

INCLUSION NEWSLETTER

MARCH 2024

Keeping
children safe
is everyone's
responsibility



SEND, SAFEGUARDING AND WELLBING

Celebrating our School Community

This half term we have been continuing to celebrate and educate on the similarities and differences we all have within our school community.

Two of our Core Values - Inclusion and Individuality - reflect our dedication to this important issue.

Diversity Day

Pupil Parliament decided their focus this year would be to hold a Diversity Day. The children spent the day travelling the world, experiencing different cultures.

We are now in the month of Ramadan, with Eid coming up just after the school holiday, which some of our families celebrate.

We will be doing some assemblies about this and giving children the opportunity to share their experiences in class.



Easter Holidays

It's lovely to have two weeks off school but sometimes holidays can be quite stressful. Here are ten tips to help you make the most of the time off

1. **Have an activity jar - get everyone to think of a few things they would like to do**
2. **Don't go overboard - you don't need to plan for every minute. Downtime is very valuable too**
3. **Build a routine - try to keep mornings and bedtimes as routine as possible**
4. **Arrange playdates**
5. **Make time for you**
6. **Family Rules**
7. **Get outside**
8. **Create a menu**
9. **Set screen-time rules**
10. **Go to holiday clubs**



Wellbeing in Mind

This term we have welcomed the Wellbeing in Mind team to Park Grove. The team have done some work with staff and met many parents at the stand at parents' evening already. From next term they will be in school one day every week to support with wellbeing.



Tees, Esk and Wear Valleys
NHS Foundation Trust

Who are we?

The Wellbeing in Mind Team (WiMT) is your local Mental Health Support Team. We provide mental health and wellbeing support in educational settings through three pillars:

1

Whole School Approach

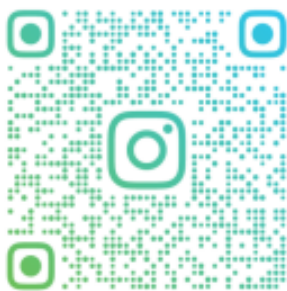
We work collaboratively with your setting to develop their whole school approach to mental wellbeing. There is no 'one size fits all' and WiMT will be responsive to your school's needs.

2

Advice

We provide timely advice to school staff, and liaise with external services, to help pupils, students and staff to get the right support for their wellbeing.

Find out more



@WELLBEINGINMIND.MHST

3

Direct work

We provide an early intervention service, delivering time limited evidence-based interventions to support people with mental wellbeing issues. These could take place through 1:1, small group or parent-led support sessions.



Speak to the WiMT team in school



teww.wimtyork@nhs.net

Autism Support

The specialist Teaching Team for Autism offer support for parents through talks on different topics, 1-1 phone calls or drops ins. Please see the flyer below for more information.



Autism Support for Parents from the Specialist Teaching Team for Autism



Wednesdays Summer 2024

Fortnightly Topic Talks Summer Term 2024:

Sleep Wed 17th April 10-11a.m. online & 1.30-2.30 p.m. in person
Anxiety Wed 1st May 10-11a.m. online & 1.30-2.30 p.m. in person
Managing Meltdowns 15th May 10-11a.m. online & 1.30-2.30 p.m. in person
Transitions Wed 5th June 10-11a.m. online & 1.30-2.30 p.m. in person
Successful trips out Wed 19th June 10-11a.m. online & 1.30-2.30 p.m. in person
Online Safety Wed 3rd July 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) Summer 2024:

Wednesday 10th April 9 a.m. -12 noon & 1.30 - 2.30 p.m.
Wednesday 24th April 9 a.m. -12 noon & 1.30 - 2.30 p.m.
Wednesday 8th May 9 a.m. -12 noon & 1.30 - 2.30 p.m.
Wednesday 22nd May 9 a.m. -12 noon & 1.30 - 2.30 p.m.
Wednesday 12th June 9 a.m. -12 noon & 1.30 - 2.30 p.m.
Wednesday 26th June 9 a.m. -12 noon & 1.30 - 2.30 p.m.
Wednesday 10th July 9 a.m. -12 noon & 1.30 - 2.30 p.m.

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.

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.



Fairy Trail Easter Activities

We are really lucky to have the Fairy Trail on our doorstep at the River Foss. If you are looking for a fun free activity to do during the holidays they are holding a Nature Festival and an Easter Egg hunt.

HAPPY Easter



Come and join us for an
Easter Treasure Hunt on
Saturday 30th March,
11am-1pm at the picnic
tables




Nature Festival
Saturday 27 April, 1pm – 3pm
At the picnic tables

Come along and celebrate the nature around us

This event is in conjunction with the York City Nature Challenge, lets help them capture Yorks diverse wildlife!

Find out about :

- St Nicolas Fields green corridors
- The River Foss Society's work with Voles, Otters and Mink
- York Birds of Prey Centre
- Kids fun with crafting and story telling (2pm)