

INCLUSION NEWSLETTER

DECEMBER 2023

Keeping
children safe
is everyone's
responsibility



SEND, SAFEGUARDING AND WELLBING



Christmas time

Whether you celebrate Christmas itself or not, the holiday period is approaching when families often get together. For many children the festive period is one of huge anticipation, excitement and pleasure but also loss of routine, and a sensory and emotional overload.

- Plan ahead and set flexible boundaries
- Make time to play, relax and connect emotionally with children, talk to them about plans and what to expect and prepare them for any bigger events such as meeting lots of family altogether
- Feel able to say no to planning too many exciting activities or being with large, noisy groups
- Talk to your child on a practical and emotional level about what is going on, this can help them to feel understood and contained
- Be realistic about what you and your child can manage and predict where there might be moments of disappointment, meltdowns, and situations that are too much. If there are situations that are difficult to avoid, for example a long journey, be prepared for the likelihood of challenging behaviour – this is your child's way of showing you what they are feeling inside and asking for help with very big feelings
- Plan in some downtime such as reading together or watching a film
- Try to keep routine where possible such as bedtimes
- There are often lots of sweet treats around - make sure these are regulated

Most of all enjoy the time together and enjoy the well earned break from school. It has been a really long term and the children are all ready for the holiday.

Free Online Classes - Supporting Your Anxious Child

'My Family Coach' is offering some free online classes for parents:

Does your child seem to be worried and anxious a lot of the time? Perhaps they struggle to try new things, lack self-confidence, or don't want to be apart from you. We'll explore why your child might feel this way and give you practical ideas to have positive conversations, help them build their confidence, and overcome their worries.

In the class, you will learn about:

- Why some children feel anxious and worried
- Signs that your child may be feeling anxious
- How you can boost their confidence and self-esteem
- When to seek further support and advice

Please visit the website to sign up or for further advice/information
<https://www.myfamilycoach.com/supporting-my-anxious-child-free-class/>



Free Online Class- Supporting Your Anxious Child

This free class explores why your child feels worried or anxious with practical strategies to help you best

SAFEGUARDING

An important role of school is Safeguarding and Child Protection. All staff working in schools receive extensive training and follow guidance set out by the government in their Keeping Children Safe in Education statutory guidance.

The team has many responsibilities including working with staff and agencies involved in safeguarding children, working with parents and families, giving advice to staff, training staff, managing referrals from staff and investigating concerns passing them onto the correct body as necessary, managing the records of safeguarding and Child Protection concerns, keeping own knowledge up to date etc. If you need any support or guidance please contact the team who are always happy to help.

IF YOU HAVE ANY CONCERNS ABOUT THE SAFETY AND WELFARE OF A CHILD OUTSIDE THE SCHOOL DAY, PLEASE RING THE MASH (MULTI AGENCY SAFEGUARDING TEAM) ON 01904 551900 OR THE OUT OF HOURS SAFEGUARDING TEAM 01609 780780

Sleep safe, wherever you are



Families may already be planning trips to visit friends and family over the festive period. If you are working with a family whose arrangements may be changing over the festive period, please take the opportunity to remind them about Safe Sleep and the importance of this.

Here are some easy tips that can make a big difference:

- Plan ahead to make sure they know where everyone will be sleeping, well before bedtime!
- The safest place for babies to sleep is on their back in a cot, crib or Moses basket – sleeping together on a sofa or chair can be very dangerous, and don't sleep in the same bed if they have been drinking, smoking or taking drugs
- A clear cot is a safe cot – make sure babies cot is clear of things like bumpers, toys and loose bedding
- Babies shouldn't sleep in car seats for longer than necessary, and should be taken out destination is reached

More information about the Day or Night Sleep Right Campaign is available on the CYSCP website:

<https://www.saferchildrenyork.org.uk/safeguarding-information/babies->

Wellbeing

We have recently introduced wellbeing baskets into each class with a range of tools to help support the children with managing their own wellbeing. They include prompt cards, emotion pictures, fidgets, scented bags, colouring books, notebooks and soft toys. The school council helped to identify things the children would find helpful

We love the Action for Happiness monthly calendars. Why not try some of the activities suggested for December which aim to promote wellbeing and happiness. Why not set some goals for 2024?

Their website has lots of advice and tips as well as an APP you can download

<https://actionforhappiness.org/>

December Kindness 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 4 Support a charity, cause or campaign you really care about	 5 Give a gift to someone who is homeless or feeling lonely	 6 Leave a positive message for someone else to find	 7 Give kind comments to as many people as possible today	1 Spread kindness and share the December calendar with others 8 Do something helpful for a friend or family member	2 Contact someone you can't be with to see how they are 9 Notice when you're hard on yourself or others and be kind instead	3 Offer to help someone who is facing difficulties at the moment 10 Listen wholeheartedly to others without judging them
11 Buy an extra item and donate it to a local food bank	12 Be generous. Feed someone with food, love or kindness today	13 See how many different people you can smile at today	14 Share a happy memory or inspiring thought with a loved one	15 Say hello to your neighbour and brighten up their day	16 Look for something positive to say to everyone you speak to	17 Give thanks. List the kind things others have done for you
18 Ask for help and let someone else discover the joy of giving	19 Contact someone who may be alone or feeling isolated	20 Help others by giving away something that you don't need	21 Appreciate kindness and thank people who do things for you	22 Congratulate someone for an achievement that may go unnoticed	23 Choose to give or receive the gift of forgiveness	24 Bring joy to others. Share something which made you laugh
 25 Treat everyone with kindness today, including yourself!	26 Get outside. Pick up litter or do something kind for nature	27 Call a relative who is far away to say hello and have a chat	28 Be kind to the planet. Eat less meat and use less energy	29 Turn off digital devices and really listen to people	30 Let someone know how much you appreciate them and why	31 Plan some new acts of kindness to do in 2024

ACTION FOR HAPPINESS

Happier · Kinder · Together





Autism Support

If your child has an autism diagnosis or is awaiting assessment, the specialist Teaching Team offer support through talks, a phone line and drop ins. Please see the flyer below for more information



Autism Support for Parents from the Specialist Teaching Team for Autism Wednesdays Spring 2024



Fortnightly Topic Talks Spring Term 2024:

Toileting Wed 10th January 10-11a.m. online & 1.30-2.30 p.m. in person

Using Visuals Wed 24th Jan 10-11a.m. online & 1.30-2.30 p.m. in person

Friendships Wed 7th February 10-11a.m. online & 1.30-2.30 p.m. in person

Managing Emotions Wed 28th Feb 10-11a.m. online & 1.30-2.30 p.m. in person

Breaks Wed 13th March 10-11a.m. online & 1.30-2.30 p.m. in person

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.

Fortnightly Phone line (mornings) and drop-in (afternoons) Spring 2024:

Wednesday 17th January 9 a.m. -12 noon & 1.30 - 2.30 p.m.

Wednesday 31st January 9 a.m. -12 noon & 1.30 - 2.30 p.m.

Wednesday 21st February 9 a.m. -12 noon & 1.30 - 2.30 p.m.

Wednesday 6th March 9 a.m. -12 noon & 1.30 - 2.30 p.m.

Wednesday 20th March NO PARENT OFFER TODAY

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 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.