

Wow.... What a fabulous first term as SENCO at Marriott. It has been great getting to know the children and meeting with lots of you whether on the playground, at parents meetings or one to one meetings. Please always remember that the first point of contact is the class teacher as they know the children best and cant talk about their daily provision. If you do request a meeting the class teacher will also be asked to attend.



HUB



There has been a slight change to the organisation of the hub and we now have a learning and cognition side and a social, emotional and mental health side. Both rooms have a bespoke curriculum to meet the specific needs of the children. Over the last term, we have also had lots of advice and support from external agencies.



NHS Leicester, Leicestershire and Rutland has commissioned DHU Healthcare to provide a new self-referral website to support the mental health of children and young people (CYP) living in Leicester, Leicestershire, and Rutland.



The website, developed with input from young people likely to use the site, is now live at <https://www.myselfreferral-llr.nhs.uk> to help under 18s, their parents or carers find the right mental health information and support, including the option to complete a self-referral.

What is the Children & Young People's (CYP) Mental Health Triage & Navigation Service?

CYP Mental Health Triage and Navigation is a service that helps young people in Leicester, Leicestershire & Rutland access the right non urgent mental health services for their needs.

What is mental health?

It is how we feel. We all have mental health all of the time, some days good, some days not so good. Everyone can feel a bit down sometimes, and although most of the time we can get the help we need from friends and family, sometimes we need a bit more support. This is where our service can help.



How do I get help?

If you think you or your child or young person could benefit from support with mental health, please either:

1. Visit [MySelfReferral-LLR.nhs.uk](https://www.myselfreferral-llr.nhs.uk)

If you have mental health concern you can find information and self-refer by visiting the [MySelfReferral-LLR.nhs.uk](https://www.myselfreferral-llr.nhs.uk) website (except neurodevelopmental disorders, eating disorders or substance misuse. Please contact your GP Surgery to make an appointment to discuss these conditions).

2. Contact your GP

Your GP can make a referral into our service if this is right for your needs. A referral gives us the information we need to help us decide what kind of service would be most helpful to you.

How do I get help if it's urgent?

If you or your child or young person have taken an overdose or are in imminent danger of physical harm, attend A&E or call 999.

Contact the 24/7 Mental Health Central Access Point (CAP) on **0808 800 3302** for urgent help. The CAP is not an emergency service.

SENSORY PROCESSING AND SELF-REGULATION

A child with sensory issues has difficulty using sensory information from their body and the world around them, e.g. sound, touch and movement. They may feel sensory input more or less powerfully than others. Sensory issues can affect how a child copes during activities and in different situations. They may not feel safe or secure. A child can have problems with their motor skills, handwriting, attention, behaviour, emotions, play and learning.

Parenting a child with sensory processing difficulties can be hard but very rewarding. What a child can cope with is often different to other children. The key is to go with what works, as one size does not fit all. Below are some ideas to help you.

Think about what your child is upset or unsettled about and why. Behaviours are often affected by how our body feels and what is happening around us.

Questions to ask are:

- ⇒ What happened before?
- ⇒ What happened after?
- ⇒ Are there times when it does it not happen?
- ⇒ Is there a pattern?
- ⇒ Are they hungry, tired or poorly?
- ⇒ What happened before or after school?
- ⇒ What about sleep?
- ⇒ How is the journey to school?
- ⇒ Is screen time affecting them?



- Build on good behaviours. Avoid pointing out bad behaviour. Use praise and rewards.
- Show your child positive ways to cope, e.g. having a break, thinking about things in a different way.
- Show your child that you understand their feelings. They may need help to find words that describe them, e.g. "You look sad." "You look worried." Share your own feelings, without ignoring theirs, as it is important for them to know that other people have feelings too, e.g. "I feel sad when this happens."
- Check in' with your child regularly, i.e. how they are feeling, any difficult things that they face. This can be as simple as looking at their face, touching their hand, or asking how they feel.
- Encourage good habits, e.g. healthy diet, regular sleep.



CALM BOXES

In school to support children they have access to calm boxes in the classroom. They contain lots of things including: mindful colouring, stress balls, fiddle toys, hug balls and ear defenders. Any child can use them if they need to.

WEBSITE

We are trying to develop the school website so that parents can find support and information about SEND. Recently, we have added information and SENDIASS and a number of website links covering a whole range of topics. Please do go on and have a look.



HOLIDAY TIPS!

SLEEP — We know the children will be excited about Christmas and many of us will have different routines and activities. Do try to ensure as the holiday draws to a close that you are starting to help your child get back into a good routine for school.

Remember – your time is the most precious and priceless gift you can give this Christmas!

How much sleep does my child need?	
AGE GROUP	HOURS PER NIGHT
Infants 4 – 12 months old	12 – 16 hours per 24 hour period
Children 1 – 2 years old	11 – 14 hours per 24 hour period
Children 3 – 5 years old	10 – 13 hours per 24 hour period
Children 6 – 12 years old	9 – 12 hours per 24 hour period
Teens 13 – 18 years old	8 – 10 hours per 24 hours

Picture taken from <https://www.honeyandlime.co/> Researched by the America Academy of Pediatrics

PLAN AHEAD — fill a wall chart with several festivities, from feeding the swans to a trip to a museum, pantomime, visit to Santa or winter wonderland. This way you are creating structure and routine and fun things to look forward to.

LOW LEVEL DISRUPTION — practise ignoring low-level disruptive behaviours – simply ignore, don't respond and even leave the room where safe to do so. Engaging only adds fuel to the already smoking fire!

PREPARE THEM FOR GIFTS — Some children with additional needs find surprises overwhelming. You might want to let them know what type of gifts they will open on Christmas Day. For example, you could tell them you will give them a book, and the surprise is which book you choose. It can also help to:

- Spread gift giving over a period of time or different days.
- Give gifts without wrapping.
- Talk to friends and family to explain that your child's responses to gifts might not be what they expect.

Easier said than done we know but do make sure you take time for yourself.

DID YOU KNOW YOU CAN CONTACT A SCHOOL NURSE BY TEXT?

Leicestershire Partnership NHS Trust runs a dedicated, confidential and secure text messaging service called ChatHealth for parents/carers of children aged 0-19 in Leicester City, which enables you to get professional health advice and support.

Text a Public Health Nurse (School Nurse) on:

07520 615 381




 ChatHealth
















CHRISTMAS HOLIDAYS

 Soon  it will be the  Christmas holidays.  I will not  go to school for  two weeks.  During

 this  time,  I  might  spend  time  with  my  family.  I  might  receive  presents.  I

 might  go to  a party.

 I  will be  good  during the  holiday.  I  will  listen  and be  nice to  other  people.

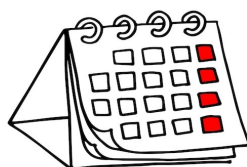
 When  the holiday  has  finished  I  will  return to  school  and  see  my  friends  and

 teachers.  It is  normal  to be  a little  worried  about  going back to  school  but  all  the  adults

 will  be around  to  help me.

Thank you for all your support over the last term.
Have a lovely Christmas break. The SEND team.

If you would like a printed copy of this newsletter then please contact the office.



KEY DATES

Christmas jumper day: 8th Dec
 Term ends for Christmas: Thur 21st Dec
 Term begins: Mon 8th Jan 24
 NSPCC Number Day: 2nd Feb 24
 Parent's Evening: 28th and 29th Feb 24
 Term ends for half term: Fri 16th Feb 24
 Term begins: Mon 26th Feb 24
 World Book Day: 7th March 24