

SEND Newsletter

Welcome to our spring newsletter which is dedicated to special educational needs and disabilities. We hope you find this useful, if you have any suggestions of what you would like in future newsletters, please let Mrs Kane know.

At Burradon Community Primary School, we are proud of our 'open door' policy, so please do not hesitate to get in touch, if you have any concerns, queries or require further support from our team. You can make an appointment with the class teacher or myself by phoning the school office or emailing the school. Our SEND Governor is Mrs Younger. For further information, please visit our dedicated SEND page on our school website where you will find the Local Offer, external links for charities or support websites.



Spotlight on Children's Mental Health

In February, it is Children Mental Health Week. Here are some ways to support your child with their mental health:

- *Acknowledging their feelings and helping them to express them. This could be through the use of a worry monster, positive jar or daily check in using smiles!
- *Tell them what makes them special to you!
- *Model being kind to yourself when things don't go to plan.
- *Using breathing strategies to help calm down when upset or angry.
- *Having routines.
- *Listening to your child – encourage them to see what they're doing now are small steps towards their future.
- *Recognise and praise when your child has grown emotionally. This could be walking away from their sibling/s instead of arguing or playing with someone when new if they are nervous of this.
- *If they criticise themselves or their abilities, gently challenge by letting them know how you see them.
- *[Place2Be: Parenting Smart: Articles](#) This link has lots of short videos and ways for parents to support their children in various areas including mealtimes, routines, friendships, building secure relationships and more!