

NURTURING WELLBEING AT LOXLEY PRIMARY SCHOOL

Hello, and welcome to our first Nurturing Well-being Newsletter. Celebrating inclusive values is important to us here at Loxley Primary School and we want to keep you updated on what we've been doing in school, what's going on in the community and what support is available for families.



In this issue we will cover:
Working together
What's the plan for this year?
Last year's highlights
Useful links

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Last year's highlights

At Loxley Primary School we have high ambition for all pupils and we believe it's important for everyone to have equal opportunities to participate in a range of cultural experiences. We also believe children should have a chance to learn new skills of how to be inclusive themselves and support each other. Here are a few of our highlights from last year:

*Through carefully planned adaptations, all pupils were able to take part in residential trips, school performances and clubs.



* Pupils enjoyed taking part in Health Week - learning wheelchair basketball and meeting Jordan Brace (a Boccia paraolympian).

*Our first Healthy Minds Champions were formed. They have been busy learning new games to support anyone feeling lonely or sad at break times. They have also been meeting to discuss how to promote mental health wellbeing around school.



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Working together

We always value your feedback and strive to continually develop our offer at Loxley Primary School. Before we started the Healthy Minds project, we sent a pupil, parental and staff questionnaire to hear your views.



YOU SAID:

- We would like staff to be trained to support children with mental health needs in school.

The issues we worry about the most as our children progress through school are: anxiety, behavioural difficulties, self-esteem, friendship, low mood and sleep.

- Parents want guidance on how to support children at home, who may be showing signs of stress and anxiety.

- Make sure children have opportunities to talk about their feelings.

WE DID:

- Loxley Primary School joined the Healthy Minds Programme in partnership with CAMHS (children mental health service). Staff have had training on supporting children with anxiety, poor mental health, low self-esteem and difficulties with attachment.

We offered parents workshops in school in partnership with the Healthy Minds Programme, which included:

- * Supporting your child's sleep
- * Anxiety and school drop off

We have also offered specialist online workshops for parents provided by Fusion. This included:

- * supporting and recognising signs of anxiety at home.

-We want all pupils to be heard at Loxley Primary School and feel listened to. Helen Vickers our PHSE lead has worked with teachers to ensure pupils have opportunities to talk about social and emotional problems throughout the term. We have set up worry boxes in some classrooms and we are using the Zones of Regulation programme across school to talk about feelings/emotions and build strategies to regulate these.

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- We don't always know where to access support

- As parents we are not confident in spotting signs of mental health difficulties in our children.

- Let us know who to contact if we have a problem.

- We have been working hard to update our school website and there is a page all about how we support children with SEND. Please take a look. At the bottom of the page there is also a useful link to the SEN parent hub with free online support sessions and a link to the Sheffield SEN parent and carer forum.

- Keep an eye out on the Sheffield SEN parent hub, there are lots of useful courses available here and some look at how to identify potential mental health difficulties your children could be experiencing. Need more support? Come and have a chat with the SENCO - Vikki Village. She will be able to signpost you in the right direction.

- That's me! I'm Miss Village the Y3 class teacher and SENCO in school. My email is vvillage@loxley.sheffield.sch.uk

Please feel free to email me at any time

What's the plan for this year?

Training for staff to include:

- How best to support children with literacy difficulties such as Dyslexia.
- Precision Teaching
- Supporting children with ASD in the classroom
- SENCo training: SEN Assessment Toolkit, Brain Build Project, Boxall.

We will also be working on...

- Developing a whole school approach to supporting children with literacy difficulties such as Dyslexia.
- Increasing awareness of what support is available for parents and how to access these services.
- Continuing to embed the Birmingham Toolkit to support children with learning difficulties.
- Developing our whole school offer of Healthy Minds to support all pupils in school. This will include our Healthy Minds Champions (in Y5) taking a lead role in supporting pupils well being.



**Healthy
Minds**

Mental Health Support Team

Healthy Minds is delivered by Sheffield CAMHS, part of

Sheffield Children's NHS NHS Foundation Trust

Provided in partnership with:

NHS Sheffield Clinical Commissioning Group

Sheffield City Council

NURTURING EMOTIONAL WELLBEING IN SHEFFIELD SCHOOLS

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WHAT SUPPORT IS THERE FOR FAMILIES AND WHERE CAN YOU FIND OUT MORE?

MAST (MULTI-AGENCY SUPPORT TEAM)

Watch the video below to find out more about what they can offer families .

<https://youtu.be/c-JuGb6Vt30>

OUR SCHOOL WEBSITE - SEND PAGE

Information for parents and families about SEND (special educational needs and disabilities) at Loxley Primary School and how we support pupils. There are also further links to support parents with children with a range of disabilities and learning needs.

<https://loxleyprimaryschool.com/special-educational-needs>

LOCAL OFFER

Information about support and services for children and young people with SEND. The look and feel of the website will change shortly - watch this space!

https://www.sheffielddirectory.org.uk/kb5/sheffield/directory/localoffer.page?localofferchannelnew=0&utm_content=&utm_medium=email&utm_name=&utm_source=govdelivery&utm_term=

SHEFFIELD PARENT CARER FORUM

A parent led charity that provides support, shares information and influences policy and practice

<https://sheffieldparentcarerforum.org.uk/>

SSENDIAS

Impartial, confidential information, advice and support to families

<https://sheffieldsendias.org.uk/>