

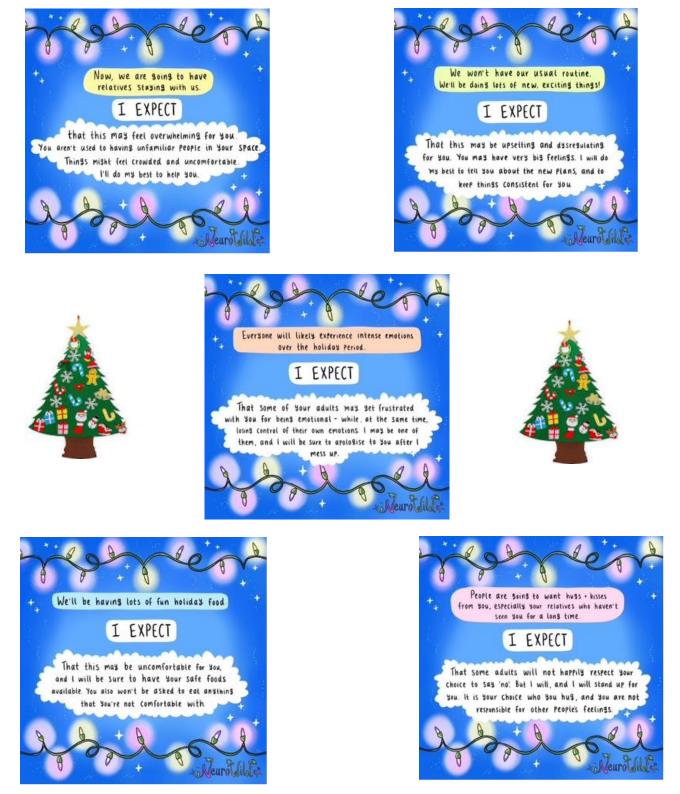
## **Inclusion Newsletter**



Autumn Term 2 - December 2023

After a busy Term 2 at school, I am sure that the children are looking forward to having a well-earned rest over the Christmas Break. For some of our children, Christmas can be a time of mixed emotions. Everyone and everywhere is busy, we see people that we might not have seen for some time and routines can be very different. As adults, we often find these changes

difficult, so for our young people, trying to navigate Christmas can be even trickier. Here are some ideas about how the language we use can help the children to regulate over the Christmas festivities.



## A reminder of some websites that you might find useful.

Kent School	
///	https://www.kentcht.nhs.uk/service/school-health/
Health (including	A team of school nurses and practitioners to support children aged 4-19 with
School Nursing	general health and emotional health. Parents can apply directly for support
Team)	via the online referral form.
Teamy	https://www.kelsi.org.uk/special-education-needs/integrated-childrens-
	services/early-help-contacts
Early Help	Services that can be accessed at a time and place that suits families to help
	them to do well, stay safe and resolve problems at the earliest possible
	opportunity before they become more serious.
	https://www.youngminds.org.uk
Young Minds	A mental health charity for children, young people and their parents, making
· · · · · · · · · · · · · · · · · · ·	sure all young people can get the mental health support they need.
	https://www.nelft.nhs.uk/services-kent-medway/
NELFT	NELFT provides an extensive range of integrated community and mental
(CYPMHS/CAMHS)	health services. Parents can request support via the online SPA (single point of
	access) form.
Kent Resilience	https://kentresiliencehub.org.uk/
Hub	Resources that help young people, parents and carers, staff and practitioners
	to understand emotional wellbeing and resilience.
	https://www.nhs.uk/conditions/social-care-and-support-guide/support-and-
	benefits-for-carers/being-a-young-carer-your-rights/
Young Carers	Kent Young Carers is the countrywide service for Young Carers aged 5-18 across
roung carers	
	Kent. Young Carers are taking on caring responsibilities for a family member
	with a long-term illness, disability, mental health or substance misuse issue.
	https://www.maidstonemind.org/mid-kent-mind-home/
Mind	Mid Kent Mind offer a range of services- all intended to encourage positive
	well-being, and help people to better manage their mental health.
	https://www.minded.org.uk/
MindEd	A free educational resource on children, young people, adults and older
WINGEd	people's mental health.
West Kent/Live	https://livewellkent.org.uk/
Well Kent	Dravidas free mental health support for younger people and adults
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