



Whitefield Primary School

Inclusion Newsletter

March 2021

Welcome to the final weeks of the Spring Term.

We are so glad to have the children back in school!

This week is Neurodiversity week and we have some brilliant news.

We have become the first school in Liverpool to be awarded 'ADHD-friendly' status by national neurodiversity charity, the ADHD Foundation.

Whitefield Primary School has been recognised for our 'outstanding commitment' to supporting neurodiverse children during the last academic year.

We are celebrating double success, having been presented with both the 'ADHD-Friendly School Award' and the 'Neurodiversity Early Years Award' by the ADHD Foundation.

The ADHD Foundation honours schools who can demonstrate how they actively support children with learning differences, whatever their particular needs, to improve their life chances through education.

Brilliant news for our children. We are so proud of the Whitefield family.



Our Educational Psychologist Lee has set up a brilliant parent support hub which we have bought into. If you would like to be able to use it then email Mrs Beale on mbeale@whitefieldprimaryschool.co.uk with your details and we will set you up.



WELCOME TO PARENT HUB



SLEEP WELL SERIES PART 1:
UNDERSTANDING SLEEP AND SLEEP
STRATEGIES



SLEEP WELL SERIES PART 2: WAYS TO BRING
CALM



RETURN TO SCHOOL: SUPPORT AND TOP
TIPS

Support and advice around the return to school



TEA TIME WITH JEN

Jen will be chatting to a range of professionals about a range of topics that are important to you! If there are any topics you want covering please comment below. Enjoy!



BUILDING A GROWTH MINDSET
(CONFIDENCE WITH LEARNING)



LivPac and The Isabella Trust



LivPac, along with the Isabella Trust, provides short courses, advice and drop-in sessions for parents and carers of autistic children and young people, children and young people who have sensory needs and/or communication needs.

Webinar

Links to book a place on any of these Pathological Demand Avoidance for parents and carers courses can be found on their website - 23rd & 30th April (both sessions must be attended)

10am – 12.30pm www.theisabellatrust.org

This webinar will be delivered by the PDA society. The course will cover:

- Direct Demands
- Indirect Demands
- The Effects
- How to Help
- Personal Mindset
- Helpful Approaches
- Saying No / Stopping Behaviour
- Supporting a PDA child through meltdowns
- Rewards, Praise & Sanctions
- Collaborative & Proactive Solutions
- Siblings
- Diagnosis
- Education
- Round up and Q&A



The ASD Training Team Virtual coffee morning/afternoons

Due to the new lock down measures and school closures, our team are offering a zoom coffee morning/afternoon for schools and parents. This is an opportunity for parent/carers whose children have or are awaiting an Autism Diagnosis and wish to talk in a group setting about any questions or concerns they may have about their child. Schools can book one of the sessions, we would then send you a link for the meeting that the school can forward onto parents who may benefit from attending the session. Do not hesitate to contact the team if you have further questions.

To book your place please email your choice of date and time to asdtrainingteam@liverpool.gov.uk

Dates for March 2021

Monday 15th March

Thursday 18th March

Friday 19th March

Morning - 10am – 11.30am Afternoon - 1pm – 3pm

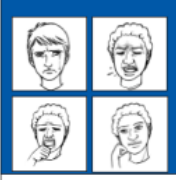
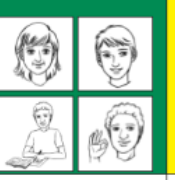


There is some flexibility with these times.

Zones of Regulation

In school your children are learning to self-regulate using 'The Zones of Regulation.' This may be useful to use as a strategy to support your children at home.

"Life is 10% what happens to us and 90% how we react to it." Charles Swindoll

The **ZONES** of Regulation®

			
BLUE ZONE Sad Sick Tired Bored Moving Slowly	GREEN ZONE Happy Calm Feeling Okay Focused Ready to Learn	YELLOW ZONE Frustrated Worried Silly/Wiggly Excited Loss of Some Control	RED ZONE Mad/Angry Terrified Yelling/Hitting Elated Out of Control

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What Can I do as a Parent?

Talk to your child about:

- How they are feeling, help them to label and name their emotion. Identify your own feelings using Zones language in front of your child (e.g. "I'm frustrated, I am in the yellow zone")
- Talk about their body cues when they feel that emotion. What are the physical feelings behind the emotion (e.g feeling butterflies in our tummy when we feel nervous or worried.) Recognising emotions is the first step to regulating them.

Here are some examples from the four zones:

- Blue- I can see and hear that you are crying, your mouth is turned down, are you feeling sad?
- Green- I can see your big smile and hear your laughter, are you feeling happy?
- Yellow- You have become very quiet and I can see that you are reluctant to speak, are you feeling worried?
- Red- I can hear that you are breathing heavily and I can see that your eyebrows have bunched together, are you feeling angry?

Talk about why they are feeling a certain way, has anything happened?

Talk about times when you, a family member or a character from a film or book felt that way.

Find out more here....

<https://whitefieldprimaryschool.co.uk/zones-of-regulation-and-behaviour/>

Kooth is a **FREE**, online support service suitable for children and young people in Liverpool, aged 10-25 .



Click on the **'Join Kooth'** button located in the centre of the home page of the Kooth website



Choose from the drop down box the **location** you are in

Click on the **gender** you identify with

Choose from the drop down box the **ethnicity** that best fits you

Add your **age** and the **month you were born**

Click **'continue'**

How to sign up to Kooth.

Kooth is a **FREE**, anonymous, confidential, safe, online Wellbeing service, offering professional support, information, and forums for children and young people.

Access 365 days a year to counsellors who are available from:

12 noon-10pm Monday- Friday
6pm-10pm Saturday and Sunday

Log on through **mobile, laptop** and **tablet**.

Now that you are in you can click on the icons at the top of the page to choose from the articles, topic page, forums, or choose to talk to a counsellor by clicking the speech marks next to the turquoise circle.

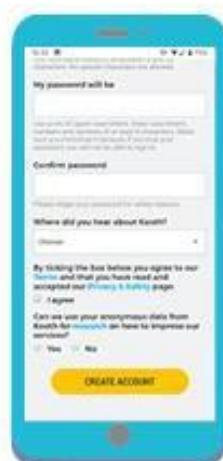
To talk to a counsellor click on: **"Chat now button"**

To write a message to the team, click on: **"message the team"**



Create an **anonymous username** (not your real name) and **secure password**

Choose from the drop down box to explain where you found out about **Kooth**



Click on the **'create account'** button to complete your registration

www.kooth.com

Supporting your child's mental health

A series of webinars covering issues relating to child and adolescent mental health and how you can further support your child with special educational needs.

By registering for this series you'll be given access to support resources covering topics such as –

- Understanding and managing your child's anxiety
- Adverse childhood experiences (ACE)
- Rejection sensitivity
- Maintaining a positive mind set for you and your child
- Encouraging healthy eating for a healthy mind
- Sleep and developing positive sleep routines
- Parenting in a pandemic: helping children and teens cope with anxiety

All the webinars are pre-recorded so that you can watch at your own pace.

Click here to register <https://pages.witherslackgroup.co.uk/sen-mental-health-webinars>

Take Ten

In school the children are using an app called Take Ten to help them find out how to use their breathing to slow their heart rate and the effects of their emotion on their bodies.

They have a little sensor which clips to their ear when they play. They find it really helps them to feel calmer.

The app will soon be available for phones and we will be able to offer it to parents to use too.

<http://www.letstaketen.com/#home>

Staff Training updates

Over the various lockdowns our staff have done lots of on-line training on different sorts of Special Educational Needs and how to support them in class.

All of our staff also had training from the ADHD Foundation on Dyslexia, Dyspraxia, Dyscalculia and Dysgraphia which was really helpful.

There is lots of excellent free training and support available for parents and carers online too. Details are in the following pages, or ask and we will look for what you need.

