

Burlington Junior School



SEND Newsletter

October 2024 - No:11

Well done to all the children who transitioned back to school this term, especially the new year 3 children who have navigated their new learning environment with such enthusiasm. And, thank you to all the parents who have reassured and supported their children who may have been feeling worried about transitioning into a new academic year. We hope you all have a well-deserved, half term break.

Dates for your diary

After half term we will be emailing dates for SEND parent meetings. Although we try to accommodate parents when scheduling these appointments, due to teacher cover, the meetings dates are specific and difficult to rearrange. We apologise for any inconvenience this may cause some parents.

Tuesday 5th November 2024: Mental Health Support Team (MUST) Coffee Morning for parents and carers, held at Burlington Junior School. See attached flyer. If you would like to attend please click and complete this [FORM](#).

Look out for new dates for our parent/carer coffee mornings/workshops next term - All are welcome!

Zones of Regulation

Emotions are a normal part of everyday lives. Everyone experiences them but for some, these emotions can seem overwhelming and they may feel out of control. These feelings can include guilt, sadness, frustration, anger and low self-worth.

Emotional regulation is a term used to describe a person's ability to effectively manage and respond to an emotional experience. Some adults and children struggle to regulate their emotions and this is called emotional dysregulation.

All adults and children feel, think and behave differently about different situations. However, it is important for children to practice emotional regulation strategies so that they do not become overwhelmed.

Tips for regulating emotions:

Take care of your physical needs -

- ★ Good sleep and rest
- ★ Eating healthily
- ★ Exercising your body
- ★ Limited screen time
- ★ Get outside or some fresh air
- ★ Breathing exercises



Engage in activities that build a sense of achievement and joy -

- ★ Join a club
- ★ Practice a hobby
- ★ Set yourself a target
- ★ Bake a cake

Engage with others -

- ★ Play with friends on bikes
- ★ Play a board game/card game with friends or family
- ★ Go for a walk with friends or family (take the dog, if you have one!)
- ★ Eat dinner as a family and talk about your day

Young Artists & SEND Art Clubs

Every Saturday & school holidays during Gallery open dates,

<https://www.stanleypickergallery.org/events/participation/community/young-artists-art-clubs/>

Stanley Picker Gallery is excited to continue running our popular Saturday Art Clubs for children and young people of the local community who are enthusiastic about art and design. Workshops are **FREE** for all and run each weekend, 11am-12.30pm (ages 7-11) and 2-3.30pm (ages 14-18). Book a **free** place via [Eventbrite](#)



Half Term Adventure!

'Visit Surrey' have lots of fun and exciting activities for families over the half term holidays. Click the link to discover all the great places to visit <https://www.visitsurrey.com/whats-on/half-term/>

Cineworld offer sensory friendly film screenings for a neuro-diverse audience. Screenings feature adjustments to create a sensory-friendly environment, including reduced sound levels, dimmed lighting, no adverts or trailers. The audience are free to move around and make noise if they need to, so you are able to watch a film in the cinema without stress or judgment. Click the link for more information.

<https://www.cineworld.co.uk/static/en/uk/accessibility/autism-friendly>



Young Minds is the UK's leading charity fighting for children's and young people's mental health. They offer services to parents and carers who are concerned about their child. They are available for advice through Email and Webchat as well as providing a helpline telephone service.

Click [HERE](#) for pupil resource information to help with school transition.

The helpline number is 0808 802 5544. It is free to call and is available Mon-Fri from 9.30am – 4pm <https://www.youngminds.org.uk/>

The National Autistic Society have lots of helpful advice and information to help support people with autism, deal with change. To access their website please click [HERE](#)



Express CIC are running an activity afternoon for you to come and find out more about our groups, clubs, and services and an opportunity to meet some of our lovely team including our therapists and club leads. Families can come along together and have some fun! [Click here](#) for more information.

Achieving for Children (Kingston and Richmond) have lots of SEND events during the half term holiday.

To find out what's on Click [HERE](#)



If you live in either Kingston or Richmond, we encourage anyone whose family includes a child or young person who has a special educational need* or disability** to register. Everyone on the register will benefit from:

- Information about support, services, activities and events
- Information aimed at young people with disabilities
- Opportunities to have your say about the services that are important to you
- The knowledge that your anonymous statistical data is helping us to plan and improve services

To register please click [HERE](#)

Merton SEN Local Offer have lots of activities and leisure available throughout the half term holiday.

Click [HERE](#) to find out what's available



Coffee morning with the Mental Health Support Team (MHST) at Burlington Juniors



The MHST is an early intervention and prevention service that focuses on supporting children and young people with mild to moderate mental health presentations such as anxiety, low mood and common behavioural difficulties by providing a range of tailored support to children, parents and schools. The MHST is a school-based team of different mental health professionals who provide support to all primary and secondary schools in Kingston and Richmond. With this in mind, we would like to inform you of two upcoming voffee mornings.

Managing anxiety (including fear and worries)

1 October 2024 at 9am EXPIRED

Come along and have a coffee and a chat with other parents and our education wellbeing practitioners around managing your children's fears and worries. Anxiety can affect all children at some stage in their life, so we will be discussing common symptoms and strategies that can address these struggles to support you and your children when worries arise.

Challenging behaviour

5 November 2024 at 9am

Come along and have a coffee and a chat with other parents and our education wellbeing practitioners around our challenging behaviour. The session offers insights into understanding the root causes of challenging behaviour and equip parents with effective techniques to promote positive change.



achieving
for children

Dear parent or carer,

Are you concerned about your child's emotional wellbeing or are you noticing increasingly challenging behaviour at home? The Mental Health Support Team (MHST) offers consultation slots on Thursdays between 2.15pm and 3.15pm at Burlington Junior School, to offer personalised support and advice tailored to your child's needs in a confidential 20 minute consultation.

The experienced mental health professional provides a safe space to discuss concerns, gain insight and explore strategies to support your child's wellbeing. You don't have to face these concerns alone. Book your consultation today and take the first step towards further supporting your child's wellbeing.

If you are interested, please feel free to book a consultation slot, by email me:
clara.henrich@achievingforchildren.org.uk

Mental Health Support Team (MHST) by Achieving for Children

The MHST is an early intervention and prevention service focusing on mild to moderate mental health difficulties such as anxiety, low mood and common behavioural difficulties. The Kingston and Richmond MHST is a schools-based multi-disciplinary team of psychological professionals including clinical leads, creative therapists, mental health practitioners and education wellbeing practitioners. We cover all schools in Kingston and Richmond.

- Deliver evidence-based interventions for mild-to-moderate mental health concerns.
- Support schools to develop a whole school approach to mental health.
- Work with schools and other services to help children get the right support.

www.achievingforchildren.org.uk

QR Code

