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27th September 2021

Dear Parents and Carers,

### *Inclusion Outreach Programme*

I am excited to share with you the finalised schedule for our outreach programme in response to our parent survey. Remember - these sessions are not only for the families of our SEN children - they are open to all. Please use the link below to confirm attendance; we are not collecting names or email addresses however, we like to be prepared with resources - plus tea and cake! Our programmes are open to all including parents/carers, aunts, uncles, grandparents and family friends. Rest assured, you will not be asked to share personal information or experiences unless you would like to.

| Topic                                 | In school (9.00 -10.30) | Virtual (6.00 - 7.30) | Joining us.....   |
|---------------------------------------|-------------------------|-----------------------|---|
| Promoting Independence and resilience | Wednesday 6th October   | Thursday 7th October  | Please use the link below to register your interest in attending our programmes, and to provide details of what you may want to be included.<br><br><a href="https://forms.gle/MenMVnfiJKRuudjCA">https://forms.gle/MenMVnfiJKRuudjCA</a> |
| Emotional Regulation                  | Wednesday 1st December  | Thursday 2nd December |   |
| Wellbeing and Anxiety                 | Wednesday 2nd February  | Thursday 3rd February |   |
| Autism and Sensory Processing         | Wednesday 23rd March    | Thursday 24th March   |   |
| Dyslexia and Working Memory           | Wednesday 4th May       | Thursday 5th May      |   |
| Managing Transition                   | Wednesday 15th June     | Thursday 16th June    |   |

Programme Overviews:

#### **Promoting Independence and Resilience**

In this session we will discuss what challenges our children face with independence and resilience and the impact the pandemic may have had upon these skills. We will be discussing strategies, a positive mind set and how to approach tricky situations without conflict.



## **Emotional Regulation**

Emotional regulation is the way we deal with emotions such as anger, frustration, excitement and anxiety. We learn how to emotionally regulate at different stages in our lives with some children (and adults) finding this harder than others. We will present to you a range of ways to help children identify their emotions and a variety of coping strategies for when these emotions change.

## **Wellbeing and Anxiety**

Positive wellbeing and positive mental health is high on the agenda at BHPS for not only our children but the adults too. In this session we will be sharing with you a range of support networks available, how to promote positive wellbeing and positive mental health at home and what to do if you feel that your child or a family member is struggling with their wellbeing or mental health.

## **Autism and Sensory Processing**

*I don't understand, it's not that loud, why does he always cover his ears?.....She refuses to wash her hair and clean her teeth.....He can't be autistic - he's so kind and caring.....She has a great imagination; why do you think she's autistic?.....I have to buy the same nuggets every week.....He is such a sore loser yet he always changes the rules.....why does she seem fine at school and so naughty at home?*

In this session we will explore what autism is, the myths around autism, the stigmas surrounding being autistic and what to do if you think your child may be autistic.

Sensory processing can be a large part of autism however it can also stand alone. We will explore sensory seeking and sensory avoiding behaviours - why they occur and how to support them.

## **Dyslexia and Working Memory**

Dyslexia can be described as a continuum of difficulties in learning to read, write and/or spell, which persist despite the provision or appropriate learning opportunities. These difficulties do not reflect an individual's cognitive ability and may not be typical of performance in other areas.

We will be sharing information about signs to look out for, how to obtain a diagnosis, how to offer support to your child and where to go to find support as a parent.



## Managing Transitions

Transitions occur in every part of our day; leaving the house, having a bath, going home from school. Some children manage these small transitions brilliantly and some children find this extremely difficult. In addition to daily transitions, there are much larger ones at certain points of our children's lives i.e when it becomes half term or the Christmas break, moving year group or transitioning to secondary school.

This session will focus on how to prepare your child for transitions no matter how big or small, how to reduce any anxiety around transition and the best way to answer the many questions which come along with it!

Mrs Sargeant, Miss Knott and I look forward to seeing you.

Best wishes,

*Kate Lawrence*

Kate Lawrence  
Deputy Headteacher  
Inclusion Lead

