

# Birches First School



## SEND Newsletter Issue 1

# October 2023

Welcome to our first SEND Newsletter. We aim to provide you with useful information, links to services and useful tips for parents/ carers whose child has a special educational need or disability. If you have any suggestions for what you would like to be included in the Newsletter, please let us know!

As Birches First School's Special Educational Needs and Disability Coordinator (SENDCo), I am here to offer support and advice regarding additional needs or SEND support for your child. At Birches, we are proud of our 'open door' policy so please do not hesitate to get in touch, if you have any concerns or need some additional support. Your child's class teacher is always the first port of call for any queries you may have. This half term, you will have the opportunity to meet with your child's class teacher to discuss how your child has settled into their new year group. If you need any further support following on from this, you are welcome to contact me via email ([shulme@birches.staffs.sch.uk](mailto:shulme@birches.staffs.sch.uk)) or alternatively you can make an appointment by phoning the school office (01902 297910).

Our CMAT SENCo is Mrs Connolly, who also works with the school supporting SEND ([cmatsenco@birches.staffs.sch.uk](mailto:cmatsenco@birches.staffs.sch.uk)). For more information about SEND at Birches please visit our dedicated SEND area on our school website:

<http://www.birches.staffs.sch.uk/send/>.

Many thanks, Miss Hulme.



## Local Offer

Do you know where to go for extra information and support? The 'Local Offer' provides all kinds of information to families of children with special educational needs and disabilities. It is designed to make sure that most of the information you'll need is all in one place. We are very aware that we have some families who live in Staffordshire and some who live in Wolverhampton. Find out more information by visiting the relevant website below. If you require any support accessing the information, please let us know.

**STAFFORDSHIRE  
CONNECTS**

**SEND LOCAL  
OFFER**

[https://www.staffordshireconnects.info/kb5/  
staffordshire/directory/localoffer.page?  
localofferchannel=0](https://www.staffordshireconnects.info/kb5/staffordshire/directory/localoffer.page?localofferchannel=0)

**Wolverhampton's  
local offer**

The essential guide for children and young people with special educational needs and disabilities aged 0-25 and their families.  
[wolverhampton.gov.uk/localoffer](http://wolverhampton.gov.uk/localoffer)

[https://win.wolverhampton.gov.uk/kb5/  
wolverhampton/directory/localoffer.page?  
localofferchannel=0](https://win.wolverhampton.gov.uk/kb5/wolverhampton/directory/localoffer.page?localofferchannel=0)

**Believe, Grow, Succeed... to be the best 'me' I can be!**

# Birches First School

## Awareness Days

In school this half term we are celebrating a number of awareness days. We believe it is really important for all children to develop their understanding as well as encourage inclusivity across the school, and we have certainly found that the more we discuss and share, the more comfortable the children are with sharing their own experiences with their peers. This term we have covered:

Dyslexia Awareness Week

Jeans for Genes Day

Mental Health Day

## Mental Health Awareness



Giving our children and young people opportunities to open up is one of the biggest things we can do as parents and carers to support their wellbeing. Talking about how they are, how their day has been and what's on their mind as part of everyday family life shows your child that you're interested in them and want to listen. But talking isn't always easy. You might feel like you don't know where to start, when a 'good time' is, or how your young person will react. Or, you might be worried about making things worse or saying the wrong thing. Lots of children and young people find it easier to talk while doing an activity. This takes the pressure off because they don't have to sit still or make eye contact all the time, and because it makes pauses and silences more comfortable.

More information and activity ideas can be found here:

<https://www.youngminds.org.uk/parent/how-to-talk-to-your-child-about-mental-health/>



## FREE Parent/Carer Training

PLEASE NOTE – THIS TRAINING IS FOR PARENTS/CARERS OF CHILDREN WHO HAVE AN AUTISM DIAGNOSIS

(inc. those not yet referred to the Autism Inclusion Service)

DATE	TIME	COURSE TITLE	LOCATION
24/10/2023	09.30-10.30	Understanding Autism	Families First at Faraday Road Stafford ST16 3NQ
	11.00-12.00	Raising Self-Esteem in Autistic Children and Young People <i>Can book on one or both sessions.</i>	

### Understanding Autism

Language use when talking about autism.  
Understanding the key areas of difference.  
Thinking about your child's needs and ways to support them.

### Raising Self-Esteem in Autistic Children and Young People

Sharing diagnosis with your child.  
Ways to raise your child's self-esteem.

TO BOOK YOUR PLACE PLEASE EMAIL  
RACHEL.WOOLLASTON@STAFFORDSHIRE.GOV.UK