



Inclusion Matters!



Dear Parents,

Welcome to the fifth edition of Inclusion Matters! I hope that you will find some useful information about children's mental health and wellbeing.

I have recently completed a 5 day course with Trauma Informed Schools UK (TISUK) which will be very beneficial for us as a school as we continue to improve and review the support in place for children to help them with their mental health and wellbeing.

Children's Mental Health Week 2023 (week beginning 6th February) will be a focus for us in school and class teachers will be using this week to remind and re-teach children about the importance of mental health.

If you have any feedback from this newsletter or would like to request some information on a particular area of SEND, please complete this feedback form <https://forms.office.com/e/GQzGy5fA1E>



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Links to local offer:
<https://www.plymouthonlinedirectory.com/>
<https://www.plymouthonlinedirectory.com/plymouthlocaloffer/about>
Our SEND Information Report can be found here:
<https://www.orestonacademy.com/send/>





Acronyms you may see or hear us talk about...

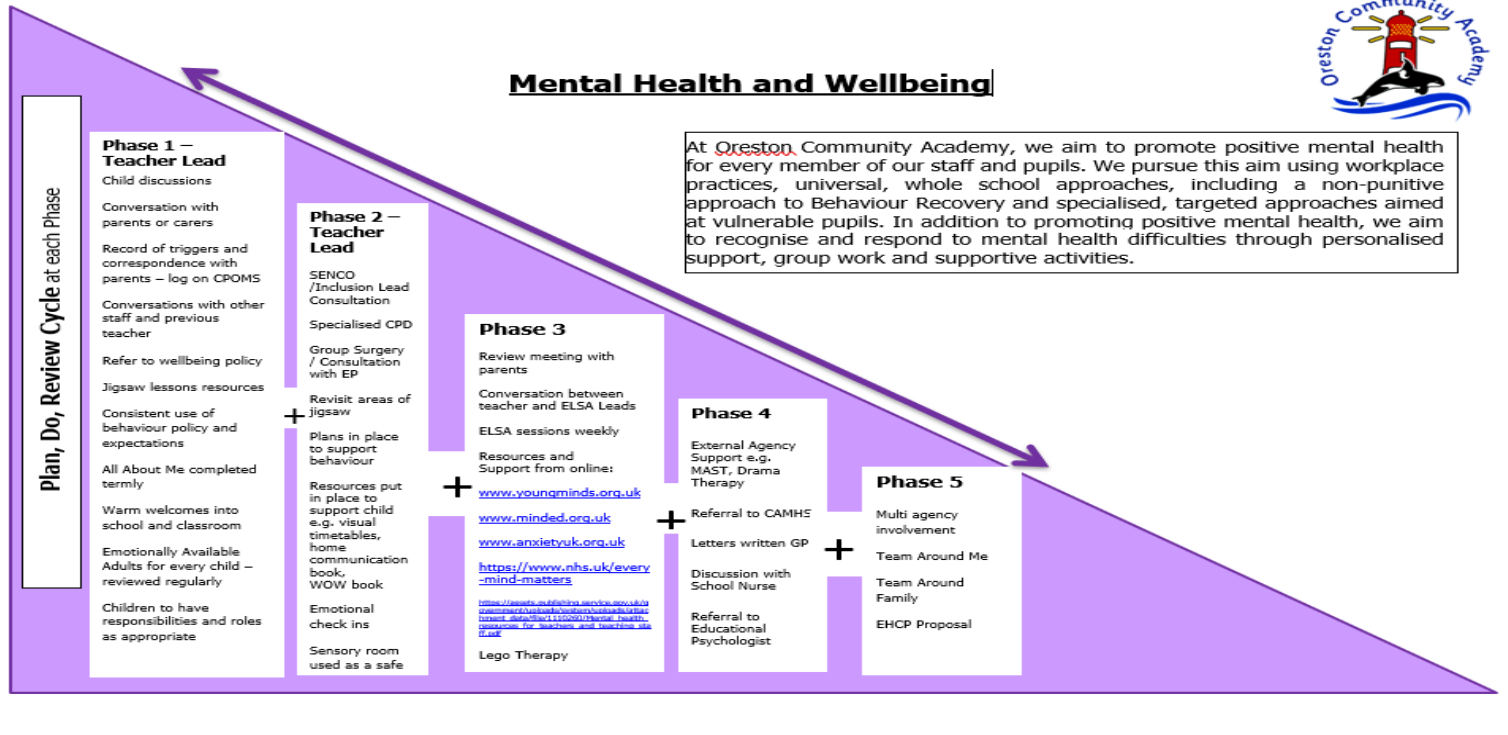
ADD	Attention Deficit Disorder	KS	Key Stage
ADHD	Attention Deficit & Hyperactivity Disorder	LAC	Looked After Child
ASD	Autistic Spectrum Disorder	LA	Local Authority
CAF	Common Assessment Framework	NC	National Curriculum
CAMHS	Child & Adolescent Mental Health Service	OT	Occupational Therapist
COP	Code of Practice	SaLT	Speech & Language Therapy
CP	Child Protection	SEN	Special Educational Needs
EAL	English as an Additional Language	SEND	Special Educational Needs & Disability
EHCP	Education, Health and Care Plan	SENDCo	Special Educational Needs Coordinator
EP	Educational Psychologist	SpLD	Specific Learning Difficulty
FSM	Free School Meals	TAF	Team Around Family
HI	Hearing Impairment	TAM	Team Around Me
IEP	Individual Educational Plan	VI	Visual Impairment

How do we support Children at Oreston?



Mental Health and Wellbeing

At Oreston Community Academy, we aim to promote positive mental health for every member of our staff and pupils. We pursue this aim using workplace practices, universal, whole school approaches, including a non-punitive approach to Behaviour Recovery and specialised, targeted approaches aimed at vulnerable pupils. In addition to promoting positive mental health, we aim to recognise and respond to mental health difficulties through personalised support, group work and supportive activities.



The above diagram is our graduated approach in supporting children with their mental health and wellbeing. This document is already being used by staff but some changes have been made since my recent Trauma Informed training.

One of the Trauma Informed Schools UK models that I learnt about on the course was the **PACE** model:
P-playful, **A**-accepting, **C**- curious and **E**- empathetic

Research shows the empathy can have an incredible impact on long term mental health. The training provided us with examples of sentence starters for both children and parents when having a conversations that might feel difficult.

Child to Parent

- I like it when you ...
- I don't like it when you .
- I like it when together we ...
- I wish together we could ...
- I can't get you to understand that...
- It feels like you don't understand that ...
- I am frightened of you when you ...
- I feel angry with you when ...
- I feel sad when you
- I feel good when you ...

Parent to child (after listening)

- I was surprised when you said...
- I didn't know that you felt...
- I was sorry to hear that...
- I feel hurt that...
- Thank you for letting me know that...
- I am delighted to hear that you...
- I agree with you when you said that....
- I am really thinking about what you said about...



Where can you get more support and advice?

Every Mind Matters <https://www.nhs.uk/every-mind-matters/supporting-others/childrens-mental-health/>

Young Minds <https://www.youngminds.org.uk/>

SHOUT: SHOUT provides free, confidential, 24/7 text message support in the UK for anyone who is struggling to cope and anyone in crisis. You can: text SHOUT to 85258 This service is free on all major mobile networks

ChildLine: ChildLine provides a confidential telephone counselling service for any child with a problem. It comforts, advises and protects.

The Mix: The Mix provides a free confidential telephone helpline and online service that aims to find young people the best help, whatever the problem. You can: call 0808 808 4994 for free - lines are open from 11am to 11pm every day access the online community email The Mix

Samaritans: Samaritans are an organisation you can ring at any time of the day or night. They'll help you and listen to how you're feeling. You can: call them on 116 123 or email them jo@samaritans.org

www.minded.org.uk

www.anxietyuk.org.uk

**We hope to see you at the
'Parents of Children with SEND
Coffee Morning' on 1st March
2023 at 9am.**

Thank you for reading!