

# SUTHERS INCLUSION NEWSLETTER

Term 4 – April 2025

## WELCOME

Welcome to the fourth Inclusion newsletter. It has been an extremely busy term, with our mid-year family reviews, CAS Evenings, Y9 Options Evening, Y11 Information Event and supporting our Year 11 students during their mock exams. We are now planning for 2025/26, with looking at the school priorities and how we can always promote Inclusion throughout the school, to ensure we become fully transformational.

If you would like to speak to us about any concerns or updates, either phone the school office or contact the relevant key adult or safeguarding year group link.



## COMMUNICATION:

Mr Buckberry	Assistant Headteacher / SENDCo Designated Teacher for Children in Care <a href="mailto:SENDCo@suthersschool.co.uk">SENDCo@suthersschool.co.uk</a>
Miss Bentley	Assistant SENDCo / DSL Access Arrangements / Referrals <a href="mailto:SENDCo@suthersschool.co.uk">SENDCo@suthersschool.co.uk</a>
Mrs Whitbread	HLTA / Art Teacher Y7 Key Person <a href="mailto:cwhitbread@suthersschool.co.uk">cwhitbread@suthersschool.co.uk</a>
Mr Morgan	Teaching Assistant / First Aider Y7 Key Person <a href="mailto:cmorgan@suthersschool.co.uk">cmorgan@suthersschool.co.uk</a>
Miss Laws	Teaching Assistant / First Aider Y8 & Y9 Key Person <a href="mailto:hlaws@suthersschool.co.uk">hlaws@suthersschool.co.uk</a>
Miss Waddington	Teaching Assistant / ASDAN Lead Y10 & Y11 Key Person <a href="mailto:lwaddington@suthersschool.co.uk">lwaddington@suthersschool.co.uk</a>

## SAFEGUARDING LINKS:

If you have any queries from a SEND / Inclusion perspective, please contact the key adult in the first instance, as outlined in our newsletter. Otherwise, please contact your child's form tutor in the first instance either via contacting the school office or emailing them directly.

If you have a safeguarding concern, please contact the relevant Year Link for Safeguarding:

Y7	Mr Buckberry
Y8	Mr Lynas
Y9	Miss Bentley
Y10	Miss Allen
Y11	Mrs Redmond

## INCLUSION COFFEE AND CHAT

Thank you to those who attended our rearranged Coffee & Chat session in November 2024 about Demand Avoidance – we had over 20 families attend and it was lovely to network!

We will be hosting our next event on **Wednesday 23<sup>rd</sup> April 2025 (4.30pm – 5.30pm)**. This will have a focus on Interoception and Sensory Needs, and led again by Louise Whitehead from the Communication & Interaction Team, due to popular demand! The Nottinghamshire Parent Carer Forum will also be in attendance, if you want to speak to them directly. Please email [SENDCo@suthersschool.co.uk](mailto:SENDCo@suthersschool.co.uk) to confirm your attendance to the event.



Together achieving better decisions and brighter futures for our families of children and young people with additional needs at The Suthers School.

## COFFEE AND CHAT

Are you a family member of a child or young person with SEND or additional needs?

Join us for a drink and some light refreshments, to learn more about the NPCF and The Suthers School.



The Suthers School,  
Cross Lane, Fernwood  
Newark, NG24 3NH



Join us and let your voice be heard about issues that concern you and your family!

## ATTENDANCE:

We want to take a moment to highlight the importance of regular attendance for our students, particularly those with identified needs. Consistent attendance is vital for academic success and personal development. Each day in school provides valuable learning opportunities and helps foster social connections with peers. To encourage this, we are excited to announce monthly initiatives rewarding students with 100% attendance! By attending every day, your child will not only benefit from their education but also have the chance to earn recognition and rewards. Let's work together to support our pupils in achieving their best. Every school day counts, and we appreciate your partnership in promoting the value of attendance.



## LOCAL OFFER

The Local Offer brings together information for children and young people with special educational needs and disabilities and their families.

It includes advice about health, education and social care for:

- Children and young people from birth to 25 years old with SEND
- Parents and carers of children with SEND
- Providers of services for children and young people

<https://www.nottshelpyourself.org.uk/kb5/nottinghamshire/directory/localoffer.page?newdirectorychannel=9>

## THE VIRTUAL SCHOOL

The Nottinghamshire Virtual School and Nottingham City Virtual School are statutory local authority services whose role is to improve the education of children in, and previously in, care by supporting schools, carers, parents and social workers to help children and young people to have positive educational experiences.

<https://www.nottinghamshire.gov.uk/education/virtual-school/nottinghamshire-virtual-school>

<http://www.nottinghamcityvirtualschool.org.uk/support-and-guidance-3/>

## SUTHERS INCLUSION PADLET

Click on the link or scan the QR code to access our new Inclusion padlet! On the padlet, you will be able to download policies, key documents, information and resources for areas of needs including:

- Communication and Interaction
- Social and Emotional Health
- Sensory Processing
- Cognition and Learning
- Speech and Language Therapy

We will continue to update the padlet regularly. If there is anything you would like to see on the padlet, please contact a member of the Inclusion Team.

<https://padlet.com/sbuckberry/suthers-send-padlet-jb4pc8ahr32ivsbd>



## INCLUSION FOCUS: SLEEP AND MENTAL HEALTH

We all need to sleep and it's an important part of our lives. But many of us have problems with it. These problems can affect you more as a young person, for lots of reasons. Struggling with sleep can feel difficult to cope with. It can affect your child's mental health and wellbeing. This information is for you if you want some support with improving sleep.

How do I get back to sleep if I wake up in the night?

If you have trouble sleeping through the night, you might worry about falling back asleep. Try to remind yourself it's okay and normal to feel this way. It won't last forever. Just lying in bed, even if you're not asleep, can be restful for your body and mind.

- **Help yourself reset:** Keep some things close by for if you wake up. This could be water, an audiobook or playlist ready to play. You might like to listen to sounds that you find comforting, like white noise or nature sounds.
- **Take a break from trying to sleep:** If you've been awake for a long time and can't sleep, it can be helpful to sit up and do something else, like reading. After a while you can try sleeping again.
- **Do a breathing exercise:** You might find breathing exercises helpful, especially if your mind is busy, or if you feel tense.

What things can I try to improve my sleep now?

Going to bed and getting up at the same time can help you go to sleep more easily. This can be difficult depending on your schedule or mood, so try not to worry if you can't do this. Trying your best is more than enough. You might want to do the same things each night to get your brain and body prepared to sleep.

Make yourself more comfortable

You might not have control over where you sleep and there may be small things you can change or ask for help with. You could:

- Wear an eye mask and earplugs to deal with light and noise.
- Put up a black-out blind to help block out light if it's too bright to sleep.
- Listen to music or an audiobook if this relaxes you.
- Only use your bed for sleeping.
- Use a blue light filter, 'night mode' or 'dark mode' on your phone. Some of us find that the light on our phones keeps us awake longer.

