



WEST BOROUGH
PRIMARY SCHOOL

Inclusion Newsletter



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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.

Now, we are going to have relatives staying with us.

I EXPECT

that this may feel overwhelming for you. You aren't used to having unfamiliar people in your space. Things might feel crowded and uncomfortable. I'll do my best to help you.

Neurochild

We won't have our usual routine. We'll be doing lots of new, exciting things!

I EXPECT

That this may be upsetting and dysregulating for you. You may have very big feelings. I will do my best to tell you about the new plans, and to keep things consistent for you.

Neurochild

Everyone will likely experience intense emotions over the holiday period.

I EXPECT

That some of your adults may get frustrated with you for being emotional - while, at the same time, losing control of their own emotions. I may be one of them, and I will be sure to apologise to you after I mess up.

Neurochild

We'll be having lots of fun holiday food.

I EXPECT

That this may be uncomfortable for you, and I will be sure to have your safe foods available. You also won't be asked to eat anything that you're not comfortable with.

Neurochild

People are going to want hugs + kisses from you, especially your relatives who haven't seen you for a long time.

I EXPECT

That some adults will not happily respect your choice to say 'no'. But I will, and I will stand up for you. It is your choice who you hug, and you are not responsible for other people's feelings.

Neurochild

A reminder of some websites that you might find useful.

Kent School Health (including School Nursing Team)	https://www.kentcht.nhs.uk/service/school-health/ A team of school nurses and practitioners to support children aged 4-19 with general health and emotional health. Parents can apply directly for support via the online referral form.
Early Help	https://www.kelsi.org.uk/special-education-needs/integrated-childrens-services/early-help-contacts 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.
Young Minds	https://www.youngminds.org.uk A mental health charity for children, young people and their parents, making sure all young people can get the mental health support they need.
NELFT (CYPMHS/CAMHS)	https://www.nelft.nhs.uk/services-kent-medway/ NELFT provides an extensive range of integrated community and mental health services. Parents can request support via the online SPA (single point of access) form.
Kent Resilience Hub	https://kentresiliencehub.org.uk/ Resources that help young people, parents and carers, staff and practitioners to understand emotional wellbeing and resilience.
Young Carers	https://www.nhs.uk/conditions/social-care-and-support-guide/support-and-benefits-for-carers/being-a-young-carer-your-rights/ Kent Young Carers is the countrywide service for Young Carers aged 5-18 across Kent. Young Carers are taking on caring responsibilities for a family member with a long-term illness, disability, mental health or substance misuse issue.
Mind	https://www.maidstonemind.org/mid-kent-mind-home/ Mid Kent Mind offer a range of services- all intended to encourage positive well-being, and help people to better manage their mental health.
MindEd	https://www.minded.org.uk/ A free educational resource on children, young people, adults and older people's mental health.
West Kent/Live Well Kent	https://livewellkent.org.uk/ Provides free mental health support for younger people and adults.
Slide Away	https://www.slideaway.org/ Slide Away offers support to children and young people in West Kent who have been bereaved of a family member or friend. They also support children and young people who have a parent or sibling with a life limiting illness.
Holding on letting go	https://holdingonlettinggo.org.uk/ A Kent-based charity that helps children to cope with the death of someone close to them.
CHUMS	https://chums.uk.com/kent-bereavement-service/ CHUMS offer specialist bereavement support to children and young people from 3 and a half up until their 26 th birthday in Kent and Medway.
Home Start	https://www.home-start.org.uk/ This is a local community network of trained volunteers and expert support helping families with young children through challenging times.
IASK	https://www.iask.org.uk/ Information, advice and support, Kent, gives free, impartial and confidential advice and support about special education needs and disabilities (SEND), for children, young people up to the age of 25, parents and carers.
Space to be me	https://space2beme.org.uk/ A West Kent charity providing support for disabled children and young people with additional needs from birth to age 25 and their families.

