

# Same but Different



Date: 6th June 2025

**Inclusion Bulletin for Biggin Hill Primary School**

Issue: 6

## Message from Mrs Lawrence

Dear Parents and Carers,

Thank you all for your understanding and support around the rescheduling of Sports Day. We appreciate your flexibility and look forward to enjoying the event together soon under better weather conditions.

This week, all classes took part in their annual school photos—everyone looked very smart, and we're excited to share the results with you soon.

Year 2 and Year 3 also had a special visit from the Dogs Trust this week. The children thoroughly enjoyed the session and learned so much about caring for animals and being safe around dogs. It was a wonderful learning experience for all involved.

In this issue I want to provide you with some tips on talking to your child about mental health and what they can do to get support in school. Our wellbeing is something that we all have to be aware of and having the confidence to talk about our worries and ask for help can be extremely difficult for any of us. Talking to your child honestly about how they are feeling can reduce fear and confusion and may help them to understand their actions and behaviours. It is scientifically proven that mentally healthy children are more likely to have a positive quality of life, functioning well and fulfilling their potential.

Positive conversations with your child about mental health have the power to change their lives for the better by creating a safe and supportive environment. This will in turn increase your child's understanding about their mental health, that it is ok not to feel ok sometimes and empower them to seek help if they need it.

Top tips for starting important conversations:

- Be there to listen - regularly ask how they are doing so they get used to talking about their feelings and know there is always someone to listen if they want it
- Take what they say seriously - listening and NOT judging what they say will make a child feel that what they have said is valued. This can give your child the space to express how they are feeling if they are experiencing any difficulties
- Ask questions and listen - this can give your child the space to express how they are feeling and if they are experiencing any difficulties. It will also increase your understanding of their wellbeing
- Try to ask questions that are open and not leading, like "how does that feel?" and "what could we try to help you with?"
- Ensure you have enough time to spend with your child - when opening up emotionally you must have the time to spend supporting your child creating a safe and reassuring space. Frequently a child may raise something at an inappropriate moment, if this happens do not disregard this - explain to them that you have heard them, understand that this is something they are struggling with and that you will readdress it as soon as you can. Do not forget!
- Think about how you could make it easier for your child to speak openly to you - sit side by side rather than face to face, do an activity colouring/lego or even cooking to reduce any feelings of pressure
- Be patient - if your child is not ready to open up, reassure them and let them know you are there when they are ready

I wish you all a marvellous weekend,

**Mrs Lawrence**

Headteacher and Safeguarding Lead

## Signs something may be wrong...

Around 1 in 8 children experience emotional difficulties while growing up, and for most these will resolve with time whilst others may require professional support. It can be difficult to know if something is wrong, but the signs below are something to look out for:

- significant changes in behaviour
- ongoing difficulty sleeping
- withdrawal from social situations
- not wanting to do things they usually enjoy
- Self neglect or harm

You know your child better than anyone else, so if these changes last for a long time or are significantly affecting them - seek advice from myself or Mrs Sargeant, your GP or other professional services.

## Weekly Whole School Attendance 94%

### Weekly Class Attendance

**Excellent attendance 'gold'**  
98-100%

**Tiger Class- 100%**  
**Ebenezer Tweezer-100%**  
**Crayon Class-99.4%**

**Good Attendance**  
**'green'**  
96 - 97.9%

**Charlie Cook Class- 96.5%**

**Well Done!**