

Well-being Newsletter from the SENCo and ELSA team

North Downs Primary School - February 2021

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In Mental Health Week, we all at North Downs appreciate, that as parents and carers, you are juggling lots of different challenges whilst home-schooling your child/ren, particularly those with additional needs. Our most frequent discussions with parents are requests for help with trying to manage the home-learning day. We are encouraging as far as possible that there is structure, but recognising that everyone needs down-time as well as opportunities for learning. Breaks and opportunities for mindfulness/relaxation are important (for all concerned)!

As soon as we are able to welcome back all of our children, we will of course let you know. We are also very conscious that transition will be a key issue for all pupils but especially those with special needs. As soon as we are able to make any plans in this area, then we will let parents know.

Resources attached to this newsletter are from Healthy Surrey.org who have asked for these to be accessible to all our parents for guidance, support and advice. "As we adjust to the latest national Covid-19 lockdown, it is important that you know how to access the right advice, guidance and support for your family. This brief guide highlights a range of resources to help maintain your child's wellbeing and to address any emotional needs, as well as guidance to help you spot early signs."

Mental Health Week – this link is still available to watch the assembly from this week.

<https://www.childrensmentalhealthweek.org.uk/assembly>



SEN Plans for children on our SEN register

These are being reviewed this month by class teachers with the SENCo. New targets will be set to include activities that can continue at home if your child is not in school during the lockdown. Copies will be sent to you by post.

Managing the Day

- **Use the teacher's daily input to try and keep routine and structure to the day**
- **Help your child keep in touch with school via their daily class TEAMS sessions**
- **Prioritise Maths and English if children are struggling to complete all the activities set**
- **Children with additional needs will find accessing learning at home harder, please ask teachers or SENCo for help if you need adaptations or advice**
- **Balance learning with opportunities for outside activities and time away from a screen**
- **Build in regular exercise e.g. Jo Wicks or a daily walk**
- **Praise for work completed – don't forget teacher feedback and House points on TEAMS assignments**

Helping children understanding Covid – CBBC resources for Primary and Secondary ages

<https://www.storicise.com/>

