



# SEND Newsletter



## Dear Parent/Carer

Welcome to this terms SEND Newsletter. **This term the focus is on emotional wellbeing and mental health.**

We shall have 'mental health' – it refers to our emotional and psychological wellbeing. Mental health affects how you feel, think and act. It can change on a daily basis and over time and can be affected by a range of factors. It's important to look after your mental health, as your state of wellbeing affects how you cope with stress, relate to others and make choices. When children and young people have good levels of wellbeing, it helps them to engage positively with the world around them. Tackling anxieties and building resilience, self-esteem and confidence will help children learn to manage their emotions, feel calm and engage positively with their education, potentially improving their academic attainment. It will support them to form and maintain relationships with others and increase their ability to cope with change, setbacks and uncertainty

Children suffering with anxiety or poor mental health might display changes in behaviour, including with their eating or sleeping habits. They may withdraw from social situations or stop wanting to do things they usually like, and may even begin to harm themselves.



Please see the following page on ways to help your child.



Your child's class teacher is always the best person to speak to first if you have any questions or concerns. If further support is required the class teacher can then arrange a meeting with Mrs Anscombe (SENDCo)

If you prefer you can make an appointment to speak with Mrs Anscombe by contacting the school office. You can also catch Mrs Anscombe on the KS1 gate in the mornings.

**Don't forget that parents evening is coming up soon, where you can also book an appointment to see Mrs Anscombe**



# Ways to help your child

## Be there to listen

Regularly ask your child how they are doing, it's important to help them about any worries they have, reassure them and show them that you take them seriously. There is some great advice here:

<https://www.youngminds.org.uk/parent/how-to-talk-to-your-child-about-mental-health/>



## Seek advice

Don't face it alone. Reach out to school and other services for support. There is more good advice through the Nottingham city parenting Team:

<https://www.asklion.co.uk/kb5/nottingham/directory/service.page?id=8YUeOu6XeFc>

## Encourage their interests

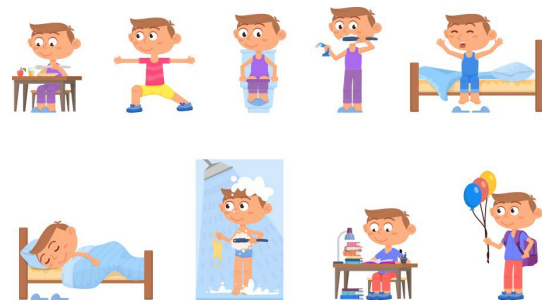
Being active or creative, learning new things and being part of a team helps connect us with others and boosts our mental wellbeing



## Build positive routines

Try to have structure around regular routines, especially around healthy eating and exercise. A good night's sleep is also important, so have a fixed time for going to bed and getting up. Relaxation strategies will help with this – find some good tips here:

<https://thesleepcharity.org.uk/information-support/children/relaxation-tips/>



## Look for solutions

As well as talking to your child about their worries, it's important to help them find solutions. For example, if your child is worried about going somewhere, it may seem best to tell them not to go. However, this could teach your child that their anxiety will stop them from doing things. It's better to recognise their worries and suggest solutions to help them, so they can go somewhere with a plan in place. If your child is struggling due to a distressing event, such as bereavement or parental separation, look for books or films that will help them to understand the situation and their emotions. Try to have age appropriate discussions so that they know they can share how they are feeling.



Jubilee L.E.A.D. Academy

A L.E.A.D. Academy

# Coffee morning with the Mental Health Support Team (MHST) at Jubilee L.E.A.D

The MHST is an early intervention and prevention service that focuses on supporting children and young people with mild to moderate health presentations such as anxiety, low mood and common behavioural difficulties by providing a range of tailored support to children, parents and schools. The MHST is a school-based team of different mental health professionals who provide support to all primary and secondary schools in Nottingham.

With this in mind we would like to inform you of two upcoming coffee mornings.



## Introduction to the MHST and what is on offer

24 January 2025 at 8:30am

Come along and have a coffee and a chat with the other parents and our education wellbeing practitioners and learn about what the service can offer to support all children.

## Managing child anxiety and separation

7 February 2025 8:30—9:30am

Come along and have a coffee and a chat with other parents and our education wellbeing practitioners around managing your children's fears and worries. Anxiety can affect all children at some stage in their life, so we will be discussing common symptoms and strategies that can address these struggles to support you and your children when worries arise.



Making a  
**Difference**



This term we are excited to be able to offer parents two coffee mornings, relating to Mental Health which will be delivered by the Mental Health Support Team.

Mercy Hancox, is our lead worker in school and her first coffee morning will be to introduce the service and explain what is on offer. The second coffee morning will be about children's separation and anxiety. Please see the flyer attached to this newsletter, for dates and times.

Mercy is also working in school delivering workshops to each year group centring around the topic; Friendships.



## SEND Services Across Nottinghamshire

If you are requiring more information on what is on offer for SEND children and families within the Nottingham City, you may wish to visit the following services by using the links:

<https://www.asklion.co.uk/kb5/nottingham/directory/localoffer.page?directorychannel=7>

This will take you to all the Nottingham city services for those families that require support. It will bring you to a page that offers a range of services by subject, click on the desired subject and further information and support can be accessed.

### By subject

Accessibility - Adapt this website to meet your needs	Childcare for disabled children	Children and Young People's Zone
Education, training and work	Health and social care	Information, advice and guidance
Preparing for Adulthood	Transport and travel	News

As well as the above, you can visit [nottshelpyourself.org.uk](https://www.nottshelpyourself.org.uk), this is the local offer available to families across the whole of Nottinghamshire, it is a guide to the local services and support for children and young people with Special Needs and Disabilities (SEND).

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

You can also access Ask us Nottinghamshire; the Special Educational Needs and Disabilities Information and Advice and Support Services (SENDIASS) in Nottinghamshire. You can also access the Local offer from this site – both city and county

<https://askusnotts.org.uk/>

The screenshot shows the homepage of [nottshelpyourself.org.uk](https://www.nottshelpyourself.org.uk). It features a navigation menu with links for Home, About, Families Information Service, SEND Local Offer, Care Leavers, and Adults & Communities. There is a search bar and a 'Sign In/Register' button. The main content area highlights 'Special Educational Needs and Disabilities Information Advice and Support Services (SENDIASS) in Nottinghamshire' and 'Nottinghamshire's SEND Local Offer'. A sidebar on the right lists various services like Education, Short Breaks, Preparing for Adulthood, Things to do, Health and social care, and Getting around.