

INCLUSION NEWSLETTER

MAY 2023

SEND, SAFEGUARDING AND WELLBING

Keeping
children safe
is everyone's
responsibility



Staying Safe in Summer

Hopefully our summer has now arrived! Whilst the sunshine is lovely we need to ensure we keep ourselves and our children safe. Use these following tips to help us enjoy the sun without risk

1. Wear a High Factor Sun cream
2. Wear loose clothing and cover exposed skin such as shoulders
3. Wear a sunhat
4. Drink plenty of water
5. Rest in the shade after exercise or if feeling too hot
6. Do not let children near water unsupervised
7. Remind children about stranger danger when out and about in parks and on trips
8. Keep cars cool with open windows and never leave a child or animal in alone in a car.



TRANSITION TO SECONDARY SCHOOL

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Our Year 6s will soon be off to start their new secondary schools in September. Many children have mixed feelings about this - it can be an exciting time but it also a big change. We spend time in school preparing the children and doing lots of work about transitions. They will of course all get to spend a day at their new school in July, which helps them to visualise what it will be like and also a chance to meet some teachers and classmates. This useful guide produced by the Anna Freud Foundation gives lots of advice and tips to help parents support their children.

[HTTPS://WWW.ANNAFREUD.ORG/SCHOOLS-AND-COLLEGES/RESOURCES/SUPPORTING-CHILDRENS-TRANSITION-TO-SECONDARY-SCHOOL-GUIDANCE-FOR-PARENTS-AND-CARERS/X](https://www.annafreud.org/schools-and-colleges/resources/supporting-childrens-transition-to-secondary-school-guidance-for-parents-and-carers/x)

Let's Talk.....

Sometimes children find it difficult to explain when something is upsetting them. The document to the right is a really useful tool from Beacon House that adults can use with children to help talk about upsetting things.



SIMPLE AND SAFE QUESTIONS TO HELP CHILDREN AND ADULTS TALK ABOUT UPSETTING THINGS

Beacon House
Therapeutic Services and Training Team

When there is something too upsetting to talk about we don't have to avoid it. We can stay with the upsetting thing by talking about and holding it safe in a different way. We can talk about the 'thing' without talking about the 'thing'.

"If it was a colour, what would it be?"

"If it was an animal, what would it be?"

"If it was a shape, what would it be?"

"Is it loud or quiet?"

"Is it familiar or new?"

"Is it large or small?"

By offering authentic and reflective curiosity whilst still not talking about the upsetting thing, you are able to create the opportunity for:

- Bringing the **focus back to the body** and **noticing** the experiences here
- The **'felt' intensity** of the upsetting thing being **lowered**
- An **experience of relational safety** whilst talking about the upsetting thing
- Talking about the upsetting thing in a **safe, curious, non-shaming** way

Like all tools this won't be helpful every time, as always, be led by what the other person can tolerate.

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Living Autism Foundation is a charity who help autistic people, their families and carers. One of their main objectives is to provide workshops which will offer information and approaches to help reduce anxieties and to improve health and wellbeing. Please email them if you would like to attend this free workshop in June

LIVING autism foundation
autism advice, autism workshops, autism research

Parkhill Business Centre, Walton Road, Wetherby, LS22 5DZ

Charity No 1108103

Half Day Workshop for Parents and Carers

'A Morning with Ronnie Pinder – Autism Clinician'

A guest interviewer asks **YOUR** questions to Ronnie Pinder
(Please submit your question by 6th June 2023)

Saturday 10th June 2023
10.00am to 1.00pm
The Bar Convent
17 Blossom Street, York, YO24 1AQ

To book your place please email;
enquiries@livingautismfoundation.org
(please include 'Autism Workshop'
in the subject heading)

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

