



Dear Parents and Carers,

Welcome to the sixth newsletter (also available on the school website) and many thanks to everyone who completed the SEND newsletter survey – I have taken your comments on board but wanted to please ask for any continued feedback on improving the newsletter.

I have kept a few useful links from previous newsletters such as the Local Offer. In this edition, I am focusing on the February Awareness Dates below. I have shared an assembly about Children's Mental Health Week with classes and some activities to work through too.

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.

Calendar for February 2022:

**Raynaud's
Awareness
Month**

**7th-12th Children's
Mental Health
Week**

**14th International
Epilepsy Day**

**22nd World
Encephalitis Day**

Raynaud's Awareness Month

Raynaud's disease (Ray-nodes) means that the small blood vessels in the extremities such as hands, feet, fingers or toes are over-sensitive to even the slightest changes in temperature, cold conditions and sometimes emotional stress.

When our bodies are exposed to the cold, a normal response is for the blood vessels to become narrower. With Raynaud's this reaction may be much more extreme. It can cause a noticeable colour change to the affected areas, with the skin turning white, then blue and finally to red as circulation returns. This is known as a Raynaud's attack. A Raynaud's attack can be very uncomfortable and sometimes quite painful. It can make everyday tasks, like buttoning a jacket/unzipping a purse, very difficult. Raynaud's symptoms can affect the fingers and toes, but also hands, feet, ears, nose, lips and tongue. Raynaud's is a common condition that affects up to 10 million people in the UK.

More information is available at: <https://www.sruk.co.uk/raynauds/>

22nd World Encephalitis Day

Encephalitis is an inflammation of the brain. It is caused either by an infection invading the brain (infectious encephalitis) or through the immune system attacking the brain in error (post-infectious or autoimmune encephalitis). Anyone at any age can get encephalitis. There are up to 6,000 cases in the UK each year and potentially hundreds of thousands worldwide.

More info:

<https://www.encephalitis.info/pages/category/wed>

7th-12th Children's Mental Health Week

The theme of this year's Children's Mental Health Week is 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'. More info at:

<https://www.childrensmentalhealthweek.org.uk/#:~:text=The%20next%20Children's%20Mental%20Health,and%20young%20people's%20mental%20health.>

14th International Epilepsy Day

It is estimated that more than 50 million people are living with epilepsy world-wide. The word 'epilepsy' is from the Greek word meaning 'to be seized, to be overwhelmed by surprise'. Epilepsy is to have a tendency to have recurring seizures. Anyone can have a seizure, if the brain is exposed to a strong enough stimulus. It's not always a life-long diagnosis and doctors may consider that you no longer have epilepsy if you go without seizures for a long enough time.

<https://internationalepilepsyday.org/>

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:

ThinkNinja: for 10-18 year olds – helps to educate about mental health and wellbeing and learn to cope with daily life stresses/low mood.

Raynaud: app is used to track Raynaud attacks.

Epilepsy Journal: app allows you to quickly record daily seizures, triggers, etc.

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 😊

Younger children:

Pass The Tape: Take turns to place a piece of sellotape on a named part of the body e.g. can you place it on my elbow/nose/foot/ear?

Older children:

Cotton ball blow: Sit at opposite ends of a table and use masking tape to mark across the middle of the table to form a 'court' and a small goal at each end. Using a straw each, blow the cotton ball too score goals 😊

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

HELPING CHILDREN WITH UNCLEAR SPEECH WORKSHOP FOR PARENTS

Speech, language and communication skills develop in everyday situations throughout the day at home and school. This is a workshop for parents who are concerned about their Early Years or School aged child's pronunciation of speech sounds. By attending this workshop we hope you will: gain an understanding of speech sound development; know strategies and games at a universal and targeted level to support speech sound development; feel confident to know how to support your child.

Cost: FREE for parents living in Bedfordshire or Luton

Wednesday 30th March

09.30 – 11.30

Via Microsoft Teams

To book a place please complete the booking form (please follow this link to access booking form:

<https://childspeechbedfordshire.nhs.uk/training/helping-children-with-unclear-speech-a-workshop-for-parents/> and email it to: ccs.beds.childrens.slt.training@nhs.net



We do this by building bridges between disabled children and the charities and services available to help. We find everything from disabled sports clubs to sibling groups to 'make a wish' charities and tell families about them through our website, social media platforms, videos, information packs and helpdesk. More info at:

SKY BADGER
FINDING HELP FOR DISABLED CHILDREN & THEIR FAMILIES

<https://skybadger.co.uk/>



The CEA Card is a national card scheme developed for UK cinemas by the UK Cinema Association (UKCA). The Card enables a disabled cinema guest to receive a complimentary ticket for someone to go with them when they visit a participating cinema. The Card is also one way for cinemas to make sure they look after their disabled guests. If you require an adjustment to visit a cinema because of your disability, cinema staff should make them for you whether you have a CEA Card or not.

<https://www.ceacard.co.uk/>

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.