



Welcome to our Autumn Term SEND Newsletter

Every term, our newsletter will provide information about SEND at St Joseph's Catholic Primary School. We will also keep you updated with Herefordshire's 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

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



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- Mental Help support for families across Herefordshire
- St Josephs Outdoor classroom project

Our first 'Turn up Tuesday' this term is on **Tuesday 10th December at 1:30pm** in our school library.

We have our School Nurse Nikki Lawley joining us as a guest speaker.

She will be able to share how she supports

St Joseph's and the community. She is more than happy to answer any questions you may have!

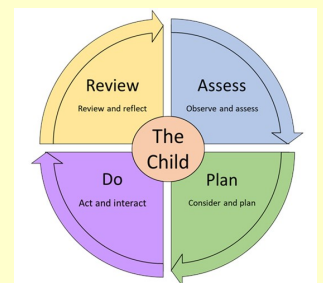


Early Identification at St Joseph's

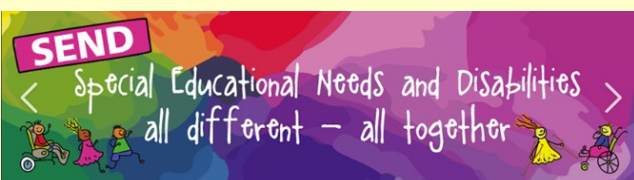
At St Joseph's, the children are at the heart of everything we do. We aim to identify the needs of all pupils as early as possible. This is part of our graduated approach, in which we **Assess, Plan, Do, Review**. This on-going cycle ensures effective provision is put in place and also removes barrier to learning. We have a range of interventions taking place daily in our school to meet the needs of all children. Further information about our identification and provision can be found on the SEND section of our website:

[SEND | St Josephs RC Primary School](#)

If you have any concerns about your child or their progress; please contact either the class teacher or



Herefordshire.gov.uk



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





Wellbeing Warriors

Welcome to our Spring Term Wellbeing Warriors!

Year 2: Jorgie and Jack

Year 3: Isla W and Isla H

Year 4: Karla and Archie P

Year 5: Matthew and Ned

Year 6: Henry H and Evana



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.



Five ways to wellbeing

Summer Term 2024 Pupil voice on Wellbeing at St Joseph's School

I really enjoyed hearing jokes at playtimes, it made me laugh!

My teacher checks in with me.

I know I can to speak to Mrs Trivett if I have any worries.



Turn Up Tuesday- School Nurse coming as

Turn Up Tuesday

This term our guest speaker is Nikki Lawley, Our School Nurse!

TUESDAY 10TH DECEMBER

1:30-3pm in our school library



Come and join us for our friendly and informal half-termly Meetings, everyone is welcome!

A chance to ask any questions and see how our Herefordshire services support us.

Led by Mrs. Gurney (School SENDCo)



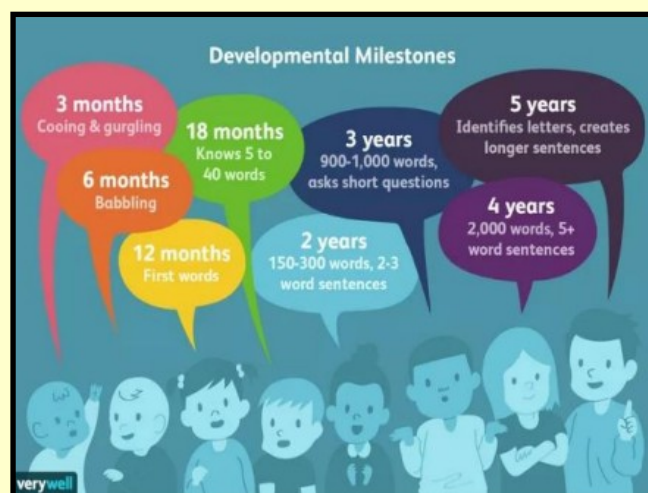


Hearing the words 'Special Educational Needs' or 'Learning difficulty' can be a worrying experience for parents especially if little is known about the different 'terminology, phrases, conditions and diagnosis that are often talked about by professionals. At St Joseph's, we want to help parents to make sense of the 'jargon' and give some guidance, advice and ways you can help your child at home.

SEND In focus

Speech, Language and Communication Development for Primary school children

Speech, language and communication skills are crucial to young children's overall development. Being able to speak clearly and process speech sounds, to understand others, to express ideas and interact with others are fundamental building blocks for a child's development. By the time children start school, they should be able to understand simple who, what and where questions and talk in sentences so that people can understand them. They should also enjoy playing, listening to stories, joining in with nursery rhymes and having conversations.



How can parents support speech and language at home:

- Spend time together talking - be a good role model; listen to your child - speak clearly and slowly
- Make time to sit down with your child to talk about their day, what they have enjoyed.
- Playing games/board games with a focus on turn taking, following rules, and discussing feelings about winning and losing.
- Spend time reading/listening to audio books - bedtime stories - talking about the pictures, thoughts, and feelings about the characters, encouraging predictions.
- Talking about different environments - what can you see around you; making links - e.g. conkers from trees in autumn; autumn leaves - colour changing;
- Create a language-rich environment.
- Enjoy rhymes, songs together.
- Make language fun.
- If you would like any further information about how to support your child's speech and language, please contact Mrs. Gurney, the school SENCO.

[Best Games for Speech Therapy \(annadeeslp.com\)](http://annadeeslp.com)

[Resources for Children's Speech and Language | Herefordshire and Worcestershire Health and Care](#)

[NHS Trust \(nacw.nhs.uk\)](http://nacw.nhs.uk)

These two websites has lots of fantastic advice and resources for parents to help support their child at home with any Speech and language difficulties, please take a look!

Children's Speech and Language
Therapy Resources





ELSA– (Emotional Literacy Support Assistant) support at St Joseph’s Catholic School

ELSAs are trained to **plan and deliver programmes of support to pupils** in their school who may be experiencing temporary or long term additional emotional needs.

The ELSA resources we use at St Joseph’s come highly recommended by educational psychologists across the country. The resources are widely used by NHS staff (GPs, nurses and counsellors), Private counsellors, CAMHS, Educational Psychologists and other professionals in the field of child mental health and education.

Mrs. Trivett has been a fully trained ELSA for over 3 years, and continues to have termly meetings and training with our Local Authority Educational Psychologist. This is our current space! Please help us to make it more inviting for the children.



If you have any fidgets or sensory toys, or know someone who does that would be happy to donate them; we would absolutely LOVE them! Our ELSA room and SEND department would benefit greatly.

All donations welcome!

Thank you so much!



HELP Needed!

Fidgets



Last term we were so fortunate as the FSJ purchased a fantastic Wobble stool and wobble cushions which have helped many children already. Thank you again FSJ!



Lava Lamp



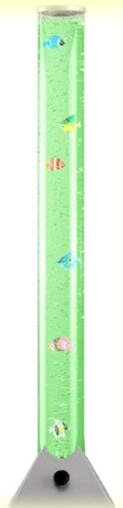
Wobble stools

If you happened to use any large bubble wands over the summer, please could you bring in the empty tube? The Wellbeing warriors would like to make sensory liquid tubes this term for all the classes!

WE NEED YOUR HELP

Sand timers

Liquid timers





Mental Health support for families across Herefordshire

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



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



[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-

WE NEED YOUR HELP



We need YOUR support

St Joseph's RC Primary School Outdoor Classroom Project

ST JOSEPH'S RC PRIMARY SCHOOL OUTDOOR CLASSROOM PROJECT



We're on a mission to raise £12,000 for an education project at St Josephs RC Primary School. Our goal is to build an outdoor classroom that will serve as a safe haven for children with additional needs and sensory difficulties. By creating this nurturing space, we aim to enhance the emotional literacy and overall well-being of our young learners at St Joseph's.

Thank you for considering our cause!



5 Ways To Wellbeing



DONATE NOW WITH JustGiving™



PLEASE VISIT OUR JUST GIVING PAGE FOR FURTHER INFORMATION

A cabin like this!



www.st-josephs.hereford.sch.uk



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