



Mental Health, Wellbeing and SEND Newsletter

Issue: 1 Spring Term 1 2022

WELCOME!

Welcome to our new half termly newsletter where we aim to share with you information relating to mental health, wellbeing and SEND. Many of you often ask who you might approach about certain issues and so we thought it would be helpful to introduce ourselves. We have a pastoral and inclusion team who are always willing to try and help answer any questions you may have. Covid-19 is of course still impacting on the support we can immediately offer, especially as we deal with staff absence, but we are committed to doing all we can to ensure all of our children are supported in the best ways possible. To get in touch, please contact the school office and your query or concern will be answered by the appropriate person. We wish all of our families a happy, healthy and safe first part to the spring term, with very best wishes from Mrs Marks, Miss Butwell, Mrs Lakin and Mrs Rowland.



Mrs Marks
Deputy Head



Miss Butwell
SENDCo



Mrs Lakin
Parent support / ELSA



Mrs Rowland
ELSA



ELSA stands for Emotional Literacy Support Assistant. Our ELSAs support children when it is identified by staff that a pupil needs some additional emotional support. This support can be for a whole range of reasons such as to support a pupil with self esteem, issues at home, friendship, bereavement or anger issues. ELSAs have additional training and regular supervision from the EPIC Educational Psychology team, although they are not trained counsellors. We prioritise this support according to teachers' concerns and for most pupils this may be some short term intervention for 4-6 weeks which is regularly timetabled. Our ELSA timetable is reviewed regularly by Mrs Marks, Mrs Lakin and Mrs Rowland. Sometimes, parents request ELSA support—in this case, Mrs Lakin will call to discuss your concerns and we will endeavour to work out the best ways forward to support. Support is always offered on a priority basis according to children's needs and timetable availability. The pandemic has and still causes huge pressure on what we can immediately deliver.

School Wellbeing Award

Thank you to all parents who completed the wellbeing questionnaire sent out last term. We have now appointed a school 'Wellbeing Change Team' and have drawn up an action plan based on the findings of the parent, pupil and staff wellbeing questionnaires. We are working to continue to improve wellbeing for all (pupils, parents and staff) and would always welcome any suggestions you might have. Our journey to complete the school wellbeing is approximately a year as we work on our action plan. We will keep you updated.



Children's Mental Health & Wellbeing Week 7th-10th February 2022

We will be supporting Place2Be's wellbeing week. There will be a number of activities the children will take part in during the week, all under the theme of 'Growing Together.'

Growing Together is about growing emotionally and finding ways to help each other grow. Challenges and setbacks can help us to grow and adapt and trying new things can help us to move beyond our comfort zone into a new realm of possibility and potential. However, emotional growth is often a gradual process that happens over time, and sometimes we might feel a bit 'stuck'. As parents and carers, you play an important role in your child's mental health.

<https://parentingsmart.place2be.org.uk/> has lots of helpful advice and videos to help parents with a range of issues. We will cover some of the themes in these newsletters over time.





University Hospitals of Leicester
NHS Trust

Stay Home,
Stay Well



A Parent's Guide to:

Self-care at home
for children aged
0-9



University Hospitals Leicester (UHL) has created a new guide to support parents and carers of young children with finding the right treatment for common injuries and illnesses and wanted us to share it with our families.

It will come as no surprise that during this time of year the emergency department at Leicester Royal Infirmary and GP surgeries see many more children with illnesses. Most of these can be treated by their families in the comfort of their own homes, avoiding lengthy waits at hospital or in a GP surgery, and the [guide](#) aims to help parents/

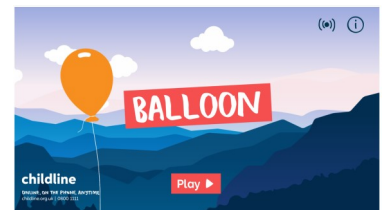
carers understand the best course of action for their child, including when families must seek external medical advice.

<https://www.leicestershospitals.nhs.uk/parents-stay-well-guide>

Is your child feeling worried?

Does your child find it hard to let go of things they are worried about? Mrs Lakin would like to share this activity from the Childline website. <https://www.childline.org.uk/toolbox/games/balloon/>

The children can play the games and watch their worries float away in the balloon.



Bed wetting and toileting

If you are looking for support for toileting issues, the ERIC website has a very useful site with lots of excellent advice. <https://www.eric.org.uk/>



Inclusive Sport

INCLUSIVE SPORT
18th and 25th January 2022
4-5pm

SEND activity sessions for individuals aged 5-16 and their families
Drinks and snacks available




Sitting Volleyball
Boccia
New Age Kurling

Gloucester House,
Norman Way,
LE13 1JE

Please contact asandle@melton.gov.uk or call 07909008193 to express your interest or find out more!

We have just been made aware of these taster sessions—please telephone the number for further information.

I Can's speech and language enquiry service

Do you have questions about your child's speech and language? This is a free service whereby the company are able to offer parents/carers and practitioners a confidential phone call with an experienced speech and language therapist. There call slots last up to 30 minutes and all information can be found through this link.



HERE



Leicestershire County Council Children and Families Wellbeing Service



Mental health and wellbeing support for children and families

If you think you, or your child, are struggling with your mental health and wellbeing, there are lots of organisations that can offer support, including the Children and Family Wellbeing Service (CFWS). Children, young people and families, who need further help with their mental health, can attend confidential groups and one-to-one support to help them improve their wellbeing and lifestyle. They offer a variety of packages of support to suit different age groups and situations. They aim to offer a toolkit of resources, advice on self-care and emotional and well-being support.

Their wellbeing practitioners work with children and young people aged 8 plus, who have emerging mental health or emotional wellbeing difficulties, which include anxiety, phobia and low mood. Wellbeing practitioners use cognitive behavioural therapy (CBT) type treatments to help individuals with the following:

- behaviours that are indicative of anxiety or low mood
- some isolation and withdrawal which is starting to affect relationships within school
- low mood
- worry management
- generalized anxiety
- social anxiety and separation anxiety
- panic
- sleep problems due to anxiety and, or low mood
- simple phobias (excluding blood, needles and vomit)
- stress management

For further information about their services, contact details and requesting a service, please visit the [Children and Family Wellbeing Service](#) home page. (Follow the link)

School Nurses



School nurses are specialist community public health nurses (SCPHN) who work with school-aged children and young people and their families to improve health and wellbeing outcomes and reduce inequalities and vulnerabilities. To find out more, please watch this NHS video.

https://youtu.be/3PY_QS44ffQ

To contact the Market Harborough school nurse team which covers Kibworth CE Primary, please telephone 0116 2153239



If you are concerned that your child is displaying signs of ADHD or would like more information about ADHD, this website <https://adhdfoundation.org.uk/schools/> gives excellent support for children, parents, carers and professionals and we are using it in school to support teaching strategies.

Mental Health, Wellbeing and SEND Newsletter—issue 2

Do you have something you would like us to put in the next issue of this newsletter? Please let Mrs Marks know—we would love to include things you think other parents and carers would find valuable.

After School 'Restraint Collapse'

This information comes from Adoption UK but is relevant for parents and carers of many children.

Many parents will be familiar with those days where you pick your child up from school, the teacher says they've been 'fine' all day, but as soon as you step over the doorstep of your home, or even on the journey, your child seems to just lose it.

It might look like crying, anger, whining, defiance, stubborn silence, or a full-blown meltdown, but the chances are that what your child is experiencing is something known as 'after-school restraint collapse'.

Navigating the school day takes effort from every child. Hours spent sitting still, listening carefully, learning new things, managing relationships, remembering equipment, following instructions – it all takes mental, physical and emotional work. By the end of the day it's no wonder children are sometimes exhausted and it's when they get home, where they feel safe to let their emotions out, that the stresses and strains of the day can erupt.

While after-school restraint collapse can affect any child, for children with additional needs, sensory difficulties, anxiety and other challenges, it can become acute. Tiredness, hunger and illness can also exacerbate the problem and with all the protective measures introduced to prevent the spread of Covid-19, the mental load for children at school will be even greater this year.

Here are some ways that you can support your child if after-school restraint collapse is affecting your family (there are some further tips for adoptive parents at [After School Restraint Collapse | Adoption UK Charity](#) :

- No matter how your day has gone, or how your child's day has gone, greet your child with a hug and a smile.
- Address your child's basic needs, such as tiredness and hunger. Being prepared with a healthy snack and a drink might help, especially if it is something your child can be chewing, crunching or sucking on the journey home.
- Avoid bombarding your child with questions about their day. They may feel overwhelmed and need time and space to settle, so save the conversations about school until later.
- While some children need a quiet, still space to re-group, others may benefit from physical activity. Try walking, scooting or cycling home from school or rhythmic activities like swinging or bouncing on a trampoline.
- If you travel by car, try playing some music or an audiobook on your journey to create a calm space.
- Leave homework until later if you can – after several hours at school, your child will likely need a break before starting on more work.
- Try to maintain a predictable routine around home time.

Finally, make sure you are taking care of yourself. If after-school restraint collapse has been a feature in your home for a long time, it is likely that you feel your own anxiety and tension levels rising as home time approaches. Remember that after-work restraint collapse is also real, so make sure you are doing what it takes to look after yourself before you welcome your child home.