

# INCLUSION NEWSLETTER

MARCH 2023

Keeping  
children safe  
is everyone's  
responsibility



SEND, SAFEGUARDING AND WELLBING

## WHAT HAVE WE BEEN DOING IN SCHOOL?

This term we have been doing lots of work in school around wellbeing and safeguarding:

- Year 5 and 6 all participated in a workshop run by the Police and NSPCC about online safety.
- We had the fire engine to visit all classes including assemblies about fire safety.
- We have been promoting healthy lifestyles through our Big Walk and Wheel week, encouraging the children to come to school by foot or on bikes



## MENTAL HEALTH

Mental Health is a big part of the work we do in school. Through our dedicated team we ensure children know they always have someone to talk to if they need to.

Mental Health week this year focused on connections and how important they are for good mental health.

We also want to teach the children about how physical health is also important and can have an impact on our mental health. Things like getting enough quality sleep, time away from electronics, getting fresh air and exercise, and what we eat and drink are all really important for our overall wellbeing. Below is some information about good sleep routines and energy drinks, which have both had an effect on our children recently.

# Super Sleep Swaps

Sleep lets your brain and body rest, helps you to grow and feel happy and healthy. Can you try some of these swaps to help you get a good night's sleep?



## ENERGY DRINKS

Did you know a can of energy drink can contain as much as 14 spoons of sugar and the same amount of caffeine as 2 cups of coffee? If too many are drunk then this can have harmful impacts on children's teeth and sleep patterns.

Could you encourage your child to drink water or sugar free drinks such as fruit juice as a much healthier alternative?



### Make a healthy swap!

Swap your energy drink for water to keep your body and teeth healthy. It's also free!

## ONLINE SAFEGUARDING ISSUE

A concern has been raised whereby some schools have been told that Tiktok are holding a "national rape day" online on their platform on the 24th April. This is a hoax and they are not participating in any such event. Tiktok should only be used by children aged over 13 but we are aware some younger children access this so wanted to make you aware should this come up with your child.

City of York have identified 7 outcomes for young people. We want all children and young people in York with Special Educational Needs and Disabilities (SEND) to be happy and live the best lives they can. Each of the 7 statements in the framework will mean different things to everyone. For a more in depth list of descriptors, visit [www.yor-ok.org.uk/outcomes-framework.htm](http://www.yor-ok.org.uk/outcomes-framework.htm)

