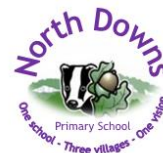


SEN and Pastoral Team Newsletter - February 2024

Inclusion Lead - Mrs Annie Scott (Mon-Thurs)

senco@northdowns.surrey.sch.uk



ELSAs: Mrs Cathy Preston-Heard (Mon Tue Wed)

Mrs Caroline Meadows (Weds, Thu, Fri) Nurture Group: Mrs Ottoway

elsa@northdowns.surrey.sch.uk

Home School Liaison Worker: Mrs Jo Hitch (Tue and Fri)

hslw@northdowns.surrey.sch.uk

Welcome to the SEN/Pastoral Team Newsletter

This newsletter is circulated to all parents. We want to be able to raise awareness and share any workshops, networks, resources and events that we hope will be of relevance to any parent, whether their child is on the SEN register or not.

We include dates for any updates for those who are on the SEN register e.g. when SEN passports are due to be sent home.

Please note the weblinks on page 2 for useful information, support groups and accessing external help and information for your family.

SEN Passports Spring 2024

All children with an SEN passport (on the SEN register) have their passports reviewed each term with class teachers.

The next review by class teachers (in discussion with SENCO) will be in March.

Any updated or additional information about strategies in school for supporting your child for this term will be written in blue.

If you have any further queries you can contact Mrs Scott senco@northdowns.surrey.sch.uk



UPDATE RE ASSESSMENTS

Referrals to Mindworks for assessments for neurodiversity conditions such as ADHD and ASD are currently closed to any new referrals.

Those already in the system (i.e. from referrals made prior to September 2023) will continue to be on the waiting list. Contact from Mindworks about any updates on assessment or other support from Mindworks will be made directly to the parent.

Support for schools will currently be advisory based. As a school we have access to information and advice via our Primary Mental Health team which includes access to Learning Space, Barnardo's and the National Autistic Society. We also have access to bookable consultations for specific advice about individual pupils where needed. This service is also available to our Home School Link Worker, Mrs Hitch.

Accessing ELSA support in school



ELSA sessions offers children social, emotional and pastoral support in small groups or 1:1. If you would like to contact the ELSA team to request support, please use the ELSA email ELSA@northdowns.surrey.sch.uk. The ELSA mailbox is checked daily by a member of our pastoral team. At our pastoral meeting we triage a request and signpost any appropriate support. If your child is allocated a place in a group or individual session with the ELSA or Nurture Group, you will be contacted directly from the member of the team who will be working with your child. We do our utmost to offer support as soon as possible, even if a one-off session is all we can offer at the current time in an urgent case. We sometimes signpost parents to external services to help if considered more relevant to the situation.



Mental Health Week

Mindworks have recommended a website called **Place2Be** which provides information for parents on strategies that they can use to help their child feel emotionally contained:

A lot of children and young people can experience emotional overwhelm at times of heightened stress and find it difficult to regulate their emotional responses resulting in meltdowns. Helping young people to learn to self-regulate their emotions starts through co-regulation.

<https://parentingsmart.place2be.org.uk/>

The free site gives advice via information and videos and is targeted at parents of 4-11 year olds.

Resources linked to Mental Health Week also available

<https://www.childrensmentalhealthweek.org.uk/families/#resources>

Mrs Hitch, our Home School Link worker has shared details of Counselling Services that are available locally:

Low-cost, accessible counselling available in a confidential and safe space. Parents can self-refer to Mole Valley Family Centre

Offered in blocks of 12 sessions, term-time. Sessions are for 50 minutes at Mole Valley Family Centre (Goodwyns Road, Dorking, RH4 2LR) or Molebridge GP Practice (148 Kingston Road, Leatherhead, KT22 7PZ). It won't be possible to bring your children so you will need to be able to arrange regular childcare.

A low cost service of 12 sessions at £20 per session (adjustments may be possible for families on low incomes).

Payments for sessions must be made in advance and can be made in cash or by BACS. The reception team at the Family Centre will deal with all matters to do with payment. You can call them on **01306 740095** or email **familycentre@dorking.surrey.sch.uk**.

Other Useful Courses for Parents Locally - see also flyer below

Who's in Charge - This is a FREE four-week, (2 hour per week) course for parents and carers whose children (8-18) are being violent and/or aggressive at home. It starts Wednesday 21st Feb, 9.30 - 11.30 at Dorking Nursery School

Time out For Parents - Children with Special Needs (Autism) . This is a 4 week course, starting Friday Feb 23rd , 9.30 - 11.30am at St Paul's School, Dorking



NAS Surrey Out of Hours Advice Line: Call 0300 222 5755
from 5pm – 11pm 7 days a week, 365 days a year.
Advice and information www.nassurreybranch.org



Charity organisation offering on-line and in person events and groups for autistic girls in Surrey age 7+ <https://www.appeer.org.uk/>



Details of where families in Surrey can find out what is available locally and where to receive help and support including childcare and parenting courses www.surreycc.gov.uk/children/support-and-advice/



Links and information for events, activities and workshops for children with additional needs <https://www.surreylocaloffer.org.uk/parents-and-carers>



Information, impartial advice and support to parents, carers and young people with special educational needs and/or disabilities (SEND) aged 0 to 25 years. Helpline available 9.30-5 Mon-Fri. <https://www.sendadvice.surrey.org.uk/>



Family Voice Surrey champions the needs and rights of SEND families in Surrey. For information on advice and events <https://www.familyvoicesurrey.org/fvs-events>



Learning Space is a children's emotional well-being and mental health charity that provides individual and group support for 5 - 18 years olds in Surrey. Learning Space work directly with us as a school but also offer guidance and advice online for parents <https://www.learningspace.org.uk/resources>



TALKING TEENS

Talking Teens for parents of children in years 6 and 7

**4 week parent workshop at
The Ashcombe School starting on
Wednesday 21st February
7.30pm to 9.30pm**

Venue: Supported Learning Centre,
The Ashcombe School, Ashcombe
Road, Dorking, RH4 1LY



The programme consists of four sessions, developed with Dr John Coleman, to increase parents' understanding of teenagers' feelings and behaviour, and deliver key strategies for maintaining and improving relationships.

This 4 week course is run jointly between The Ashcombe School, Home Start East Surrey and Mole Valley Family Centre.

£15

Payable before the start of the course
A reduced rate is available for any family on income related benefits
Course manual and refreshments are provided

To book a place on this course please call us on 01306 740095