



Dear Parents and Carers,
HAPPY NEW YEAR! Welcome to the fifth newsletter – I hope you have found previous newsletters informative and thank you to everyone who provided and continues to provide feedback. This newsletter is now also available on the school website.

I have kept a few useful links from previous newsletter such as the Local Offer. In this edition, I am focusing on the January Awareness Dates below. I have shared an assembly about Braille with classes for World Braille Day on 4 January.

If you have any queries/concerns about your child's learning needs, please speak to their class teacher initially.

If you have queries/concerns about your child's wellbeing, please contact me or their class teacher.

Please share any feedback with me on 01767-699806 or email send@mapletreepriamaryschool.com Kind Regards, Chris Pond.

[Grab your reader's attention with a great quote from the document or use this space to

Calendar for November 2021:

4th World Braille Day

17th Blue Monday

World Braille Day 4th January

World Braille Day, observed on 4 January, highlights the importance of Braille as a means of communication for partially sighted and blind people. The day has been marked by the United Nations since 2019. World Braille Day also marks the birth anniversary of Louis Braille, who was born on 4 January, 1809. The French educator invented the Braille system, after being blinded at a young age.

According to the UN, Braille "is a tactile representation of alphabetic and numerical symbols using six dots to represent each letter and number, and even musical, mathematical and scientific symbols". The language is used by partially sighted and blind people to read books and periodicals. People use their fingers to touch and figure out the Braille code and understand the information being given through the language. The invention of the code helped visually impaired people communicate more easily and also made a wider range of reading materials available to them. According to the UN Convention on the Rights of People With Disabilities, Braille is seen as necessary for social inclusion, education, freedom of expression and opinion. According to the World Health Organization, about one billion people have a distance or near vision impairment that was either preventable, or is yet to be addressed. For more information please go to: <https://www.un.org/en/observances/braille-day>

Blue Monday 17th January

Claimed to be the most depressing day of the year, Blue Monday was first referenced in a press release by Sky Travel in 2005. The company, eager to calculate when people tend to book their holidays, commissioned Dr Cliff Arnal, a British psychologist, to create a formula to do just that. Arnal claimed that his formula, which supposedly pinpointed the most depressing time of the year, could predict when people would book trips to sunny, happy, holiday destinations. His theory purportedly worked out the day with the highest "depression factor" using factors such as avg temperature (C), days since last pay (P), days until next bank holiday (B), avg hours of daylight (D) and the number of nights in during the month (N). Adding all those factors together, Arnal argued that the third Monday in January was the most depressing day of the year - and therefore the day when high numbers of people would book their tropical escapes. Whether you believe this or not, it raises awareness that January can be a 'blue' month in general for many so to find out more and how to stop feeling blue have a look at: <https://www.mentalhealth.org.uk/blog/what-does-blue-monday-mean-our-mental-health>

Parents as 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/3043e31>

There is a **Specialist Nursing and Early Support Service** at the 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 OPT.

Last Monday of the month (09.30 – 11.30am). Tel: (01234) 310278

TECH CORNER:

Below are a number of apps for iOS and android devices for this month's

Awareness dates:

Braille Academy:

For people who are curious/interested in learning about the Braille system.

Feel: Emotions & Mindfulness

Improves social and emotional skills, designed for 3-8 year olds.

Mindful

Affirmations:

Easy access to positive affirmations tailored to your own goals.

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 ☺

Bicycle built for two: parent and child lie on their backs with their feet touching in the air. Play some fast music and the “pedal” your “bicycle”. Repeat with some slow music. Can you pedal for 3 minutes without stopping – it might take some practice!

Choose a quiz to do together:

Can you guess the Disney voice?

<https://www.youtube.com/watch?v=tB0HYM9rPvQ>

Guess the sound quiz

<https://www.youtube.com/watch?v=n1m4h79JZso>

Guess the theme song

<https://www.youtube.com/watch?v=im4g3MA12Z8>

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 (UPDATED) here:

<https://localoffer.centralbedfordshire.gov.uk/kb5/centralbedfordshire/directory/home.page>

It sets out what local support/services are available for Children & Young People with SEND.

SENDIAS - Central Bedfordshire SENDIASS (Special Educational Needs and disability Information, Advice and Support Service) is a statutory service, provided by but working at arm's length from the Local Authority which offers a free, confidential support service for young people with SEND and their parents and carers.

For more info please go to: <https://cbsendiass.org/>

Or look at: <https://youtu.be/54R4cDbX6L8>

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

Parentline

A confidential text messaging advice and support line for Bedfordshire parents and carers of children aged 0-19.

Text: 07507 331456

Parenting advice and support Sleep Contenance

Immunisations Mental health Minor illness

Speech Behaviour Temper tantrums

Infant feeding Diet & exercise

Child development Parenting

and much, much more....

We might inform someone if we were concerned about your safety but we would usually speak to you first. Your messages are stored and can be seen by other healthcare staff who follow the same confidentiality rules. We aim to reply to you within one working day and you should get an immediate message back to confirm we've received your text. If you need help before you hear back from us contact your GP, nearest walk in centre or dial 111. Our text number does not receive voice calls or MMS picture messages. We support messaging from UK mobile numbers only (which does not include messages sent from landlines, international mobile numbers and some 'number masking' mobile apps). To find out what we do with your information, please internet search: "NHS CCS privacy notice" or use this link [bit.ly/nhsprivacynotice](https://www.nhs.uk/privacy-notice). Prevent the health professional from sending messages to you, text STOP to our number. Messages are charged at your usual rates.

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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.