

INCLUSION NEWSLETTER

MAY 2024

Keeping children safe
is everyone's
responsibility



SEND, SAFEGUARDING AND WELLBEING

Welcome to the Wellbeing in Mind Team

The Wellbeing in Mind Team have now started working in school to support with mental health and wellbeing. They have provided workshops for Year 6 prior to SATs, run assemblies and will be working across the school every week going forward. Below is a reminder of the type of work they will be doing.



Siobhan Taylor



Kirsty Hannam



NHS
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

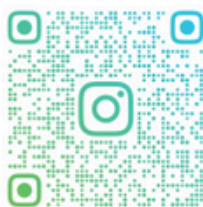
We work collaboratively with your setting to develop their whole school approach to mental wellbeing. There is no 'one size fits all' and WiMT will be responsive to your school's needs.

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

Half Term Activities

If you are looking for activities to do over half term, Transpennine Trail have shared this pack full of fun activities for the holidays that include making a raft out of twigs, making butterfly cakes, learning about Spring flowers and honey bees, and helping us at TPT HQ to celebrate the Trail's 35th Birthday with some fun activities.

The pack is aimed at primary school children with help as necessary from their parents or carers, and older children may enjoy some of the activities too.

The activity pack can be used 'on the go' by downloading it to a mobile or can be printed at home.

They are also happy to send out printed copies to people who don't have a printer or are unable to access the PDF. All they need to do is email us their address and we post it out to them. ALL information can be found through the link below.

<https://www.transpenninetrail.org.uk/welcome-to-our-childrens-page>



Kids Eat Free

If you are looking for some good deals for eating out over half term, lots of cafes and restaurants offer good deals where kids eat free or at a reduced price over half term.

PLACES WHERE KIDS EAT FREE (OR FOR £1) DURING MAY HALF TERM 2023
COURTESY OF MONEY SAVING CENTRAL

SAINSBURY'S CAFES
Kids eat for £1 with the purchase of an adult hot main. From 11:30am every day.

ASDA
Kids eat for £1 All Day. Every Day at Asda cafes, with no adult spend required.

SIZZLING PUBS
Every Monday to Friday, 3 - 7pm, kids' mains are £1 with every adult meal.

BEEFEATER & BREWERS FAYRE
Two children under 16 can get a free breakfast every day with one paying adult!

THE REAL GREEK
Kids under 12 eat FREE every Sunday for every £10 spent by an adult

TABLE TABLE
Two children under 16 can get a free breakfast every day with one paying adult!

TRAVELODGE
Buy 1 Adult Breakfast from just £8.99 & up to two kids eat breakfast for free

HUNGRY HORSE
Kids eat for £1 on Mondays & up to 2 Kids get free breakfast with 1 adult breakfast

PREMIER INN
Buy 1 Adult Breakfast from just £8.99 & up to two kids eat breakfast for free

IKEA
Kids get a meal from 95p daily from 11am

MORRISONS
Spend £4.49 & get one free kids meal all day, every day.

GORDON RAMSEY RESTAURANTS
Kids under 8 eat FREE all day, every day at selected Gordon Ramsay restaurants

PRETO
Kids up to age 10 eat free all day, every day with paying adults at Preto in Half Terms

BILLS
2 kids eat FREE all day, every day from Monday 29th May - Friday 2nd June

BELLA ITALIA
Children eat for £1 with any adult main. The offer is valid 4-6pm Mon to Thurs.

WHITBREAD INNS
Two kids under 16 eat for FREE with every adult breakfast purchased

SA BRAINS PUBS
Children can eat for £1 with any adult main. Valid All Day Wednesdays

FUTURE INNS
Under 12's eat for free with any adult meal. During the school holidays

PAUSA CAFE @ DUNELM
Kids get 1 mini main, 2 snacks & a drink FREE with every £4 spend after 3pm

TO BE CONFIRMED...
M&S, YO! Sushi, Tesco and Farmhouse Inns

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Coffee Afternoon

We will be holding a coffee afternoon on Wednesday 10th July from 2-3pm, for any parents of children who have additional educational needs or worries around wellbeing and mental health. It is open to anyone and will give you an opportunity to meet the Wellbeing in Mind team and the school pupil support team, as well as other parents who may be experiencing the same worries. We will send more information nearer the time.



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

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



SOMETHING FREE FOR PARENTS....

FINDING A WAY TO RELAX AND DO SOMETHING DIFFERENT IS GOOD FOR MENTAL HEALTH AND WELLBEING. WHY NOT GIVE THESE FREE CREATIVE WRITING WORKSHOPS GO - THEY ARE FREE AND ALL ABOUT THE GROVES!

Future Groves - Creative Story Workshops

Come and be part of an exciting 8 week project learning to make and tell stories!

Theatre @ 41 are teaming up with Next Door But One, The Groves Association and We Are The Groves to run a series of creative workshops which will use a combination of creative writing and drama activities to help you discover, tell and retell stories inspired by the history of The Groves.

Whether you are an experienced writer, a polished performer or someone who just wants to learn new creative skills then these workshops are for you.

When

**Mondays 7.30pm-9.30pm (27th May - 15th July)
plus Saturday 20th July 10am-4pm**

Where

Theatre @ 41, 41 Monkgate, York, YO317PB

Who

**Adults (18+) with priority places for past and current residents of
The Groves**

How

**Book for free via www.nextdoorbutone.co.uk
or email nextdoorbutone@outlook.com if you have any questions**