negotiating, decision-making and strategies to reduce conflict. Packed with practical ideas and approaches to help improve relationships, the workshops offer an opportunity to understand something of what's going on in the adolescent brain and provide strategies for supporting and communicating with young people.

Workshops include:

- The foundations of positive parenting: providing warmth and structure
- Messages from research: the teenage brain, sleeping habits and more
- Handling difficult issues: drugs & alcohol, social media, sex, sexuality and staying safe
- Power, boundaries and problem-solving
- These workshops are delivered in a relaxed, fun, friendly way

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

FISH - LOCAL OFFER

Would you like to stay updated with what support, events and activities are available in the East Riding?

Sign up to receive the fortnightly SEND bulletin & associated benefits by joining the Look Ahead scheme via the Local Offer website:

www.localoffer.eastriding.gov.uk/care-and-support/support-for-parents-carers-and-young-people/look-ahead/



SCAN ME

COFFEE & CHAT EVENTS

Thank you to all that attended the 'Safe Gaming' online workshop with YGAM.

Our next 'Coffee and Chat' session is on:

Thursday 13th July at

3.15pm

(Invitation only event)

This session is a chance for our parents/carers of our SEN children to meet with the SEND and Pastoral team along with an opportunity to chat with your child's new teacher and the teaching assistants.

If you have any suggestions for any aspect of SEND/Pastoral support do get in touch.

FREEDOM ACTIVITY SUPPORT PAYMENT (FASP)

What is a FASP?

FASP is a one-off payment of £300 which may be available to families living in the East Riding of Yorkshire to support children and young people whose special educational needs/ disabilities (SEND) prevents them accessing age appropriate social and leisure activities. Criteria applies so please check the local offer page before applying - <http://eastridinglocaloffer.org.uk/money-matters/freedom-activitiesupport-payment/>

What can I use the FASP for?

The FASP is designed to support children and young people with SEND to access social opportunities they may not have been able to without this support. We always encourage that parents and carers evidence that the payment will support families to access the community such as days out or accessing groups and activities, but we will also consider equipment at home where the application evidences the impact of an individual child or young person's needs impact the child or young person's ability to venture from the home. Some examples may be:

- New opportunities where your child or young person will meet new people and develop friendships – Joining groups, clubs and organisations, this could be weekly classes such as Endorphins, football clubs, swimming groups.
- Days out either with friends or family – Theme parks, local events such as fun days, picnics, going to the beach, museums or going out as family as examples.

How do I apply for a FASP?

Applications for the 2023 Freedom Activity Support Payment (FASP) will be going live in the very near future. They are currently working with their web team to finalise the format of the application, which again will be an online form that will allow quicker processing of payments following approval.

The FASP inbox will continue to be monitored, so if you want to contact the team, please do so via:

Email: fasp@eastriding.gov.uk

Tel: (01482) 394000 (option 6)

