



Inclusion Matters!



Dear Parents,

Welcome to the first edition of Inclusion Matters! I wanted to put together this parent newsletter as a way of communicating useful information with you and providing more resources that could support your children at home. In each edition, I will focus particularly on an area of SEND but will aim to provide useful links for all areas. I would welcome any feedback and if there is a particular area of SEND that you would like to know more about then please get in touch so I can include in the next edition.



Miss Ritchie, SENDCo



Links to local offer:

<https://www.plymouthonlinedirectory.com/>

<https://www.plymouthonlinedirectory.com/plymouthlocaloffer/about>

Our SEND Information Report 2021 can be found here:

shorturl.at/gyBUZ





What is Anxiety?

Anxiety is feeling of worry or fear that is experienced as a combination of physical sensations, thoughts and feelings.

All children and young people feel worried sometimes, and this is a normal part of growing up. At certain points, such as on their first day of school or before an exam, young people may become more worried, but will soon be able to calm down and feel better.

Anxiety can become a problem when a young person feels stuck in it, or when it feels like an overwhelming, distressing or unmanageable experience. If this kind of worrying goes on for a long time, it can leave a young person feeling exhausted and isolated, and limit the things they feel able to do. (Young Minds)

Videos and resources

This video uses a great analogy to help understand why some children and adults become more anxious than others and how to help.

<https://www.youtube.com/watch?v=1KYC5SsJjx8>

This link is great to show how you might start a conversation with an anxious child:

<https://youngminds.org.uk/starting-a-conversation-with-your-child/starting-the-conversation/>

Other useful links:

<https://www.bbc.co.uk/newsround/25036313>

<https://www.childline.org.uk/toolbox/videos/managing-stress-anxiety/>

<https://www.mind.org.uk/>

<https://www.orestonacademy.com/wellbeing-and-mental-health/>



Useful links for areas of SEND

Speech and Language:

<https://www.thecommunicationtrust.org.uk/resources/resources/resources-for-parents>

<https://ican.org.uk/a-message-to-our-supporters-on-coronavirus/activities-to-develop-speaking-and-listening-skills>

<https://www.callscotland.org.uk/downloads/posters-and-leaflets/android-apps-for-complex-communication-support-needs>

Social, Emotional and Mental Health

<https://www.understood.org/en/school-learning/learning-at-home/games-skillbuilders/social-emotional-activities-for-children>

<https://www.elsa-support.co.uk/category/free-resources/>

Cognitive and Learning

<https://www.callscotland.org.uk/downloads/posters-and-leaflets/android-apps-for-learners-with-dyslexia/>

https://www.booksfortopics.com/dyslexic-readers?fbclid=IwAR1_cTqfjigl-KkzG9UVxUq_cwmZfBJ9yIvdA6R5utt-Jbxer7Xy6xLaolY

Sensory and/or Physical needs

<https://www.griffinot.com/developing-childrens-fine-motor-skills/fine-motor-activities-with-kim-griffinot/>



Contact details:

senco@oreston.com

admin@oreston.com