



## Welcome to our Summer St Joseph's RC Primary School SEND Newsletter!

Each term, our newsletter will provide information about a focus of SEND at St Joseph's Catholic Primary School. We will also keep you updated with the Hereford local offer and guidance.

### Welcome!



I am Mrs. Gurney, and as St Joseph's Special Educational Needs and Disability Coordinator (SENCO), I am here to offer support and advice regarding additional needs or SEND support for your child.

As a school, we value the engagement of our parents so please do not hesitate to get in touch if you have any questions. My contact email address is: [igurney@st-josephs.hereford.sch.uk](mailto:igurney@st-josephs.hereford.sch.uk)

Alternatively, you may find further information using this QR code about our SEND provision on the school website:



### Contents of this terms newsletter:

- Welcome
- Herefordshire Local offer
- Mental Health across the curriculum
- Our wellbeing Warriors
- Sleep support
- Transitioning
- Mental Health Support for families in Herefordshire
- 'Turn up Tuesday' Poster

Thank you to the families that joined Mrs. Trivett and I for our first 'Turn Up Tuesday' introducing ELSA.

It was lovely to see you all!

**SENDIAAS** (Special Educational Needs and Disabilities (SEND) Information, Advice and Support Service (IASS) will be joining us in September to discuss how they support children and families in Herefordshire.



### Mental Health and Wellbeing edition

At St Joseph's, we are committed to supporting the emotional health and wellbeing of our pupils and staff. We understand that life experiences can sometimes leave us feeling vulnerable and in need of emotional support.

As a team, we view that positive mental health should be supported by everyone across the school and we all have a role to play.

We offer different levels of mental health and wellbeing support including within school including:

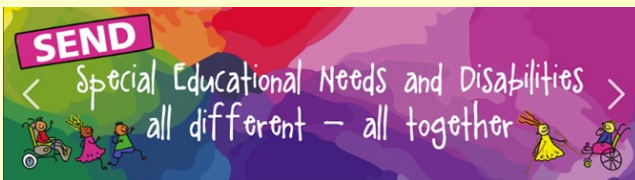
**Universal Offer** - our school ethos and curriculum support all pupil's needs.

**Targeted support** - for pupils who require a more personalised



[Herefordshire.gov.uk](http://Herefordshire.gov.uk)

Herefordshire's Local SEND offer and guidance can be found here!





## Mental Health and Wellbeing across St Joseph's

We want all pupils at St Joseph's to value their own self-worth, empathise with others and make a positive contribution to our community. Children should be encouraged to have high aspirations for the future and have the courage to bounce back from failures or challenges and grow as an individual.

Our planned curriculum programme of learning opportunities and experiences specifically promotes children's personal, social and health development and helps them to grow as individuals and as members of families and communities. Our PSHE curriculum equips children and young people with knowledge and practical skills to live healthy, safe, fulfilled, and responsible lives, both now and in the future. Through the explicit teaching of mental and emotional health, we promote pupils' wellbeing through an understanding of their own and others' emotions and the development of healthy coping strategies. It also contributes to safeguarding, providing pupils with knowledge, understanding and strategies to keep themselves healthy and safe, as well as equipping them to support others who are facing challenges.

## Welcome to St Joseph's Wellbeing Warriors!



Look out for their badge!

### What are 'Wellbeing Warriors'?

Wellbeing Warriors are children who meet regularly and are responsible for ensuring our pupils have a healthy lifestyle, body and most importantly mind. They will work together to tackle issues identified and help to convey key messages to our pupils and staff.

### What will the 'Wellbeing Warriors' do?

Wellbeing Warriors will meet and talk about how we can improve pupil wellbeing across the school. They may lead on activities, initiatives and developing resources for the school. They will also represent their year groups and classes and bring any issues, ideas or thoughts to meetings.

Children from years 2-6 applied to become a Wellbeing Warrior for the Summer term, it was a tough field! They all explained how they would be able to help our school community and what strengths they could bring to the team.

Well done everyone!



### Pupil voice on Wellbeing at St Joseph's School

We have assemblies and PSHE lessons to help us learn about wellbeing

Adults always ask how you are!

I know who I can go to if I need to talk to someone, they are always there to listen to me.

## Mental Health and Wellbeing across

### Weekly meetings so far:

- 1) Welcome
- 2) Gathering ideas for wellbeing
- 3) Planting Sunflower seeds; one for each class. As plants are known to enhance your mood and create a soothing environment.
- 4) Choosing positive affirmations to share
- 5) Learning different breathing techniques to help support worries and anxiety.



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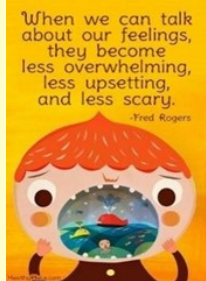
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## Five ways to wellbeing



## Mental Health and Wellbeing- The importance of sleep

Sleep is a primary activity of the brain and is essential to healthy development in children and young people.

In children aged 6-13, it is recommended by NHS England that they have 9-11 hours of sleep a night.

### Facts about sleep:

The circadian rhythm or internal 'Body clock' tells us when to sleep and when to wake up, regulating our sleep pattern. Moving in a 24-hour daily cycle the circadian rhythm responds mainly to daylight.



We all go through sleep cycles. We move through light sleep, deep sleep, dream sleep, waking and then going back to sleep. Each of these cycles lasts for approximately 90 minutes. Brief waking after each cycle is part of a normal sleep pattern.

### Why is sleep so important for children and young people?

- Sleep promotes growth
- Sleep helps the heart and the immune system.
- Reduces injury risk.
- Increases attention.
- Boosts learning.

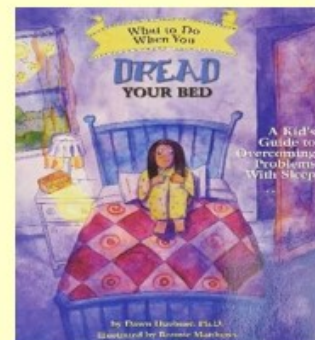
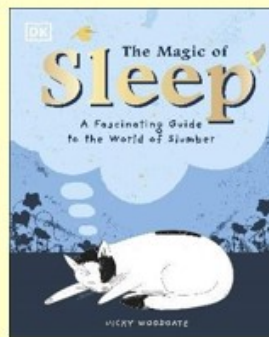
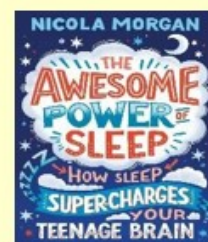


### Developing good sleep habits:

- Have a regular routine which includes going to bed at the same time each night and waking up at the same time each morning.
- Limit screen time before bedtime.
- Have a warm bath or shower 1-2 hours before bed.
- Exercise regularly during the day.
- Make sure your bedroom is comfortable.

### Sleep resources:

Some recommended books about sleep



### Audio books and night lights



### Parents and carers guide to Sleep leaflet available at reception!

#### Time to Sleep

How to get a good night's sleep



#### Growth and Repair

2

Growing

While you sleep, your body works its magic to help you grow. If you want to be as tall as a giraffe or as strong as a superhero, sleep is your secret helper.



Repair

Sleep repairs your body. It mends and fixes any tiny damages that happen during the day, making you strong and healthy. Have you ever gone to bed with a pain in your leg or arm and by morning it has magically GONE? That's how to sleep repairing your body.

#### Power of Routines

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The power of routines

A sleep time routine helps your body and mind know it is bedtime.

A routine is a plan for your body and mind to know it is now time for sleep.

- Some ideas for sleep:
  - Go to bed at the same time each night. This helps your body to know it is bedtime.
  - Turn off computers, phones, tablets and TVs at least 1 hour before you go to bed. Did you know that screens interfere with your sleep?
  - Read a story to help your mind relax. Make sure it

#### Nighttime Worries

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Nighttime worries and scary dreams

Sometimes you might feel a bit scared at bedtime. You might have worries or dreams that make you feel scared, but that's completely okay. It happens to everyone. Let's find some ways to handle these nighttime worries:

Bedtime talk

Before you close your eyes, talk to a grown-up you trust. Share your worries and feelings.

### 10 TIPS FOR BETTER SLEEP

CREATE THE RIGHT ENVIRONMENT FOR SLEEP zzzz...

NAP IF YOU MUST

EXERCISE HELPS YOU SLEEP BETTER

WHAT YOU EAT MATTERS, Too

SOME SLEEP POSITIONS ARE BETTER THAN OTHERS

SCREEN TIME IS NOT GOOD FOR SLEEP TIME

SLEEP USUALLY BEATS working out

WHAT YOU WEAR TO SLEEP MATTERS

KNOW YOUR SLEEP NEEDS myfitnesspal

KNOW YOUR SLEEP CYCLES



## Supporting Transition at St Joseph's

Transition, whether it is to a new class or a new school, can be a difficult time and we endeavour to make sure that we ensure that this process is as smooth as possible for pupils and parents.

### Transition to a new class @ St Joseph's

All teachers work closely together to prepare for transition from year to year. Meetings are held to discuss pupils and information is passed on in advance of the new academic year beginning.

For pupils with SEND, Support plans and or EHCP's are shared with the new teachers and carried forward until October half term so that there is continuity in provision. Some children with SEND may need transitional visits to their new classes and this is arranged during the summer term. Social stories may also be used to support transition for pupils with Autistic spectrum conditions (ASC) or particular anxiety.

All pupils visit their new class during the summer term where they can meet their new teacher and begin their transition journey.

### Year 6 to Year 7 Transition

Year 6 pupils are supported through their transition from primary to their chosen High school.

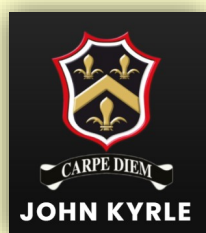
During the summer term, the pupils meet the schools 'Year 7 pastoral lead' and are given the opportunity to ask questions or raise concerns about their next step to High school.

Within class, teachers complete work around transition with all Y6 pupils to offer strategies, advice, and reassurance about the next step on their educational journey.

Each High school is providing transition days where the children will visit their new school and SEND pupils have the option of extra transition opportunities if they would like them.

## Transition Top Tips for kids

- Look on the school website to find out information about your new school.
- Plot and travel the route to your new school before you start in September.
- Practise getting ready for school - make a list of everything you will need.
- Find out who else is going to your new high school with you.
- Find out the school rules so that you know what you are allowed/not allowed to do.
- Check to see if you need an appointment to purchase new high School uniform.



[John Kyrle High School - Welcome \(jkhs.org.uk\)](http://jkhs.org.uk)



**ST MARY'S  
RC HIGH SCHOOL**



[St Mary's RC High School - Home \(st-maryshigh.hereford.sch.uk\)](http://st-maryshigh.hereford.sch.uk)



## Mental Health support for families across Herefordshire

[Mental Health Support in Herefordshire and Worcestershire | Talking Therapies \(hwhct.nhs.uk\)](https://www.hwhct.nhs.uk)



The **SilverCloud** programmes are designed to help you improve and maintain your wellbeing by changing the way you think and feel about things.

There are several free programmes you can access, including:

**Positive body image, Stress, Long term conditions and their link to depression and anxiety, Mindfulness, Resilience, Sleep, Money, Depression, OCD** .. and many others.

Self-led online therapy can be accessed for free by signing up to **SilverCloud** with your personal email address and chosen password. Our access code is '**SIGNPOST**' and you will be asked to provide this during the sign up process.



[Home - Kooth](https://www.kooth.com)

[Strong Young Minds | Improving the mental health and wellbeing of young people in Herefordshire](https://www.strongyoungminds.org.uk)



Strong Young Minds is a Lottery funded project delivered by The CLD Trust. We're here to improve the mental health and wellbeing of young people in Herefordshire, and we've been doing that since 2015.

The Strong Young Minds programme is for **all** young people (10 – 26 yrs) in Herefordshire.

We work with young people to address issues which can have a negative effect on their mental health and wellbeing – things like anxiety, depression, eating difficulties, self-harm, bullying,



**Moshi sleep and Meditation app for Children aged 4+**

Free trial available visit: [www.moshikids.com](https://www.moshikids.com)



[WELCOME | The CLD Trust](https://www.cld-trust.org.uk)



The CLD Trust is a registered charity established in 1994. Originally set up as a Youth Counselling Trust, it now provides counselling and other talking therapies to children, young people (from the age of 8) and some adults. All our counsellors are fully trained, have up to date enhanced DBS (police record) checks and have wide experience with a wide age-range and the service is accredited with the British Association for Counselling and Psycho-



Look out for our poster with details of the upcoming 'Turn up Tuesday' meetings!

