

SEND NEWSLETTER

Seal Church of England Primary School

2024

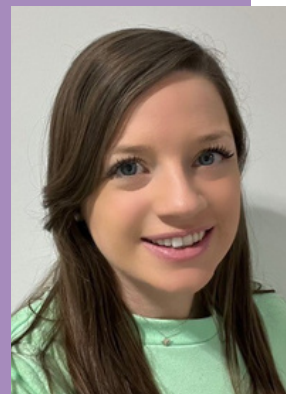
Signposting for parents and carers

I would like to take this opportunity to wish you all a happy new year!

I hope you find this annual SEND newsletter helpful. It aims to collate a range of valuable resources, materials, websites, help and support that is available to parents and carers. All information shared should be linked so you should be able to click on the text and it will take you through to the resource or website.

Introduction

Hello, my name is Sarah Ellsworth and I am the SENCO at Seal Church of England Primary School. I work 5 days a week and available via email during the week.



sellsworth@inspiream.org.uk

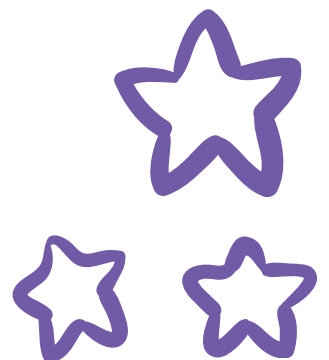
Can you help us?

We are hoping for a few nimble fingered parents/carers who may be able to make us a few weighted blankets!

Weighted blankets are a wonderful way of offering sensory and calming support to children. The cost of these blankets online are ever increasing.

These can be made really easily by filling material (the size for a child's lap blanket) with dried rice. You can even add a little lavender to add a calming scent!

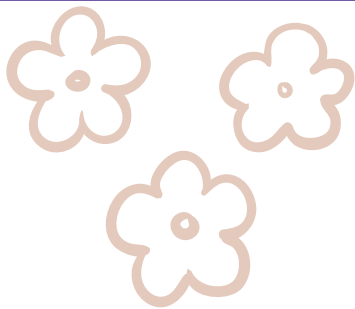
The stitching will need to be very sturdy and durable for the young children to use safely.



Well-being

We have a wide range of resources and links available on our website in our SEND and well-being section.

[CLICK HERE](#)



Support and resources available to children in Kent.

i-THRIVE is a new mental health support tool for young people which helps them find extra emotional wellbeing and mental health support they need when facing difficult situations.

KCHFT offers a range of resources, information, advice, and guidance including how to access counselling support.

Visit **Kent Resilience Hub** where you can increase your understanding, find approaches and tools or navigate your way to support and services relating to resilience and emotional wellbeing.

MOODSPARK

At Seal Primary we use a number of strategies to support children's mental health and wellbeing. A key element we focus on is helping children to understand their feelings and emotions and looking at strategies to support these feelings.

Some of the resources we have found helpful are:

zones of regulation

The anxiety gremlin

The colour monster



Family Fund
Helping disabled children

ADHD support

Find Kent's handbook including sections on where to go for help with health, education, rights and benefits and tip's to manage behaviour at home for those with ADHD.

ADHD handbook

The school health service in Kent offers support and advice to parents and carers on a variety of issues including behaviour, well-being and sleep

0300 123 4496

kchft.schoolhealth@nhs.net

[Online referral form](#)

Grants are available for families on a low income who are raising a child or young person with a long-term disability, disabling condition or life-limiting illness.

[Check eligibility here](#)

Children's therapies - The pod

The pod is a wonderful resource and website for both parents/carers and professionals. It offers a wealth of information and resources for children with speech and language, occupational therapy and physio needs.

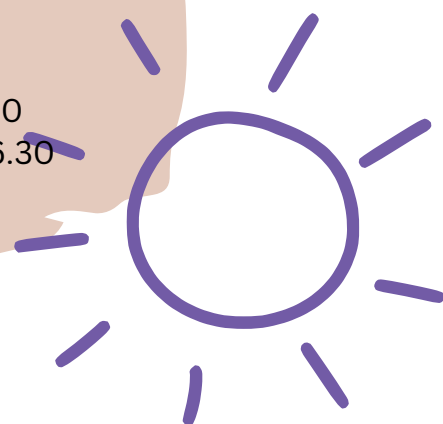
To access the website [click here](#)

They have also set up a free advice line for children not already known to their service.

The Advice Line is open on 0300 123 7004, Monday to Friday, between the following hours:

Speech and Language Therapy – 10.00-12.30 AND 13.30-15.30

Occupational Therapy/Physiotherapy– 9.30-12.00 OR 14.00-16.30





Speech and language support

The children's therapies pod (shared on page 3) contains a huge amount of information and support for children with speech and language difficulties. Another very informative and helpful website for parents and carers is:

The speech and language academy.

If you're looking to support your child's speech development at home give some of these tips a try:

- ✓ blowing bubbles
- ✓ drinking through a straw
- ✓ repeating the word back to them accurately without pointing out that their errors
- ✓ lots of nursery rhymes and stories together

NEW

Kent's new EP phone consultation service

The Kent Educational Psychology Service Parent Consultation Line - gives a free 30 minute phone or video consultation with an educational psychologist

email: kepscommunitysupport@kent.gov.uk



Autism Apprenticeship CIC currently have free appointments available in their advice clinics for families across Kent and Medway. These are for children and young people with or without a diagnosis.

General parent/carer concerns

SLEEP!

Routine can be really valuable when it comes to supporting children with their sleep. Stories and calm time before bed each night and stopping screen time at least an hour before bed is proven to support children with sleep.

For lots of information on sleep, bed times and support click below

[Sleep support](#)

[If you have further concerns it is important to consult your GP.](#)

TOILETING!

Most children will be potty trained at this age but some children can have ongoing issues or bladder or bowel conditions which might make things a bit trickier. [ERIC's guide to potty training](#) is a great resource if you're not quite there yet or if you're thinking of night-time training. ERIC have useful information for carers supporting children with additional needs in potty training. ERIC has a freephone helpline 0808 169 9949 Monday to Thursday, 10am to 2pm.

If you have further concerns then the GP or Health visitor may be able to support with a possible referral to Kent's bladder and bowel nursing team.

Sleep

Eating

Toileting

EATING!

The Kent dietetics website is packed with support around healthy eating, child nutrition and children's diet.

[dietetics website](#)

Parents and carers can often have concerns regarding restrictive eating in children. There is lots of support available for this. Click the link below for further information:

[restrictive eating support](#)

If you have further concerns around your child's eating, please speak to your GP about a possible referral to paediatrics dietetics team.

[Solihull parenting online courses](#)

Kent offer a number of online courses for parents and carers including modules on sleep, behaviour, emotional regulation and different parenting styles.

The password to access these courses for free is:

INVICTA

Further support

For further help or advice please contact:

The Seal Primary safeguarding team

Kent Early help

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Your GP

Seal SENDCO

