



Same but Different

Date: 5 October 2020

Inclusion Bulletin for Biggin Hill Primary School

Issue: 1

SEND AND WELLBEING SURVEY

Thank you to all who completed the SEND and Wellbeing survey we sent home to you during the summer term. Your responses were well received and we are so very grateful for the kind words shared! We have taken on board the suggestions and areas for development put forward to us and we shall be sharing our changes with you very soon!

Thank You!

A MESSAGE FROM MRS LAWRENCE

Welcome to our first edition of 'Same but Different'. Mrs Sargeant and I will be sending home a half termly bulletin, focusing on Inclusion, to provide you with information, support and guidance and top tips in supporting your children at home. This month I have included information on Emotional Based School Avoidance. With our children returning to school after such a long time at home, it is natural for them to feel concerned or for new anxieties to be emerging. Each half term we will be focusing on a different area of Inclusion, from speech and language support to social communication difficulties.

Please contact me directly if you wish to discuss any concerns or worries you may have.

Assistant Headteacher & Inclusion Lead
k.lawrence@bigginhillps.com



A MESSAGE FROM MRS SARGEANT



We are at the end of our fourth week back in school and for some the return to school life has been more challenging, which is understandable after being out of the learning environment for such a long time. Staff and children have all pulled together and it has been wonderful to see friends rally around individuals to support them.

Our wellbeing is something that we are all having to manage at the moment due to the interruption of our normal way of life and the uncertainty of what is going to happen moving forward. If you are concerned about your child or yourself and could do with a little support please contact me for a chat.

Mrs Sargeant
Family Support Worker and
Inclusion Assistant
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LOCAL OFFER

[Bromley Parent Voice – Working in partnership to give parents and carers a voice](#)

[Information, Advice and Support Service \(IASS\) | Information, Advice and Support Service \(IASS\) | London Borough of Bromley](#)

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[Kent Local Offer](#)

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EMOTIONAL BASED SCHOOL AVOIDANCE

What is Emotional Based School Avoidance (EBSA)?

EBSA is a term used to describe children or young people who display extreme difficulty in attending school due to emotional based factors, often resulting in prolonged absences from school. Emotional factors include generalised anxiety, attachment, detachment or separation difficulties/anxiety, friendships, bullying etc. We know that the earlier these difficulties are identified and support put in place, the more successful we are at developing children's ability to cope with anxiety and develop resilience to cope with life's challenges resulting in improved attendance and ongoing life opportunities.

EBSA can impact the whole family, not just the child. If you notice any patterns or changes in your child's behaviour i.e. avoiding specific mornings to get ready for school, increase in complaints of feeling unwell, changes to bedtime routine without explanation then please contact a member of the SEN team on senco@bigginhillps.com or speak to the school office to make an appointment.

OUTREACH AND SUPPORT



If you feel you need some support at home, Bromley Children's Project may be able to help. You can self refer at www.bromley.gov.uk



Bromley Y is a local service offering therapeutic support for young people between the ages of 0 - 17 years.



Bromley Mencap provides a range of services and activities to improve the lives of people with disabilities, their families and carers.

If you would like any information on the above services please contact a member of the Inclusion team here at BHPS.

STRATEGIES FOR EBSA

There are a range of strategies which can be used to support EBSA. The first and most important thing is for school and families to work together, providing a trusting and stable environment for our children. When children see their families and school working in partnership, it can support them in understanding and realising that school is a safe place. Stability and security help all children to feel safe and secure and therefore reduce anxiety levels.

Tips for reducing anxiety:

- Stay calm with your child
- Provide a routine which can be managed. Children thrive on boundaries and routine and the predictability of what is coming next can be a great comfort to them
- Create a culture of openly discussing worries and concerns. Sometimes our children do not always know why they feel a certain way and this is ok. Model behaviour which demonstrates how to cope with these feelings.
- Develop coping strategies with your child for when they are feel anxious i.e. deep breathing, grounding strategies.
- Work together with us to ensure your child gets the support they need when in school

The tips above are only a handful on how to support EBSA. Remember you are not coping with school avoidance on your own, to learn more about how to support your child if they are displaying characteristics of EBSA please contact us.



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