



**July  
2022**

**SEND &  
WELLBEING  
NEWSLETTER**

Dear Parents and Carers,

Welcome to the 11th newsletter (available on the school website). In this edition, I am focusing on the July Awareness Dates below and I'll be visiting classes do some **transition** activities with them including having a 'snack' picnic for July's National Picnic Month.

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](mailto:send@mapletreepriaryschool.com)

Kind Regards, Chris Pond.

**WELL DONE TO ALL THE PUPILS WHO ENTERED THE CHILDREN'S NATIONAL GARDENING WEEK COMPETITION :):)**

**Calendar for July 2022:**

**July - National Picnic Month**

**7th World Chocolate Day**

**World Chocolate Day** It's unclear who came up with this yummy food day - but thank you anyway! However, the day is celebrated on July 7th because it was on this date in 1550 that chocolate was first brought to Europe. The first World Chocolate Day was celebrated in 2009.

**Most Common Types of Chocolate:**

- Unsweetened baking chocolate – cocoa solids and cocoa butter in varying proportions.
- Sweet chocolate – cocoa solids, cocoa butter or other fat and sugar.
- Milk chocolate – sweet chocolate with milk powder or condensed milk.
- White chocolate – cocoa butter, sugar, and milk but no cocoa solids. More info at:

<https://nationaldaycalendar.com/world-chocolate-day/>

If you enjoy getting out of the house and eating outdoors then July is the month for you, as the whole of this month is National Picnic Month!

There's something about the summer weather that brings out the relaxed hippy in us all, and what better way to wind down after a busy day/week at work than to slip on your sandals, pack up your picnic basket and head to the outdoors with your nearest and dearest. So get yourself outside this National Picnic Month, and with a whole month of celebrating ahead of you the culinary possibilities are Gastronomical! (Pun very much intended).

**Happy National Picnic Month!**

Please enter Mrs Pond's 'Summer Scavenger Hunt'.  
Send your entries into the school office by 18th September.

**1st prize: £5 Amazon voucher**

**2nd prize: Haribo multipack**

**3rd prize: Kinder chocolates**

**There is also a mindfulness colouring competition for children to colour in and return by 18th September to the school office to win house points.**

**The mindfulness colouring sheets and scavenger hunt page will be sent out via Marvellous Me - paper copies will be available from the school office upon request too from 18th July. :)**

#### TECH CORNER:

**Below are a couple of 'chocolate' and 'food' games to play for this month's Awareness dates:**

**Chocolate game - how to play video:**

<https://www.youtube.com/watch?v=xfF4fmlvfws>

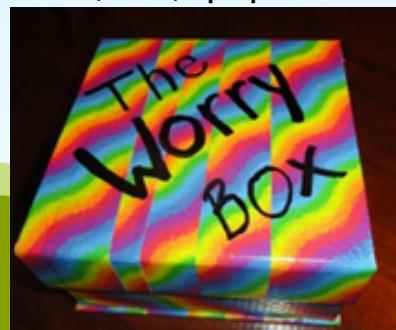
**Guess the food emoji Quiz:**

[https://www.youtube.com/watch?v=h0zNb7o\\_KEQ](https://www.youtube.com/watch?v=h0zNb7o_KEQ)

#### 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. :)

Use a box to make a worry box. Decorate the box (examples below). Name it 'Our Worry Box' or 'The Worry Box'. Then, perhaps before bed both of you write down/draw a picture of your worries onto paper. Fold the paper and place in the box. Next day, together take the 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.



# Local Support groups/training and support information:

**SENDIASS - Central Bedfordshire**  
SENDASS (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>

## 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/>

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>

**Mind Time – New FREE mental wellbeing evening. For busy people who are not able to join our daytime classes. please have a look at:**  
[courses.https://www.impactmh.org.uk/mental-health-training-courses-and-services/mind-time-for-better-mental-wellbeing/#enrol](https://www.impactmh.org.uk/mental-health-training-courses-and-services/mind-time-for-better-mental-wellbeing/#enrol)

**I have listed some support contacts that you may find useful over the summer holidays:**

- Parentline – a secure and confidential text service for parents and carers of those aged 0-19. It offers advice and support on a range of issues such as weaning, sleep and emotional health or how to make an appointment with our team.  
Beds - Text 07507 331456 with your question to start the conversation (Monday – Friday 9am – 4.30pm, except bank holidays).
- Bedford Open Door offer free, confidential counselling to young people aged 13 -25 years living in Bedford Borough or North Central Bedfordshire.-[www.bedfordopendoor.org.uk](http://www.bedfordopendoor.org.uk) : 01234 360 388
- Childline (children's telephone counselling or online) – Ring 0800 1111 or visit their website [www.childline.org.uk](http://www.childline.org.uk)
- Young Minds - If you are a young person experiencing a mental health crisis, you can text the YoungMinds Crisis Messenger for free, 24/7 support. Text YM to 85258.

Young Minds for parents supporting their child's mental health Parent Helpline: 0808-802-5544 from 9.30am to 4pm for an initial chat and then arranging a 50-minute telephone consultation within 7 days.

Sorted [www.sortedbedfordshire.org.uk](http://www.sortedbedfordshire.org.uk) : 01582 891 435

Samaritans - 24 hour confidential listening and support for anyone who needs it. (Parents/carers included.) Email - [jo@samaritans.org](mailto:jo@samaritans.org) Phone 116 123 (24 hours)

Relate [www.relate.org.uk](http://www.relate.org.uk) : 01234 356 350

A CAMHS clinician can provide support on: 01234 893362

More-Life - Weight management programme for children and families, information and self-referral form available via <https://www.more-life.co.uk/what-we-do/our-services/in-your-area/bedford/>

## Does your child struggle to sleep - have you tried a weighted blanket?

Weighted blankets can provide deep pressure touch stimulation without uncomfortable restriction. The deep pressure from the weight causes the body to produce serotonin and endorphins, which are the chemicals our bodies naturally use to feel relaxed or calm. In combination with the darkness that occurs during the night time hours, the pineal gland converts serotonin to melatonin, our natural sleep-inducing hormone. Blankets can be quite expensive but Matalan are currently selling many different designs, colours and weights which are reasonably priced. Have a look at [www.matalan.co.uk](http://www.matalan.co.uk) for more info :)

The screenshot shows a product page for a 'Rest Easy Sleep Better Grey Weighted Blanket' on the Matalan website. At the top, there's a navigation bar with 'MENU', 'SEARCH', the 'MATALAN' logo, a 'SAVED' icon, and a 'BAG' icon with a red notification badge showing '1'. Below the navigation is a large image of a young girl sleeping peacefully in bed, wearing pink polka-dot pajamas and holding a pink stuffed animal. The image has a 'Online Exclusive' badge in the top left corner. Navigation arrows and a zoom icon are visible around the image. Below the image, the product title 'Rest Easy Sleep Better Grey Weighted Blanket' is displayed, along with the price range '£40.00 to £60.00' and a five-star rating '(0)'. A link 'View Product Information' is also present. At the bottom of the page, there are color swatches for grey, dark blue, and pink, with 'Colour: Grey' selected. A dropdown menu for 'Size: Select a Size' is shown, and the Matalan website URL 'matalan.co.uk' is at the very bottom.

Online Exclusive

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Rest Easy Sleep Better Grey Weighted Blanket £40.00 to £60.00 ★★★★★ (0)

[View Product Information](#)

Colour: Grey

Size: Select a Size

matalan.co.uk

## **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 (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 12th July; 5-7pm**

**Parent Self-esteem workshop (Children aged 12 and under) – The workshop 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**

- **Monday 18th July; 5-7pm**

**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 17:00pm-19:00pm**
- **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](mailto: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
<b>Workshop</b> you wish to attend and <b>date</b> of workshop (Please state parent sleep workshop, 0-5 resiliency etc.)	