

**May
2022**

SEND & WELLBEING NEWSLETTER

Dear Parents and Carers,
Welcome to the 9th newsletter (available on the school website). I have kept a few useful links from previous newsletters such as the Local Offer. In this edition, I am focusing on the May Awareness Dates below and I will be sharing an assembly with classes about Deaf Awareness Week and Mental Health Week.

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@mapletreepriaryschool.com

Kind Regards, Chris Pond.

Calendar for May 2022:

28th May - 5th June
National Children's
Gardening Week

3rd - 8th National Deaf
Awareness Week

Tourette's Awareness
15 May - 14 June

10-15th Mental Health
Week

National Deaf Awareness Week In the UK alone, there are over 10 million people living with some form of hearing loss, whether mild or profound. Deaf Awareness Week promotes the positive aspects of living with deafness and the event raises awareness of isolation that deaf people can occasionally experience and promote the importance of social inclusion around the deaf community. The event also raises awareness of BSL (British Sign Language), which is a language used by many people in the UK who are born deaf. More info at: <https://www.healthwatch.co.uk/event/2022-05-04/deaf-awareness-week>

National Children's Gardening Week aims to capture children's enthusiasm at a time when results are immediate. National Children's Gardening Week was the brainwave of Neil Grant, Managing director of Ferndale Garden Centre near Sheffield who is also BBC Radio Sheffield's garden expert and co-presenter of their weekly garden phone in, and it's widely supported by the whole of the UK garden industry. It's now an annual festival of fun that's embraced in homes, schools, and community groups across the country, and supports the amazing Greenfingers charity, which is dedicated to providing magical gardens for children in hospices suffering from life limiting illnesses. To get involved, just have a look at the 'Things to do' section of the <https://www.childrensgardeningweek.co.uk/>

Mental Health Week is an annual event when there is an opportunity for the whole of the UK to focus on achieving good mental health. The Mental Health Foundation started the event 21 years ago. Each year the Foundation continues to set a theme, organise/host the week. The event is now one of the biggest awareness weeks across the UK and globally.

Why Loneliness?

Loneliness is affecting more and more of us in the UK and has had a huge impact on our physical and mental health during the pandemic. Our connection to other people and our community is fundamental to protecting our mental health and we need to find better ways of tackling the epidemic of loneliness. We can all play a part in this and in May 2022, they will be raising awareness of the impact of loneliness on our mental wellbeing and practical steps we can take to address it. Reducing loneliness is a major step towards a mentally healthy society. More info at: <https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week>

Tourette's Awareness Week (TS) is an inherited neurological condition. It affects one school child in every hundred and is more common amongst boys. Over 300,000 children and adults are living with TS in the UK. The key features are tics – involuntary sounds and movements, which must be present for at least 12 months to meet the diagnostic criteria. Up to 85% of people with TS will also experience co-occurring conditions and features which might include Attention Deficit Hyperactivity Disorder (ADHD), Obsessive Compulsive Disorder (OCD), and Anxiety.

More info at:

<https://www.tourettes-action.org.uk/>

SENDIASS - 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>

Please visit our school website under the 'Inclusion' tab for info 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 (local support/services for Children & Young People with SEND):

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

TECH CORNER:

Below are a number of apps/websites for this month's Awareness dates:

BSL Level One - Part 1: A tool to support anyone interested in learning BSL at Level 1.

Homefarm - Garden Planner: plan your garden and track your progress growing your own food. Contains plant encyclopaedia.

Headspace:- Mindful Meditation: learn meditation and mindfulness skills from managing stress and anxiety to sleep.

PWysa - mental health support: Widely used techniques of CBT, DBT, yoga and mediation. Talking to Wysa is empathetic.

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. Here are a couple of Theraplay activities for you to try at home that are used in school :)

Younger children:

Hot and cold: Hide 3 objects around the house, toothpaste tube, remote control and keys. Ask the child to find the toothpaste tube by saying whether they are 'hot' if they are getting near it or 'cold' if they are not. Ask them to hide the items around the house and you have to find them when they say 'hot' and 'cold'.

Older children:

Throw a ball A to Z: Select a topic eg. food and throw the ball to your child. Can they think of a food starting with A? They throw the ball back to you and you think of a food starting with B and so on. Repeat with another topic.

Local Support groups/training and support information:

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

DID YOU KNOW?

Talking therapies, or psychological therapies, are effective and confidential treatments delivered by fully trained and accredited NHS practitioners. They can help with common mental health problems like stress, anxiety and depression.

You can access talking therapies for free on the NHS and you can refer yourself directly to an NHS talking therapies service without a referral from a GP, or a GP can refer you. Please click on the link below for more info:

<https://www.nhs.uk/mental-health/talking-therapies-medicine-treatments/talking-therapies-and-counselling/nhs-talking-therapies/>

PARENTS - DID YOU KNOW?

Talking therapies, or psychological therapies, are effective and confidential treatments delivered by fully trained and accredited NHS practitioners. They can help with common mental health problems like stress, anxiety and depression. You can access talking therapies for free on the NHS and you can refer yourself directly to an NHS talking therapies service without a referral from a GP, or a GP can refer you. Please click on the link below for more info:

<https://www.nhs.uk/mental-health/talking-therapies-medicine-treatments/talking-therapies-and-counselling/nhs-talking-therapies/>

Autism and Behaviour:

A half day workshop to explain the impact of autism on regulating behaviour, offering advice on how to support autistic individuals of all ages. Delegates will explore and understand the difficulties autism may cause in regulating behaviours, how to adapt environments and practices to meet the needs of autistic individuals, strategies for managing difficult situations. We are planning to deliver this workshop face to face at Flitwick Football Centre.

Who to contact by e-mail: learningcentral@centralbedfordshire.gov.uk

Where to go: Flitwick Community Football Centre, Ampthill Road, Flitwick, MK45 1BA

Time/Date Details: 1:00 - 4.00pm on Thursday 16 June

Costs: This course is free to those living and working in Central Bedfordshire.



**Bedfordshire
Community
Health Services**



SPECIALIST NURSING ADVICE CLINICS:

We provide advice to families of children with additional needs and can offer support with sleep, behaviour, toileting and eating problems.

PLEASE NOTE CHANGES DURING COVID—19 PANDEMIC (in red)

**WE ARE CURRENTLY UNABLE
TO OFFER FACE TO FACE
APPOINTMENTS**

At:
Child Development Centre
Hill Rise
Kempston
MK42 7EB



Telephone Advice:

(No appointment needed)

**Monday—Friday
(except bank holidays)**

09:30—11:30

And

**Every Thursday
13.30-14.30**

Please call

01234 310271

(appointments cannot be booked on this number)

Bedfordshire adult and children's community health services are provided in partnership by East London NHS Foundation Trust (ELFT) and Cambridgeshire Community Services (CCS) NHS Trust

CHUMs Workshops

These workshops are designed as a starting point for families with children who have low level difficulties and may not have accessed support from mental health services. If parents are concerned that their child's problem is causing a moderate/severe impact on their life or presenting with risky behaviours (self-harm, suicidal ideations), then these series of workshops are unlikely to address these concerns. If so, we would recommend making a CHUMS/CAMHS referral on our website: <http://chums.uk.com/bedfordshire-and-luton-referral-forms/>

Please note that spaces for workshops are limited and allocated on a first-come, first served basis. Please complete the form (extra attachment) and email to: fwteam@chums.uk.com

WORKSHOPS:

Parent Sleep Workshop (Parent only with 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.

Thursday 16th June 16:00-18:00

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

Tuesday 21st June 17:00-19:00

Primary Resiliency Workshop (Parent workshop for children aged 6-12) - The workshop will cover the following topics; mental health vs mental health problems, emotional regulation, psychoeducation around anxiety and low mood, and strategies for relaxation.

Tuesday 5th July 16:00-18:00

Parent Self Esteem Workshop (Parent only for children 5-12 years of age)- One off workshop which equips parents with an understanding of self-esteem and ways to promote high self-esteem through parenting style and collaborative activities to try at home with their young person.

Wednesday 8th June 16:00-18:00

Anxiety Workshop (For parents of children under the age of 12) - The workshop will cover the following topics; Emotional development in children, emotional regulation, psychoeducation around anxiety and anxiety management strategies.

Monday 16th May 9:30am-11:30am

Transition Workshops - One-off psychoeducation workshops that provides anxiety /behavioural strategies based on guided self-help to help children with transitions to new schools / reintegration back to school. Parents and young people can attend:

Lower-Middle transitions (parent only)- Thursday 11th August 17:00-19:00

Primary-Secondary/Middle-Upper transitions (Parent and young person) - Monday 22nd August 9:30am-11:30am

CHUMS Psychoeducation Workshop Registration Form

Please answer all the questions below and clearly state which workshop you would like to attend (e.g. 0-5 resiliency, primary resiliency, secondary resiliency, parent sleep workshop, teenage sleep workshop etc). After you have completed the form, please return it to fwteam@chums.uk.com. Before completing the form, **please read the following information:**

- In order to be accepted onto a workshop, your child must be registered to a GP surgery in Central Bedfordshire, Bedford Borough or Luton.
- The workshops are designed as a starting point for families who have not previously accessed support from mental health services and are suited for children with low level difficulties.
- If you are concerned that your child's problem is causing a moderate/severe impact on their life, then these series of workshops are unlikely to address your concerns and we would recommend making a CHUMS/CAMHS referral on our website; <http://chums.uk.com/bedfordshire-and-luton-referral-forms/>.
- Equally these workshops will not address queries or difficulties in relation to risky behaviour (e.g., self-harm, suicide ideation).



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	
Does your child have any disabilities or physical restrictions?	YES/NO If yes, list here:
Does your child have any long-term conditions? (E.g., asthma, eczema)	YES/NO If yes, list here:
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 and date of workshop (Please state parent sleep workshop, 0-5 resiliency etc.)	