



Dear Parents and Carers,

Welcome to the second newsletter – I hope you found the first newsletter informative and thank you to everyone who provided feedback. This newsletter is now also available on the school website. I have kept a few links from the previous newsletter such as the Local Offer, Specialist Nursing and Early Support Service and CHUMS workshops. Last month's newsletter focused on dyslexia, dyspraxia and cerebral palsy and I will focus on the remaining October dates below in this edition. I will also be sharing an assembly with classes for Dyslexia/Dyspraxia Awareness Week 4-10 October. [Please feel free to book a parent's evening appointment with me alongside your teacher appointment if you have anything you would like to discuss about your child's learning needs.](#) Please share any feedback with me on 01767-699806 or email send@mapletreepriamaryschool.com. If you have any queries/concerns about your child's learning needs, please speak to their class teacher initially. Kind Regards, Chris Pond.

Calendar for October 2021:

- 4-10 – Dyslexia Awareness Week
- 4-10 – Dyspraxia week
- 6 – World Cerebral Palsy Day
- 8 – **World Sight Day**
- 10 – **World Mental Health Awareness Day**
- 22 – **International Stammering Awareness Day**
- October is **ADHD Awareness Month**

International Stammering Day

Stammering, also sometimes referred to as stuttering, is a relatively common speech problem in childhood, which can persist into adulthood. It is when:

- + you repeat sounds or syllables – e.g., saying "mu-mu-mu-mummy"
- + you make sounds longer – for example, "mmmmmmummy"
- + a word gets stuck or does not come out at all

Stammering varies in severity from person to person and situation to situation. Someone can have periods of stammering followed by speaking relatively fluently. There are 2 main types of stammering:

- + developmental stammering – most common type of stammering in early childhood when speech and language skills are developing quickly
- + acquired or late-onset stammering – is relatively rare and happens in older children and adults as a result of a head injury, [stroke](#) or progressive neurological condition. It can also be caused by certain drugs, medicines, or psychological or emotional trauma. It is unclear why a child starts stammering, but not caused by anything the parents have done. A child learning to construct simple sentences needs practice to develop different speech areas in the brain to create "wiring" (neural pathways) needed for the different parts to work well together. Talking problems can happen if some parts of this developing system are not co-ordinated. It can cause repetitions/stoppages, particularly when the child has lots to say, is excited, or feels under pressure. As the brain continues to develop, some of these problems resolve or the brain can compensate, so many children "grow out" of stammering. It is more common in boys than girls. Treatment is often successful in pre-school children. You can phone children's speech and language services directly and refer your child yourself. [Stamma \(The British Stammering Association\)](#) has more info/support for people who stammer and parents of stammering children.

World Mental Health Awareness Day Being mentally healthy doesn't just mean that you don't have a mental health problem.

If you're in good mental health, you can:

- make the most of your potential
- cope with life
- play a full part in your family, workplace, community and among friends.

Some people call mental health 'emotional health' or 'well-being' and it's just as important as good physical health. Mental health is everyone's business. We all have times when we feel down or stressed or frightened. Most of the time those feelings pass. But sometimes they develop into a more serious problem and could happen to any one of us. You may bounce back from a setback while someone else may feel weighed down by it for a long time. Your mental health doesn't always stay the same. It can change as circumstances change and as you move through different stages of your life. There's a stigma attached to mental health problems. This means that people feel uncomfortable about them and don't talk about them much. Many people don't even feel comfortable talking about their feelings. But it's healthy to know and say how you're feeling. More info at:

<https://www.mentalhealth.org.uk/campaigns/world-mental-health-day>

World Sight Day Nearly everyone on the planet will experience an eye health issue in their lifetime and more than a billion people worldwide do not have access to eye care services. To address the bigger picture at the country and global level, we need to be aware of our own eye health, and so the theme for 2021 is about #LoveYourEyes. #LoveYourEyes is about being aware of your own eye health and if you're able to, get a sight test or recommend others do. Our eyes can also tell us so much about our general health. More info at: <https://www.iapb.org/world-sight-day/>

ADHD Awareness Month

Attention deficit hyperactivity disorder (ADHD) is a condition that affects people's behaviour. People with ADHD can seem restless, may have trouble concentrating and may act on impulse. Symptoms of ADHD tend to be noticed at an early age and may become more noticeable when a child's circumstances change, such as when they start school. Most cases are diagnosed when children are 6 to 12 years old. The symptoms of ADHD usually improve with age, but many adults who were diagnosed with the condition at a young age continue to experience problems. People with ADHD may also have additional problems, such as sleep and anxiety disorders. More info here:

<https://www.adhdawarenessmonth.org>

Theraplay corner:

Theraplay was developed to support healthy child/caregiver attachment. Strong attachment between the child and important adults in their life is believed to be the basis of lifelong good mental health and builds resilience. In each issue I would like to share a couple of Theraplay activities for you to try at home that are used in school 😊

Balloon tennis: Both of you should stay seated on a chair/on the floor while trying to hit the balloon in the air without letting it drop. Try it when both kneeling or with 1 hand behind you back.

Decorate a box (examples below). Name it 'Our Worry Box' or 'The Worry Box'. Then, perhaps before bed you and your child write down/draw a picture of your worries onto paper. Fold paper and place in the box. Next day, together take notes out to see if you still have those worries. If yes, place back in the box; if no, rip up and throw in the bin.



TECH CORNER:

Below are a number of apps for iOS and android devices that can support your emotional wellbeing and **mental health**:

Catch it: Uses Cognitive Behavioural Therapy to help users learn how to manage feelings like anxiety and depression. Users can record and rate their mood, helping them to keep track of progress and identify triggers to their symptoms.

Stress & Anxiety companion: helps users handle stress and anxiety on-the-go. It provides tools like breathing exercises, relaxing music and games. Goals is to help users change negative thoughts to help them better cope with life's ups and downs.

For Me free app from Childline. It offers counselling, group message boards, and advice.

Calm Harm free app with password protection that provides a range of techniques to relive emotional distress.

Clear Fear free app to help with managing anxiety.

MindShift is a free app with advice managing anxiety and relaxation methods.

Recharge – Move Well, Sleep Well, Be Well uses a free, personalised 6 week programme to help you improve your mood and energy levels.

SAM (Self-help for Anxiety Management) games and tools to help you understand and manage anxiety.

Smiling Mind provides free mindfulness meditations aimed at reducing stress, anxiety/concentration levels.

Sandy Children's Centre

SEND Stay & Play Session providing support for parents, carers and their children who have additional needs. A safe space to chat to parents in a similar situation 1.00-2.30pm on 13th October. Please email:

Karen.burton@centralbedfordshire.gov.uk



Mental Health and Emotional Wellbeing Service for Children and Young People

CHUMS are running some psychoeducation workshops for families who are registered at a GP Surgery in Central Bedfordshire or Bedford Borough. Please complete the attached registration form and return to: fwteam@chums.uk.com along with their preferred dates. There are dates for the same workshops for older children –please let me know if you would like these dates.

Parent Sleep Workshop (Children aged 12 and under) - The workshop will cover the following topics; why sleep is important, what is 'good' sleep, possible causes of sleep difficulties and learning strategies to help overcome sleep problems.

- Tuesday 7th December 17:00-19:00pm

0-5 Resiliency Workshop (Parent's only) - The workshop will look at the importance of relationships, healthy attachment and how children are constantly learning from those around them, eg. emotional regulation, how parents/carers can model healthy emotional regulation and behaviours. The workshop will cover strategies/techniques to help build resiliency in children.

- Thursday 28th October at 17:00-19:00pm



BEDFORDSHIRE & LUTON CAMHS PARENT PARTNERSHIP FORUM

We are delighted to reintroduce our regular CAMHS Stakeholder events.

You are warmly invited to join our quarterly information sharing event, the first of a series, starting on **Tuesday 26th October from 11.30 – 13.00.**

This is an informal opportunity for us to share with you details of our current service developments and for you to raise any issues close to your heart to help influence change.

The topics of discussion will include joint presentations from key partners including ELFT CAMHS and CHUMS. Please scan the QR code below to register for the event.



**Worried about your child's talking,
listening, interaction or
stammering?**

**Book a phone, video or face to face consultation
with the Speech and Language Therapist from
Sandy and Biggleswade Children's Centre on:**

Wednesday 29th September 2021
Wednesday 13th October 2021
Wednesday 20th October 2021
Wednesday 10th November 2021
Wednesday 24th November 2021
Tuesday 7th December 2021
Wednesday 8th December 2021

For more information - or to book- please contact
lisa.mitchell26@nhs.net

Check out our website also for information on your child's development

www.childspeechbedfordshire.nhs.uk

Parents and First Teachers

Parents as First Teachers (PaFT) is a voluntary, early intervention programme for parents of children pre-birth to three years of age.

Parents as First Teachers goals are to increase parent knowledge of early childhood development and improve parenting practices.

Intentions of PaFT Programme:

Parent child interaction, Child Development, Parenting Behaviours.

Development centered parenting – attachment, sleep, safety, health, nutrition, discipline, transitions.

Family well-being – Goal setting, resourcing and family needs, mental health, relationships.

For more information about PaFT please contact Claire.Racher@centralbedfordshire.gov.uk or 0300 300 6515 .

Link to current Central Beds SEND Newsletter containing info about local events and family support:
<https://content.govdelivery.com/accounts/UKCBCC/bulletins/2eea1b7>

SEND Virtual Coffee Session run by Sandy Children's Centre on 3rd November and 1st December 1pm-2.30pm Please email
Karen.burton@centralbedfordshire.gov.uk

Please have a look at our school website under the 'Inclusion' tab for information about provision for SEND at Maple Tree and also the school's SEND policy and annual SEND Report. There are links to useful websites, in particular, the Central Beds Local Offer which I have attached here **Local Offer (PDF 487.7KB)**  It sets out what local support/services are available for Children & Young People with SEND.

There is a Specialist Nursing and Early Support Service Child Development Centre that can help families with sleep and behaviour issues at Ivel Valley HUB, Ivel Valley School (Primary Site), The Baulk, Biggleswade, SG18 0PT. Last Monday of the month (09.30 – 11.30am). Tel: (01234) 310278

**SUPERKIDS A virtual support group for parents or carers with children who have a special educational need or disability.
Thursday Mornings 10.30-11.30am.**

A free online support group facilitated by Sandy and Biggleswade Children's Centre, to share experiences with other parents and carers in a similar situation A chance to speak to professionals from the CDC, Early Years Support Team, Speech and Language plus more. For more information please contact:
karen.burton@centralbedfordshire.gov.uk
Sandy and Biggleswade Locality Children's Centre

[NEWSFLASH!!! Please look up Next Page Books on Facebook..](#)



Children's bookshop, specialising in neurodiversity

- Opening in Autumn 2021 in beautiful Hitchin, Herts. -



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About



Love books, passionate about diversity?

We are a small fledgling children's bookshop with BIG ideas. A partnership between a children's publishing expert and a teacher/Senco. In a little bookshop in Hitchin, Herts.

We stock children's books from baby to young adult and everything in between. We also have a small but perfectly formed selection for grown-ups and we can order pretty much any book that's currently in print.

We specialise in books that support and celebrate diversity in all its forms, and particularly neurodiversity. We search out books with characters who are autistic, have dyslexia or ADHD, are anxious about school, or who have difficulties with communication and much more! We work with individuals, families, schools and libraries to make sure you can find a book that speaks to you.

CHUMS Psychoeducation Workshop Registration Form

Child's First Name	
Child's Surname	
Child's DOB (DD/MM/YYYY)	
Gender	
Parent/ Carer Name and Relationship	
Email Address	
Telephone NO.	
Home Address	
GP Surgery	
Ethnic Origin	
Nationality	
Main Language (Also, if not English do you require a translator?)	
Current School	
New School in September 2021	

Does your child have an Educational Health & Care Plan?	YES / NO
Is your child known to Early Help / Social Services?	YES / NO
If known to Social Services, is your child considered a "Looked After Child"?	YES / NO
Are you currently in the process of completing an Early Help Assessment?	YES / NO
Does your child have any diagnosed learning disabilities (e.g. dyslexia)?	YES / NO
Does your child have a formal diagnosis of ADHD?	YES / NO
Does your child have a formal diagnosis of ASD?	YES / NO
Workshop you wish to attend (Please state parent sleep workshop, 0-5 resiliency etc.)	
Date you wish to attend workshop on	

