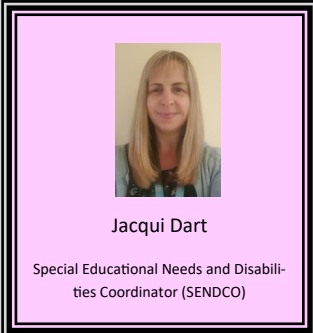


# SEND and Inclusion Newsletter

## Number 1 ♦ 15th December 2022

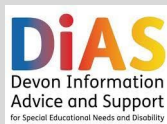
Welcome to our first ever termly SEND newsletter! A newsletter to address all things related to SEND (Special Educational Needs and Disabilities). Hopefully there will signposted information that will help all children and parents and not just our children with identified SEND.



Jacqui Dart

Special Educational Needs and Disabilities Coordinator (SENDCO)

There is some great information around SEND in their resource section and well worth a look. [Home - Devon Information Advice and Support \(devonias.org.uk\)](http://devonias.org.uk)



At Exbourne our children are at the centre of everything we do. We aim to identify the needs of all children as early as possible. This is part of our graduated approach, in which we **Assess, Plan, Do, Review**. This ongoing cycle ensures that effective provision is put in place and also removes barriers to learning. We have a range of interventions taking place daily in our school to meet the needs of all of our children. We believe in inclusivity for all and strive to make this a reality for all our children.

### The incredible 5 point scale

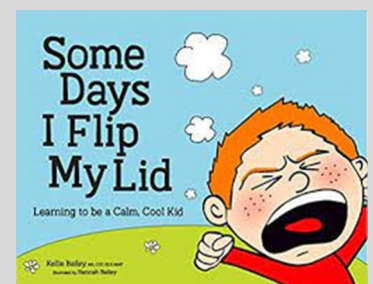
In school we have been promoting the incredible 5 point scale with all our children. This is a great tool in helping children connect and be able to verbalise their emotions using the numbers 1—5 on a scale. Staff are modelling this all of the time throughout the day and supporting children in identifying how they might be feeling during certain times. If you would like more information or a copy of the scale to use at home please ask your child’s teacher or myself and we can send one home for you.

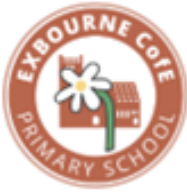
5 Point Scale	
5	
4	
3	
2	
1	

We have also taught children about ‘Flipping our Lid’ when our big emotions take over. We use the hand model to explain this as Dan Siegel shows here.

[Daniel Siegel Hand Model - YouTube](#)

This is also a great book to share with your children. (Click on the image for the link.)





**Young Minds Parent Lounge Videos — informative videos you may find useful**



**Anxiety**

A video explaining how to spot and support a child going through anxiety.



**Giving Emotional Support**

A short video giving tips on providing emotional support to your child



**Dealing with Anger**

A video explaining what might be behind angry outbursts and what your child might be showing you.



Quick, easy ideas for the Christmas holidays to do with all the family from Young Minds. Christmas bring its challenges and we continue to hear from families talking about the effect it is having on mental health and well-being. 20 Activities for 20 minutes is aimed from Young Minds at getting families having fun and talking. We have chosen our top 10...be sure to click the link to find out the full 20! [20 activities for 20 minutes](#)

<p><b>Share your music</b></p> <p>For some people music is how they connect with the world. If this is true for your child, try sharing some music together by creating a playlist. You may surprise each other with your choices and even introduce each other to something new.</p>	<p><b>Ready, set...bake</b></p> <p>Baking is a great way to have fun together and there are so many 20-minute bakes to choose from. Keep it simple with <a href="#">fairy cakes, scones, traybakes</a> or <a href="#">energy balls</a>.</p>	<p><b>Take a walk</b></p> <p>Sometimes taking 20 minutes is as simple as taking a walk, whether it's through nearby countryside, to the shops or around the block with the family dog.</p>	<p><b>The '5 things' game</b></p> <p>An easy one for you if you're on the move, challenge one another to name five things you can see, four things you can touch, three things you can hear, two things you can smell and one thing you can taste.</p>	<p><b>Create a boredom jar</b></p> <p>Using an empty jar and pack of lolly sticks (pieces of paper also work well), write on each stick an activity you and your child can do when they're bored. Activities could include watching their favourite film, baking, crafting or spending time with you.</p>
<p><b>Sing it</b></p> <p>From car singing to serenading the family in the kitchen, turn up your favourite ballads and sing along.</p>	<p><b>Put on your dancing shoes</b></p> <p>If your child loves to dance, let their feet do the talking. Ask them to pick out their favourite song and dance like you mean it!</p>	<p><b>Indoor Picnic</b></p> <p>20 minutes isn't quite enough time to head out to the beach with a picnic blanket, but it's perfect for having one indoors. Lay out a blanket, pick out your family's favourite finger food and have a picnic in the comfort of home.</p>	<p><b>Build an indoor fort</b></p> <p>Use blankets, bedsheets, cushions, chairs and fairy lights to create your own cosy little fort. Be warned: it will take several attempts to keep it all up, but so worth it once you're inside!</p>	<p><b>20 minutes of craft</b></p> <p>There are so many crafts you can do in 20 minutes. You could paint a plant pot, make a friendship bracelet, try origami, create a photo collage or make a musical shaker</p>