

Suthers Inclusion Newsletter

Term 6 – July 2024

Welcome Message:

Another year has been completed and I personally want to say thank you to you all for making me feel so welcome, after my first year here at Suthers! We continue to work with families about what September looks like and it was great to see so many of you at the Coffee & Chat session at the start of the month, with MHST supporting us.

Have a lovely summer holiday and we look forward to seeing you all in September!



If you would like to speak to us about any concerns or updates, either phone the school office or email us at: SENDCo@suthersschool.co.uk

Contact Update:

To support communication channels within the Inclusion Team, please find attached our email addresses:

Mr Buckberry/Miss Bentley – SENDCo@suthersschool.co.uk

Mrs Whitbread – cwhitbread@suthersschool.co.uk

Miss Laws – hlaws@suthersschool.co.uk

Miss Waddington – lwaddington@suthersschool.co.uk

Mr Morgan – cmorgan@suthersschool.co.uk

To ensure that messages are actioned, please can queries be directed to the child's form tutor and/or their key adult in the first instance. This will be communicated to you in the new academic year to who the key person is.

Key Information:

Our Coffee & Chat sessions will change slightly for the 2024/25. We will host three sessions with agency or key speaker involvement to share good practice. In addition, we will host drop in sessions throughout the year to speak to a member of the team. The sessions, where specialists will be present will be:

- Monday 14th October – Demand Avoidance with C&I Team (4.30pm)
- Spring Term 2025 – To be confirmed later in 2024/25.
- Monday 5th July – Anxiety & Transition with MHST Team (4.30pm)



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!

Staffing for September 2024:

We would like to wish Miss Braithwaite and Mrs Horton, all of our best wishes, as they move on to pastures new. As a result of this, we will be welcoming two new members of our team, to support with the growth of the school – Miss Waddington and Mr Morgan, who bring different experiences to the team. We will contact you in the new academic year to confirm your child's key person and the first review will be booked with the form tutor. Please find attached our staffing team from September 2024:

Mr Buckberry	Miss Bentley	Mrs Whitbread	Miss Laws	Miss Waddington	Mr Morgan
					
SLT – Assistant Head for Inclusion / SENDCo	Assistant SENDCo / Access Arrangement Assessor	HLTA – 7H Form Tutor & Art Teacher	Teaching Assistant: KS3	Teaching Assistant: KS4 / ASDAN Teacher	Teaching Assistant: KS3

SEND 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/>

Our 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-jb4pc8ahr32ivsb0>



Inclusion Focus: Social, Emotional and Mental Health (SEMH)

If your child is experiencing mental health difficulties, speak to their GP or another health professional. For urgent help for mental health, click here. You can find services in your local area by clicking this link to find your local clinical commissioning group (CCG) website, then search for 'children and young people's mental health'. Visit NHS, Young Minds or Mind for more information and support.

Children and young people's mental health services are multidisciplinary teams made up of lots of individuals. Here are some of them:

- **Psychologists** - A psychologist will help your child understand their own behaviour, their feelings and the way their mind works. A clinical psychologist is someone who works with people with mental or physical health problems to promote psychological wellbeing. An educational psychologist supports children to overcome any barriers to learning that they might be experiencing in order to achieve their full potential.
- **Counsellors** - Counsellors are trained to support children and young people with their mental health by helping them to think and talk about their feelings and experiences in a safe space.
- **Mental Health Support Team (MHST)** - They are mental health practitioners, who work in mental health support teams in schools and colleges to help children and young people with their mental health and wellbeing.

Top Tips for Supporting Your Child:

- Help your child prepare for their first appointment by chatting about how they have been feeling and noting down any questions they might want to ask the CAMHS professional.
- Be your child's advocate and speak up if you or your child needs additional support.
- Speak to the professionals working with your child about their specific needs, how you can help at home and what support is in place at school. Being informed will help you to feel empowered.
- Give detailed praise so your child knows how proud you are of them - not for progress, but for attitude.
- Be patient and do not put pressure on your child or yourself.
- Join groups for families whose children receive similar support to share practical advice and emotional support.

