

# Burlington Junior School

## SEND Newsletter



January 2025 - No:12

Welcome back to a new term and a New Year! We hope you all had a nice Christmas break.

After the excitement and bustle of the Christmas season, it is completely natural to feel a little down at this time of the year, especially with the cold weather and dark mornings!

### Here are a few tips for giving yourself the best start to 2025:

**Understand that this is normal** - There are biological reasons why many people feel low and lack energy during January and there is nothing 'wrong' with having these feelings. Many people will be going through the same or similar feelings, but you may not realise it. Understanding that it is a natural response is helpful.

**Get as much daylight as possible** - Lack of daylight is partly why people suffer from "The January Blues". Not getting enough sunlight and Vitamin D, has been shown to decrease our happiness and leaves us feeling down in the dumps. The sunlight can make you feel better and also help to regulate your sleep cycles properly.

**Keep fit and stay active** - Regular exercise has been proven to reduce stress, help improve self-esteem levels. Exercise releases endorphins from your brain, which gives your body a positive feeling of happiness. The exercise can take any form, even if it is just gentle or brisk walk.

**Eat properly** - A healthy diet will boost your mood and give you more energy. Balance your diet with carbohydrates, such as pasta and potatoes, with plenty of fresh fruit and vegetables.

**Sleep well** - The National Sleep Foundation guidelines advise that healthy adults need between 7 and 9 hours of sleep per night; pre-schoolers should get between 10 and 13 hours and school age children should strive between 9 and 11 hours of sleep per night. Poor sleep can have a negative impact on your mental health and lead you feeling irritable, anxious and worried. Try to reduce screen time in the evenings to let your brain switch off and allow for a good quality of sleep

**Learn a new skill** - Getting creative or learning a new skill is an ideal way to gain a sense of achievement and boost your confidence. There are plenty of hobbies you can take up indoors. Learn how to paint or cook, or learn a language.

**Use positive affirmations** - Try to start every day with a positive thought, saying, memory, or quote that sets you up for the best possible start. Don't forget to keep reminding yourself of it throughout the day too.

**Have gratitude** - Focus on the positive things taking place all around you – no matter how small. Remember to treasure the little wins and celebrate your achievements, this helps to move your focus away from the negative.

### Dates for your diary:

**Thursday 30th January 2025: Zones of Regulation** Parent/Carer Coffee morning at BJS (*see attached poster*)

**Wednesday 12th February 2025: ASD** Parent/Carer Support Group (*see attached poster*)

**Thursday 27th February 2025: Emotional Coaching** Parent/Carer Workshop at BJS (*see attached poster*)

**Achieving for Children's Mental Health Support Team (MHST)** are delivering a series of webinars for parents/carers - (*please see attached poster for more information and dates*)

Please see other attached posters for information and activities in the local area.



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](#)



## New to SEND in Kingston and Richmond?

It can feel overwhelming, but help and support is available. The same can be said about the SEND Local Offer website - so much information is available that it can feel overwhelming. To find links to some key information please click [HERE](#) The Special Educational Needs and Disabilities (SEND) Parent and Carer Engagement Team can be found by clicking [HERE](#)

## Emotional Health Service (EHS) Neurodevelopmental Assessment Service resource pack

Waiting times for ADHD and Autism assessments and services can be long, which can be worrying and frustrating for young people and families. This pack lists a variety of resources, including websites, apps, books and services for a range of mental health concerns. The idea is for you to have access to all of these so you can use them if and when necessary, for example if a new difficulty arises.

**Please find the EHS Resource Pack ATTACHED.**

**Short Breaks** provide disabled children and young people with fun, enjoyment and a chance to be with friends while their parents and carers get a break from caring. They come in many different forms, ranging from an overnight stay in a residential centre or a carer's home to attending a youth club, leisure centre or getting involved in a sports activity. For more information click [HERE](#)



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



## Exercise Study for Executive Function in Children with ADHD

### Recruiting

children, ages 7 to 11, with or without ADHD  
for a research study on the relationship  
between exercise and executive function in  
ADHD

### Participation involves:

One set of behavioral assessments, brain activity assessment (EEG), and physical fitness assessments (Total of 4 hours)

### Benefits of participating:

- Family will receive honorarium of £10 for participation
- Help scientists better understand brain function of ADHD



For more information, or to enroll,  
Contact **Lauren Dacorro:**

<https://forms.office.com/e/DKmS1kv7WV>

[breadlabkingston@gmail.com](mailto:breadlabkingston@gmail.com)

<https://sites.google.com/view/breadlab/home>

*For questions, concerns, complaints on participant rights, contact Dr. Stone Hsieh  
([s.hsieh@kingston.ac.uk](mailto:s.hsieh@kingston.ac.uk))*

# The **Zones** of Regulation Parent/Carer Workshop



Thursday 30th January 2025

9.15am until 10.15am

at

Burlington Junior School

The workshop aims to inform parents/carers how we use **The Zones of Regulation** in school to support our children's emotional well-being and learning and help them to self-regulate.

*Refreshments will be provided*

# ASD

## Parent/Carer Support Group



**Wednesday 12<sup>th</sup> February 2025**

9.30 to 11am

at

Grand Avenue Primary School, Surbiton, KT5 9HU

*Join us for coffee, biscuits and chat to other parents  
that understand.*

*Theme: Supporting independence*

*If you would like to come along, please register by following  
this link:*

<https://forms.gle/zahaTQ9qndF9nSBr6>

*or contact*

*Jane Pidduck (e-mail [jpiddle2@grandavenue.kingston.sch.uk](mailto:jpiddle2@grandavenue.kingston.sch.uk))*

# EMOTION COACHING WORKSHOP FOR PARENTS/CARERS

**Thursday 27<sup>th</sup> February 2025**

**at 9.15am until 10.30am**

**At Burlington Junior School**

We would like to invite you to join us and share with you valuable emotion coaching skills for you to use with your children.

Emotion coaching originated as a parenting strategy, which is why we felt that our parent community would benefit from knowing more about it.

We hope you are able to join us

Emotion  
Coached  
children  
are better  
able to...

- Control their impulses
- Delay gratification
- Get excited when they become upset
- Pay attention
- Show increased motivation
- Read the emotions in themselves and others
- Put problems and experience into perspective
- Cope when things don't go their way

HEAD  ALWAYS

# 'Helping children with...'

## Webinars for parents 2024/25

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.

Helping children with ...	Overview of webinar	Morning 9am	Evening 6pm
<b>Worries</b>	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.	Tuesday 12th November 2024  AND Friday 25th April 2025	Friday 24th January 2025
<b>Resilience</b>	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.	Friday 31st January 2025	Monday 14th October 2024  AND Thursday 20th March 2025
<b>Friendships</b>	In this webinar we will learn how to support our children develop their friendship skills: learning to communicate better, repair difficulties, and negotiate solutions when relationships between peers are tricky.	Friday 28th February 2025	Monday 18th November 2024  AND Tuesday 29th April 2025
<b>Challenging behaviours</b>	Children often communicate their needs through their behaviours. The 'Helping children with challenging behaviours' webinar will help you to learn about the different factors that can impact children's behaviours, build or strengthen positive relationships by reinforcing the importance of giving positive attention. You will also learn strategies to establish home rules and	Friday 6th December 2024	Tuesday 24th September 2024  AND Monday 3rd March 2025

	boundaries to create a safe and structured environment for your children.		
<b>Screen time</b>	In this webinar we discuss the positive and negative impact of screen time and gaming on a child's mental wellbeing. We will share the recommendations for screen time based on age, how to have this conversation with your child in a positive and effective manner and a simple and effective way to manage the use of screens in your home.	Friday 14th February 2025	Wednesday 2nd October 2024  AND  Friday 2nd May 2025
<b>Sleep</b>	The 'Helping children with sleep' webinar introduces a number of key concepts and strategies to support you in creating a healthy bedtime routine for your child. This webinar focuses on the importance of sleep due to its impact on child development and wellbeing, and explores key components in enhancing sleep quality.	Friday 9th May 2025	Wednesday 27th November 2024  AND  Tuesday 8th July 2025
<b>Transition to Secondary</b>	In this webinar we will explore the main worries children may experience when moving from primary to secondary school. We will help parents/carers think about the different ways to help to support and get their children prepared for the transition.	Thursday 22nd May 2025	Tuesday 20th May 2025  AND  Tuesday 10th June 2025

\*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 scanning the QR code or using the link below:



[https://afc-self-achieveservice.com/service/MHST\\_Helping\\_Children\\_Webinars\\_Primary](https://afc-self-achieveservice.com/service/MHST_Helping_Children_Webinars_Primary)

You can choose the date you would like to attend, and will need to provide your email address, the school your child attends, and their year group.

### Who to contact

If you have any questions, please contact the school Mental Health Lead, who will direct queries to the allocated MHST practitioner.



## 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](mailto: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](http://www.achievingforchildren.org.uk)

QR Code





# HAVE YOUR SAY & PLAY

Join Kingston PCF at YMCA Hawker  
Centre, The Pod

Monthly from 1:15pm- 3:15pm

16th February 2025

9th March 2025

13th April 2025

11th May 2025

8th June 2025

Private play session, exclusively SEND  
children and young people  
A chance to chat to other parent carers  
and hear from the forum

For More Information Email  
[help@kingstonpcf.co.uk](mailto:help@kingstonpcf.co.uk)

