

Burlington Junior School

SEND Newsletter



September 2023 - No:7

Welcome back to school. We hope you had a nice Summer break and are refreshed and ready for the new academic year ahead! The children have settled in well to their new routine and are enjoying their new learning topics. Children with SEN can often feel unsettled coming back to school, after such a long break. If you have any concerns please speak to your child's teacher or Mrs Case, the School SENCo.

Thank you to all the parent/carers who attended the workshop this morning. We hope you found it useful and informative. The workshop covered different ways of responding to difficult behaviour and heightened emotions, in children and strategies for managing this behaviour and supporting emotion regulation. The workshop will be delivered by Haydon Thorp our MHST Practitioner. If you would like more information on this particular issue, please contact Mrs Case (School SENCo).



'Helping children with...' series of webinars for parents



Achieving for Children's Mental Health Support Teams are delivering a series of webinars for parents of primary aged children. The 'Helping Children with ...' series of webinars will cover a range of common difficulties experienced by children and will aim to share evidence-based strategies to help parents and carers support their children with these difficulties. Below is a list of webinars on offer over the coming months. In the third and fourth columns of the table below, you will find the sign up links. Please note that sign up links will be added a month before the webinar dates.

Helping children with ...	Overview of webinar	Morning 9am	Evening 6pm
Worries	The 'Helping children with worries' webinar will help you learn ways to support your child in dealing with their big feelings, worries and fears. This webinar will give you practical ideas on how to help your child to think more positively and develop their self confidence. You will also be introduced to some helpful cognitive behavioural therapy concepts.	28 September 2023 28 September 2023 MHST Workshop: Helping children with Worries 08 March 2024	26 September 2023 26 September 23 MHST Workshop: Helping children with worries 07 March 2024
Resilience	The 'Helping children with resilience' webinar will support you in understanding how children develop resilience, while exploring a variety of helpful coping skills, and what you can do as a parent or carer to help them be their most confident self.	18 October 2023 18 October 23 MHST Workshop children with resilience 22 March 2024	16 October 2023 16 October 23 MHST workshop: Helping children with resilience 21 March 2024

Helping children with worries

The 'Helping children with worries' webinar will help you learn ways to support your child in dealing with their big feelings, worries and fears. This webinar will give you practical ideas on how to help your child to think more positively and develop their self confidence. You will also be introduced to some helpful cognitive behavioural therapy concepts.

What will the 'Helping Children with Worries' webinar cover?

- What anxiety is.
- What the cognitive behavioural model is.
- Practical strategies to help parents and carers talk to their children effectively, help them regulate their emotions, and face their fears.
- How to get further support if needed.



When will the webinar take place?

The webinar will take place on four different dates and times.

Date	Time	Duration	Sign up link
26 September 2023	6pm	75 minutes	26 September 23 MHST Workshop: Helping children with worries
28 September 2023	9am	75 minutes	28 September 23 MHST Workshop: Helping children with worries
07 March 2024	6pm	75 minutes	Sign up link will be provided a month before the webinar date
08 March 2024	9am	75 minutes	Sign up link will be provided a month before the webinar date

*All Webinars are 60 minutes long, with 15 minutes at the end for questions and answers.

*Please have a pen and paper handy for the webinar.

How to sign up

Parents and carers can sign up to the webinars by clicking on the sign up links in the table above. This will take you to a Google form where you will need to provide your email address, the school your child attends, and the year group your child is in.

Who to contact

If you have any questions, please contact your school who will direct your query to the allocated MHST practitioner.

Helping children with resilience

The 'Helping children with resilience' webinar will support you in understanding how children develop resilience, while exploring a variety of helpful coping skills, and what you can do as a parent or carer to help them be their most confident self.

What will the 'Helping children with resilience' webinar cover?

- What resilience is.
- Helping children develop positive self talk.
- Normalising making mistakes and learning from them.
- Worry management and problem solving skills.
- Relaxation and coping strategies.
- How to get further support if needed.



When will the webinar take place?

The webinar will take place on 4 different dates and times.

Date	Time	Duration	Sign up link
16 October 2023	6pm	75 minutes	16 October 23 MHST workshop: Helping children with resilience
18 October 2023	9am	75 minutes	18 October 23 MHST Workshop: Helping children with resilience
21 March 2024	6pm	75 minutes	Sign up link will be provided a month before the webinar date
22 March 2024	9am	75 minutes	Sign up link will be provided a month before the webinar date

*All Webinars are 60 minutes long, with 15 minutes at the end for questions and answers.

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