



# Inclusion Newsletter

## Autumn Term 2022

### Meet the team:



Mrs Evans - SENDCo/Inclusion Lead



Mrs Jervis - Pastoral Lead



Miss Owen - Assistant SENDCO



Mrs Garraway - Mental Health Lead

### Training updates!

Mrs Thorpe, Miss Schutte, Mrs Humphries and Mrs Underwood have all completed Mental Health First Aider training in the last month. We



MHFA England

are currently planning how to use their expertise to meet the needs of our children.

### Date for your diary!

Michelle from SENDIASS is going to join us for our SEND afternoon tea on Wednesday 18th January at 2:15pm. Michelle will be talking about the SEND support provision expected in schools and will be on



MICHELLE SANDS  
SENDIASS Caseworker

hand to ask for any advice.

<https://www.telfordsendiass.org.uk/>



This May Help is aimed at parents and carers who may have concerns about their child's mental health and is part funded by the Quality Improvement Taskforce for Children and Young People's Mental Health, Learning Disability and Autism Inpatient Services.

The website gives easy-to-follow advice to help families manage their child's mental health. This advice was developed by NHS professionals and parents who've been through their own child's mental health journey. Parents and carers have shared advice that helped them and that may also help other families.

The advice covered on This May Help includes: self-harm, gaming and online activity, eating disorders, school avoidance, understanding mental health, building resilience and many more!

<https://thismayhelp.me>

#### Child's mental health



#### Self-harm



#### Gaming & online activity





### Beam Online workshops



Beam are offering the following online sessions:

**Managing anxiety** - practical suggestions of methods and techniques to support with anxiety.

Wednesday 30th November

Wednesday 11th January

**Wellbeing planning** - strategies for general emotional health and wellbeing.

Wednesday 14th December

**Sleep support** - practical suggestions of methods and techniques to help support with sleep.

Wednesday 7th December

All the sessions start at 3:30pm and last about an hour.

[Please click here for more information](#)

### Talk Boost

This academic year, we have started a new intervention called Talk Boost for speech and language. The children have been enjoying this; it's been lovely to see them so excited and having fun whilst they're learning!



*A child in year 3 has said: "It is very good. I've learnt a lot. My favourite part is the detective game!"*

### **National Sleep Charity/Helpline**

Our free helpline is run by trained sleep advisors, many of whom are specialists in working with SEND. We can talk to young people directly, or parents (we can also talk to adults, including older people, about their sleep issues).



The helpline is open 5 times a week, Sunday, Monday, Tuesday, Thursday evenings 7-9pm, and Wednesday mornings 9-11am. The number is 03303 530 541.

<https://thesleepcharity.org.uk/national-sleep-helpline/>

### Email contact

For any Emotional Health and Wellbeing concerns: [ehwb@stgeorgesschool.org.uk](mailto:ehwb@stgeorgesschool.org.uk)

For any Special Educational Need/Disability concerns: [sendco@stgeorgesschool.org.uk](mailto:sendco@stgeorgesschool.org.uk)