

# Burlington Junior School



## SEND Newsletter

July 2023 - No:6

It's hard to believe that we are at the end of another academic year. **Thank you** for your continued support and encouragement of our children at Burlington Juniors. Your commitment helps to secure the very best possible outcomes and successes for their future. We hope you all have a wonderful Summer break and a keep well and safe. We look forward to seeing you all in September!

**Thank you** to all the parents and carers who attended the SEN pupil progress parent meetings. We hope you found them helpful and informative. If you didn't get a chance to complete the feedback form, at your meeting, please click [HERE](#) if you would like to do so. Thank you for your time.

### Take part in The SEND Futures Survey

Please see attached flyer for the SEND Parent and Carers Focus Group being held at Burlington Junior School on **Tuesday 11th July 2023, 09.30 - 11.00am**. The coffee morning will focus on collecting information from parents and carers to improve support provided to children and young people with SEND.

Kingston Council, the Integrated Care Board and Achieving for Children are interested in your views on support across all of education, health and social care for children and young people from birth (for example from health visitors) up to 25 years (for example from employers and supported housing providers).

The survey is open to residents of living in the borough of Kingston.

### What's on during the Summer holidays?



**ADHD Embrace** - Free family day at Hampton Court Palace - **Saturday 15th July 2023 at 10am**.

If you would like to book please click [HERE](#)

**Achieving for Children (AfC)** have lots of fun activities on throughout the Summer holidays for children and families. Click [HERE](#) to find out what's available.

#### **Fancy a trip to the cinema?**

If you are looking for a good film to watch during the holidays then **Accessible Screening UK** has a comprehensive listing of UK cinemas which include films with subtitles, audio described and autism friendly. Click the link for a full listing [Cinema Listing](#)

#### **Activities for families:**

Families Online have lots of information and activities for families during the Summer holidays. Click the link for information. [Family Fun](#)

#### **The Great Outdoors:**

[The National Trust](#) have lots of family friendly places to visit during the Summer, along with outdoor theatre performances, such as [The Wind in the Willows](#) and [Peter Pan](#).

#### **Fun Days Out in Kingston:**

Here is a website with a list of fun things to do in Kingston [KINGSTON DAYS OUT](#)

#### **Kingston Adult Education:**

Maybe you would like to learn something new. There are lots of short courses available to adults families in Kingston. Click [HERE](#) for a prospectus.

# Is your child transitioning to secondary school, in September?

Here is a short animation that your child may like to watch, to support any worries they may be having:

<https://www.youtube.com/watch?v=kFpVOIpeksk>



Here are the top ten tips for supporting their transition and any other changes they may face:

**Choose health**  
 Know what affects your child, what makes them grumpy, hyper, disconnected...  
 Do they need snacks throughout the day?  
 Do they need lots of sleep?  
 Do they need to get out and about and do exercise?  
 Do they need time alone?  
 Trust that you know your child and give them the basics that they need to cope with difficult days

**Work together**  
 Share ideas about how to:  
 • create action plans  
 • have a problem-solving approach  
 • enjoy achievements  
 • be forward-looking  
 • show them that we can all get things wrong

**Move on up**  
 Encourage independence:  
 • help them to move positively from child identity towards teen identity  
 • increase their responsibilities  
 • be positive whenever they act maturely  
 Be aware of your child's changing needs. Sometimes it might feel like one step forwards, two steps back.

**Be calm**  
 Try to stay calm whilst your child is feeling distressed. Your child may show:  
 • highs and lows  
 • meltdowns  
 • anger  
 • blame  
 • self-centredness

**Communicate**  
 The small things you do make all the difference:  
 Keep talking, texting, listening, hearing, hugging, sympathising, smiling, reassuring, checking, sharing, suggesting, encouraging, respecting

**Get learning**  
 Be involved, find out more and talk about:  
 • social media  
 • internet benefits and dangers  
 • new music  
 • language and slang  
 • current affairs  
 • what it's like to be young in the current world

**Be wise**  
 As they discover new things, try to:  
 • be interested  
 • be non-judgemental  
 • guide  
 • give boundaries  
 • see it from all sides  
 • listen to their point of view  
 • choose your words carefully  
 • act on warning bells

**Be the anchor**  
 In times of change you are:  
 • constant  
 • family  
 • familiar  
 • routine  
 • in-jokers  
 • irritating  
 • comforting  
 • home

**Have fun**  
 Provide lots of light relief:  
 • be silly  
 • be embarrassing  
 • play games  
 • laugh together  
 • do stuff together  
 • make jokes  
 • make things  
 • be outside

**Look after yourself**  
 Support yourself, to best support your child:  
 • lean on friends  
 • offload on other family  
 • find 'me time'  
 • see the GP  
 • relax, exercise, sleep well, eat well  
 • remember tomorrow is a new day

**YM Parents Helpline**  
 0808 802 5544  
 youngminds.org.uk  
 Mon-Fri 9.30am-4pm

**Ten Ways for parents to help children cope with change**



Water can provide so much joy but at the same time has the potential to cause unimaginable tragedy. Spending a short time providing a sound water safety education for the whole family can make the difference for a planned day at the beach or the park resulting in everybody enjoying their day and returning home, safely.

**Summer WATER SAFETY**

When Summer hits it can be tempting to look for the nearest place to cool off. Here are our top tips if you plan on going for a paddle:

- LOOK OUT FOR LIFEGUARDS
- IT'S COLDER THAN IT LOOKS
- DON'T GO TOO FAR
- IT'S STRONGER THAN IT LOOKS
- BRING A FRIEND

www.rfts.org.uk



Here's a great short animation created by Natalie Priest that captures the behaviour of a child with ADHD <https://vimeo.com/232606995>



## Keep Calm and Meditate

The Summer holidays can be particularly stressful for both parents and children. Guided meditation is particularly effective at helping regulate negative emotions. Deep breathing and positive affirmations promotes confidence and self esteem. Guided meditation can also help children with their listening and problem solving skills. Here is a guided meditation for you to use when things get a bit hectic <https://www.youtube.com/watch?v=32zX0dz0BZ8>



The NSPCC provide help and support for children and families and work closely with schools and professionals. If you would like help, advice or general information, you can access their website by clicking [Here](#)

The mission of Action for Happiness is to help people create a happier world, with a culture that prioritises happiness and kindness. They do this by helping people get together regularly (face-to-face where possible) to learn evidence-based skills for happier living, feel a sense of belonging and commit to personal action to create more happiness, both for themselves and others. Building mass awareness of the scientific knowledge of happiness can change how we approach our personal lives, how we bring up our children, how we behave at work and how public policy is made. And it can help us act in a way that considers the happiness of future generations, as well as our own. Click on the link for more information <https://actionforhappiness.org/> or better still **download their amazing App** for friendly nudges with an action idea each day, inspiring messages to give you a boost and help to connect and share ideas with like-minded people.

Jump Back Up July 2023

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Take a small step to help overcome a problem or worry	2 Adopt a growth mindset. Change "I can't" into "I can't...yet"	3 Be willing to ask for help when you need it	4 Find something to look forward to today	5 Get the basics right: eat well, exercise and go to bed on time	6 Pause, breathe and feel your feet firmly on the ground	7 Shift your mood by doing something you really enjoy
8 Avoid saying "must" or "should" to yourself today	9 Put a problem in perspective by seeing the bigger picture	10 Reach out to someone you trust and share your feelings with them	11 Look for something positive in a difficult situation	12 Write your worries down and save them for a specific 'worry time'	13 Challenge negative thoughts. Find an alternative interpretation	14 Get outside and move to help clear your head
15 Set yourself an achievable goal and take the first step	16 Find fun ways to distract yourself from unhelpful thoughts	17 Use one of your strengths to overcome a challenge today	18 Let go of the small stuff and focus on the things that matter	19 If you can't change it, change the way you think about it	20 When things go wrong, pause and be kind to yourself	21 Identify what helped you get through a tough time in your life
22 Find 3 things you feel hopeful about and write them down	23 Remember that all feelings and situations pass in time	24 Choose to see something good about what has gone wrong	25 Notice when you are feeling judgmental and be kind instead	26 Catch yourself over-reacting and take a deep breath	27 Write down 3 things you're grateful for (even if today was hard)	28 Think about what you can learn from a recent problem
29 Be a realistic optimist. Focus on what could go right	30 Reach out to a friend, family member or colleague for support	31 Remember we all struggle at times - it's part of being human				



ACTION FOR HAPPINESS

Happier · Kinder · Together

What is Happiness?



Happiness is not about ignoring difficult feelings. Being present with all our emotions - and feeling sad when we need to - contributes to wellbeing in the longer term.

