

# INCLUSION NEWSLETTER

JULY 2023

Keeping children safe is everyone's responsibility



## SEND, SAFEGUARDING AND WELLBEING

At Park Grove, we firmly believe that a well-balanced and engaging break from school is essential for a student's overall growth and development. Therefore, we encourage all our children to participate in activities that can foster their physical, mental, and emotional wellbeing.

### Physical Wellbeing:

Encourage your child to engage in physical activities that promote a healthy lifestyle. Consider activities such as swimming, cycling, hiking, walking, or taking part in summer sports camps or community sports programs. These activities not only enhance motor skills and physical fitness but also provide an opportunity for children to socialise and build teamwork.



Why not try some of the suggestions on Action for Happiness August Calendar?

### Mental Wellbeing:

Mental stimulation is crucial during the holiday break. Encourage your child to explore a range of age-appropriate books, visit local libraries, and participate in reading challenges or book clubs. Additionally, engaging in puzzles, board games, or creative art projects can help develop critical thinking skills, enhance imagination, and foster a sense of accomplishment.

### Emotional Wellbeing:

Help your child focus on emotional wellbeing by spending quality time together as a family. This can include planning day trips, visiting museums, art exhibitions, or taking nature walks. Encourage open communication, active listening, and provide opportunities for your child to express their thoughts and emotions freely, thereby nurturing emotional intelligence.

|                        | MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY   | SATURDAY  | SUNDAY  |
|------------------------|--|--|---|--|--|---|---|
| Altruistic August 2022 | 1 Set an intention to be kind to others (and yourself) this month  | 2 Send an uplifting message to someone you can't be with           | 3 Be kind and supportive to everyone you interact with        | 4 Ask someone how they feel and really listen to their reply   | 5 Spend time wishing for other people to be happy and well       | 6 Smile and be friendly to the people you see today                   | 7 Give time to help a project or cause you care about           |
|                        | 8 Make some tasty food for someone who will appreciate it          | 9 Thank someone you're grateful to and tell them why               | 10 Check in with someone who may be lonely or feeling anxious | 11 Share an encouraging news story to inspire others           | 12 Contact a friend to let them know you're thinking of them     | 13 No plans day! Be kind to yourself so you can be kind to others too | 14 Take an action to be kind to nature and care for our planet  |
|                        | 15 If someone annoys you, be kind. Imagine how they may be feeling | 16 Make a thoughtful gift as a surprise for someone                | 17 Be kind online. Share positive and supportive comments     | 18 Today do something to make life easier for someone else     | 19 Be thankful for your food and the people who made it possible | 20 Look for the good in everyone you meet today                       | 21 Donate unused items, clothes or food to help a local charity |
|                        | 22 Give people the gift of your full attention                     | 23 Share an article, book or podcast you found helpful             | 24 Forgive someone who hurt you in the past                   | 25 Give your time, energy or attention to help someone in need | 26 Find a way to 'pay it forward' or support a good cause        | 27 Notice when someone is down and try to brighten their day          | 28 Have a friendly chat with someone you don't know very well   |
|                        | 29 Do something kind to help in your local community               | 30 Give away something to help those who don't have as much as you | 31 Share Action for Happiness with other people today         |  |  |   |   |
|                        |  |  |   |  |  |   |   |
|                        |  |  |   |  |  |   |   |
| ACTION FOR HAPPINESS   |  |  |   | Happier · Kinder · Together                                    |  |   |   |

## Holiday Activities with Food



York's Holiday Activities and Food Programme (HAF) offers fun activities for keeping active, being creative, and trying something new over the Easter, summer, and winter school holidays.

Children and young people in receipt of benefit-related free school meals can receive up to four sessions of free activities and nutritious food during the Easter and winter holidays and up to 16 sessions during the summer holidays.

Each day will include: a healthy meal and a selection of activities ranging from sports, drama and creative workshops, nature activities, and much more.

The summer 2023 HAF programme will be running from 26 July to 1 September, Monday to Friday (excluding bank holidays).

Families who are eligible to receive the HAF offer will already have received their vouchers from school.

To book an activity, you will need a HAF eVoucher. Your eVoucher will include a link that will take you to the booking site.

The booking site lists all York HAF summer activities. All activities will be going live on 3 July.

If you have any queries during the holiday, please email [Shelby.graham@york.gov.uk](mailto:Shelby.graham@york.gov.uk)

If you have any concerns about the safety and welfare of a child outside the school day or during the holiday, please ring the MASH (Multi Agency Safeguarding Team) on 01904 551900 or the Out of Hours Safeguarding Team 01609 780780

# PLEASE SEE INFORMATION BELOW FOR SUPPORT FOR PARENTS OF CHILDREN WITH AN AUTISM DIAGNOSIS OR CHILDREN AWAITING ASSESSMENT



## Autism Support for Parents from the Specialist Teaching Team for Autism

Wednesdays Autumn 2023



### Fortnightly Topic Talks Autumn Term 2023:

**Independence** Wed 20th Sept 10-11a.m. online & 1.30-2.30 p.m. in person

**Sensory** Wed 4th Oct 10-11a.m. online & 1.30-2.30 p.m. in person

**Siblings** Wed 18th Oct 10-11a.m. online & 1.30-2.30 p.m. in person

**Coping with demands** Wed 8th Nov 10-11a.m. online & 1.30-2.30 p.m. in person

**Autism & Adolescence** Wed 22nd Nov 10-11a.m. online & 1.30-2.30 p.m. in person

**Coping with Christmas** Wed 6th Dec 10-11a.m. online & 1.30-2.30 p.m. in person

### Fortnightly Phone line (mornings) and drop-in (afternoons) Autumn 2023:

Wednesday 13th Sept 9 a.m. -12 noon & 1.30 - 2.30 p.m.

Wednesday 27th Sept 9 a.m. -12 noon & 1.30 - 2.30 p.m.

Wednesday 11th Oct 9 a.m. -12 noon & 1.30 - 2.30 p.m.

Wednesday 25th Oct 9 a.m. -12 noon & 1.30 - 2.30 p.m.

Wednesday 15th Nov 9 a.m. -12 noon & 1.30 - 2.30 p.m.

Wednesday 29th Nov 9 a.m. -12 noon & 1.30 - 2.30 p.m.

Wednesday 13th Dec 9 a.m. -12 noon & 1.30 - 2.30 p.m.

### Parent Group: Topic Talks virtual (a.m.) and repeated in person (p.m.)

Topic Talks led by the Specialist Teaching Team for Autism, including time for questions and peer support.

**Virtual: 10-11 a.m. On Microsoft Teams.** Due to confidentiality issues, we will be unable to discuss named children during this time.

**In Person: 1.30-2.30 p.m. at The YIKS All About Autism Hub, Clifton Children's Centre, (In front of Clifton Green School), YO30 6BF.**

### Parent/Carer Phone Line and Drop-in

The Specialist Teaching Team Autism are offering parents/carers the opportunity to talk to a member of the team regarding general issues and concerns about children/young people with autism.

**Phone line support: 9-12 noon** 20 minutes is allocated per phone call.

**In person drop-in support. 1.30-2.30 p.m. at The YIKS All About Autism Hub, Clifton Children's Centre, (In front of Clifton Green School), YO30 6BF**

To book a 20 minute phone line call or to book your virtual place on a Microsoft Teams Topic Talk session, please email your name stating which Topic Talks you would like to book to: [parentcarerautismsupport@york.gov.uk](mailto:parentcarerautismsupport@york.gov.uk) For phone support, we require your name and a contact telephone number for us to call you. We will send you a time slot for your 20 minute call. If we receive a high volume of requests we may need to allocate spaces on the session on a first come, first served basis. **This is an admin email address and we are unable to forward or respond to queries via this email. Bookings close the Thursday before the session. For in person drop-in sessions, you do not need to book and you are welcome to simply arrive on the day.** Please be aware, sessions may be busy and you may need to wait to speak to a member of the team.

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)

