

THRIVE

ALL THINGS SEND & WELLBEING IN OUR SCHOOL COMMUNITY, REGION & BEYOND
ELLOUGHTON PRIMARY SCHOOL. AUTUMN TERM 2021



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

A LOOK AT INDIVIDUAL SUPPORT PLANS (ISPs) AT ELLOUGHTON

What is an Individual Support Plan?

An ISP is for all our children on the SEND register and also our Pupil Premium children. Support for our pupils is informed by ongoing assessments by the teaching staff, support assistants and the Inclusion Team and advice from outside agencies (if appropriate). Desirable outcomes are set and recorded on pupils Individual Support Plans. All support is focused on achieving outcomes for children to address their own learning and development needs. We use the following questions to help us focus the support:

- What do we want the child to achieve over the next term/year?
- What support will enable the child to achieve this?
- What interventions, resources and services could support this happening?

MY INDIVIDUAL SUPPORT PLAN



Name _____ d.o.b. _____ Class Teacher _____ Started at school _____
Status _____

Pen Portrait _____
Pastoral and Medical Arrangements (if any) _____

| Things I find difficult | My Targets | What I need to do | What/ Who/ When | How did I do |
|-------------------------|------------|-------------------|-----------------|--------------|
| 1. | | | | |
| 2. | | | | |
| 3. | | | | |

Parental Involvement _____

SEN PARENTS' EVENING

This term parents will be invited to meet their child's class teacher and where possible, a member of the Inclusion Team to discuss their child's progress since last term. This will be an opportunity to collaboratively review your child's ISP, discuss your child's developments and any concerns to ascertain if there are any interventions that can be implemented to support learning both at school and at home.

We look forward to meeting with all our parents. Please contact your child's class teacher via Class Dojo to arrange your appointment.



LET'S EXPLORE OUR WELLBEING SUITE!

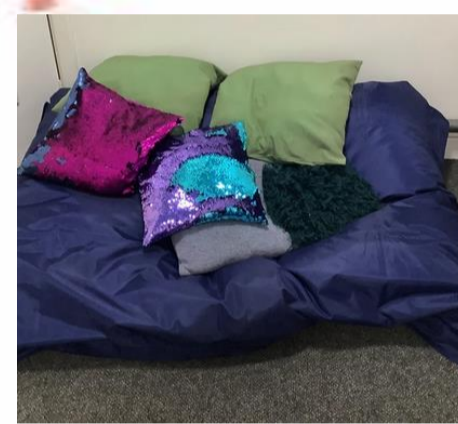
SEA ROOM

We took the opportunity over the summer holidays to revamp our SEA (Sensory Experience Awaits) Room and invest in a range of wonderful new resources.

Schools can be noisy, busy places. For some, the sheer volume of stimuli can all get too much, making the school environment a stressful and disturbing place at times. The creation of a sensory room in school is a practical and effective way to provide a calm and safe space for pupils with conditions such as Autism, Asperger's Syndrome and for pupils with behavioural, social and emotional needs.

Time in the sensory room helps children improve their visual, auditory and tactile processing, as well as fine and gross motor skills. By providing a sense of calm and comfort, the sensory room helps children learn to self-regulate their behaviours, which ultimately improves focus. Our Sea Room is also used as a peaceful place for children to come if they simply need a break, someone to talk to or a relaxing meditation.

Some of the new resources include an aromatherapy pod, several new lights to create a calming and stimulating environment and range of sensory toys and gadgets.



THE SMILE ROOM



The Smile Room is where Mrs Dakin is based, and it is where children have their ELSA (Emotional Literacy) sessions, check-ins and Lego Therapy sessions. This is a welcoming space where the focus is on emotional wellbeing. Here, children are supported to explore themselves and their feelings, usually 1:1 or in small groups.

THE CALM CAFE



This term, as suggested by one of our pupils, we have launched the 'Calm Cafe' where, at lunchtime the Smile Room is turned into a quiet space for a small number of children to enjoy their lunch in a peaceful and calm space.

SUPPORTING AND COPING WITH BEREAVEMENT



Our school community has been affected greatly by the loss of Ali Clark last month. The whole school, children, staff and parents have shown great resilience and positivity during this very sad time. Many of our Year 5 and 6 children were supported by our staff as well as the Local Authority Mental Health and Wellbeing Service. Practitioners came into school and spoke with children 1:1 and in small groups about their grief and feelings around this tragic loss. The wider local community came together for the Walk of Light which was a beautiful way to remember and celebrate Ali's life and contributions to the world.

Grief is not a linear process and children will experience, cope with and understand this differently depending on their age and previous experiences of loss or bereavement.

Children often are embarrassed by uncomfortable feelings such as sadness, particularly if it causes them to cry. Normalising sadness, encouraging them to express their feelings and answering their questions in an honest and age appropriate way can help them to process what has happened more easily than being ambiguous.

SADNESS
MIGHT BE A REMINDER TO...

- cry
- reach out and ask for support
- take a warm bath or shower
- write or draw about what's going on
- treat yourself with gentle, loving kindness
- just breathe
- spend time with a loved one
- find someone who can give you a big hug
- recognize + honor what and who you care about
- simply accept how you feel without judgement

We will be facilitating additional support and information around bereavement and loss this term. Until then we would like to highlight some fantastic resources available online to support children, parents and families who have been affected by bereavement and loss:

<https://help2makesense.org/how-to-look-after-your-mental-health-when-you-are-grieving/>

<https://help2makesense.org/ways-to-express-your-feelings-when-you-are-grieving/>

<https://www.winstonswish.org/12-things-i-wish-id-known-about-grief/>

<https://www.winstonswish.org/suggested-reading-list/>

<https://www.winstonswish.org/do-children-grieve-differently/>

<https://www.winstonswish.org/do-children-understand-death/>

<https://www.winstonswish.org/feelings-and-thoughts/>

<https://www.winstonswish.org/do-children-with-send-understand-death/>

