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Kindness

Challenging Ourselves
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Golden Valley Primary School Wellbeing Newsletter Term 1

Welcome to the first Golden Valley Wellbeing Newsletter

It is hard to believe that is October already, the children have made an excellent start to the year! The staff have worked super hard to ensure that the transition into new year groups has been as smooth as possible. This first newsletter will be general updates and information but as we move through the year the newsletters will likely be more focussed towards a specific topic.

Contents:

- Signposting
- Back to school conversation starters
- Importance of routines
- PACE approach
- Mobile phones

*****SIGN UP FOR THE SEND COFFEE MORNING 23.10.2024*****

<https://forms.office.com/e/1huqkSegft>

The Pastoral Team @ GV



Mr Hamilton- SENDCo



Mrs Watkins-Learning Mentor



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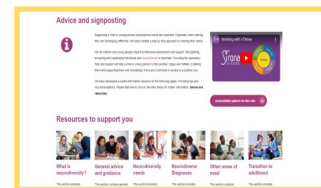
Signposting from Sirona

We understand that as a parent it can be difficult to know what support is available for you and your children. Sometimes you may notice that your child is developing differently or you may have some concerns.

Sirona have pathways that you might want to explore especially in situations where you have concerns that school might not be seeing.

Not all children will require professional assessment and support.

Click the picture for more information.



Youth Matters Newsletter
2024 - Six : SEPTEMBER

SEND AND YOU SENDIAS FOR YOUNG PEOPLE

BACK TO SCHOOL

Welcome!

Welcome to the latest edition of our Youth Matters Newsletter

SEND and You (SAY) are here to help!

The newsletter is a place for young people to have their voice heard! If you have ever:

- struggled at school
- have special educational needs

If there is something you want to shout about please get in touch and let us know, as YOUR story may inspire someone else!

Contents

- An introduction to us: SEND and You (SAY)
- Hot Topic : Anti-bullying week
- Introducing: Tay who tells us about performing at Bristol Harbour Festival
- Events and useful information

SAY SEND AND YOU SENDIAS

sendandyou.org.uk support@sendandyou.org.uk 0117 989 7725

The latest version of the Youth Matters Newsletter is available. This is a great newsletter for parents and children.

The newsletter is a place for young people to have their voice heard! If you have ever struggled at school have special educational needs If there is something you want to shout about please get in touch and let us know, as YOUR story may inspire someone else!

Click the picture to read the latest version!



Conversation starters

Talking to your child about how they are feeling can be very tough, especially when you're concerned that they are having a hard time. It can be hard to know what to say and hard to know how they might react. To support we have come up with some conversation starters that you might want to try:

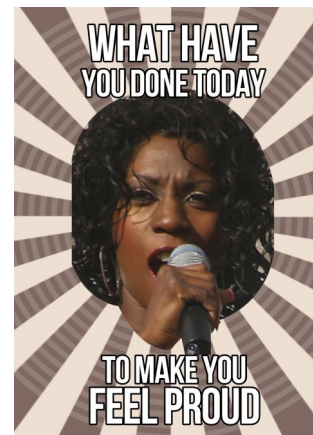
- *What was the best bit of your day?*
- *What was the worst bit of your day?*
- *What did you do today to make you feel proud?*
- *How are you feeling?*
- *What would you like to talk about?*

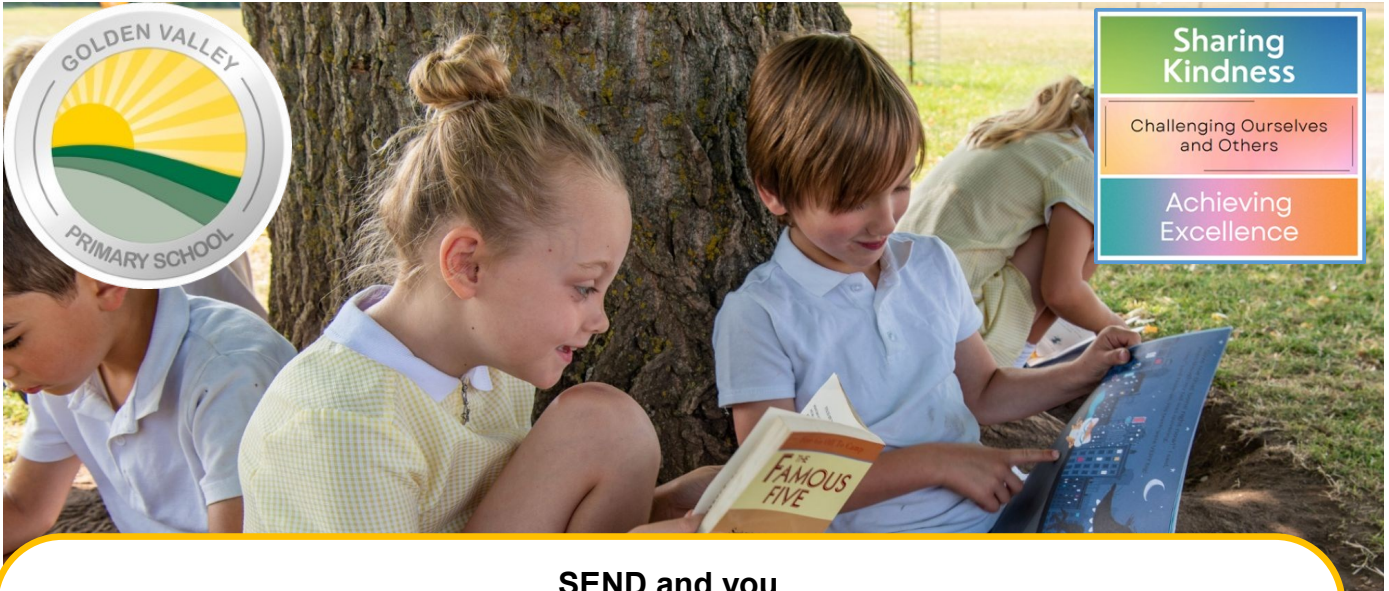
If your child is having a hard time, you could find out how they'd like to be supported with gentle questions like:

- *How can I support you through this?*
- *Do you want to talk about what's going on?*
- *Is there anything you need from me? Space, time to talk, time to do something fun?*
- *What was the biggest problem you had today? What helped?*

Children will often remember the hardest parts of their school day and it's always important to remember that 99% of their day was likely positive and a happy

experience. As adults we just need to do our best to help them to focus on the positive.





SEND and you

Have a look at the latest SAY newsletter for information on the events in North Somerset for support for parents



Routines and Boundaries

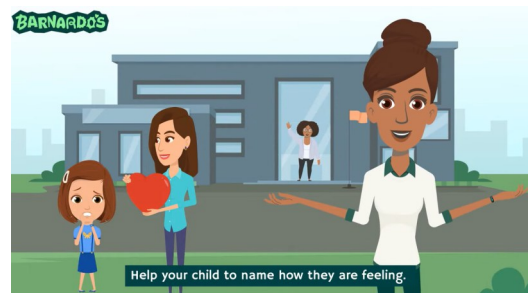
Children thrive on routines. There is so much that is new in your child's world every day that making things predictable is comforting for them.

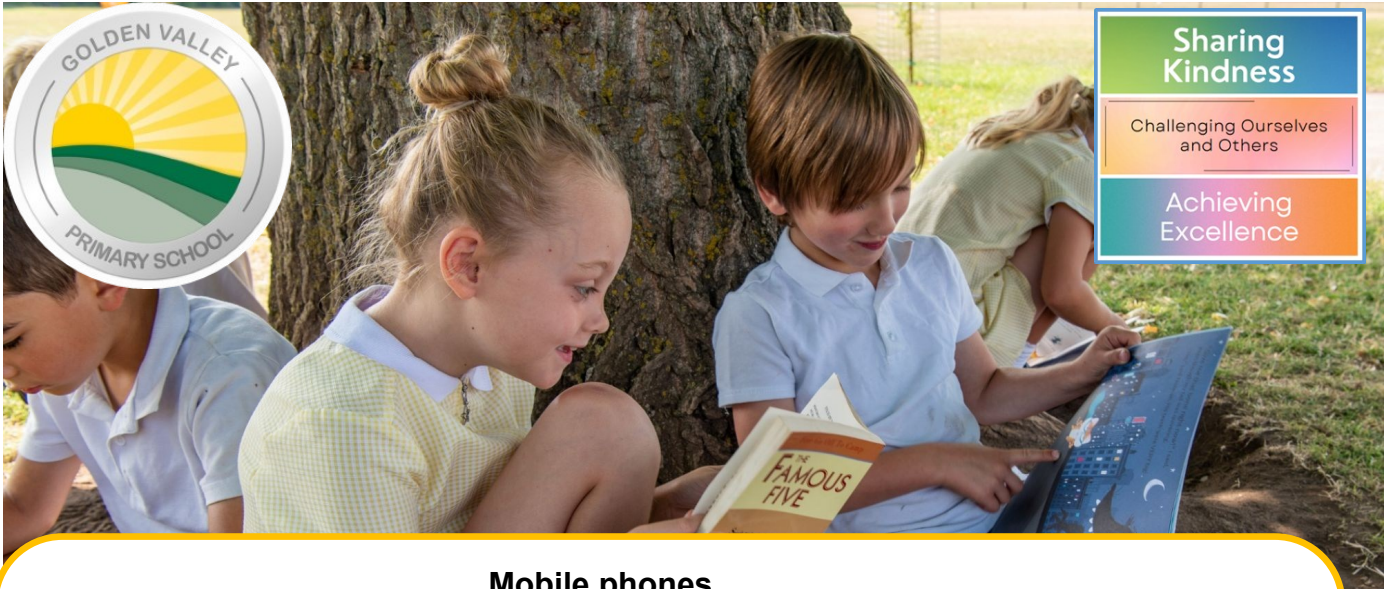
Knowing what to expect reassures your child and this gives them confidence to carry out tasks independently. You could create a visual timetable with your child to show what comes next (if you are struggling to do this then speak to your child's teacher they may be able to help on Widgit).



As well as routine it is vital children have boundaries, they are a very necessary part of any relationship. Consider the lines on the road. Without them, there'd be chaos. The lines are boundaries that show us where we can safely operate. Without proper boundaries, our children wouldn't feel safe. While it may seem they're fighting for control, they're really asking for autonomy within boundaries. Children don't want to be controlled, but they also aren't capable of being in control.

Bernardo's family space have lots of great wellbeing resources for parents and children: <https://families.barnardos.org.uk/>





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Mobile phones

We know mobile phones and their uses can be a very difficult situation for parents. Ultimately the decision for this is one for parents to make. Phones are a massive part of the present and future and it is always important that if we give our children mobile phones we give them the correct guidance and support for using them safely.



<https://www.barnardos.org.uk/blog/keeping-your-child-safe-their-smartphone>

How do we approach behaviour at Golden Valley?

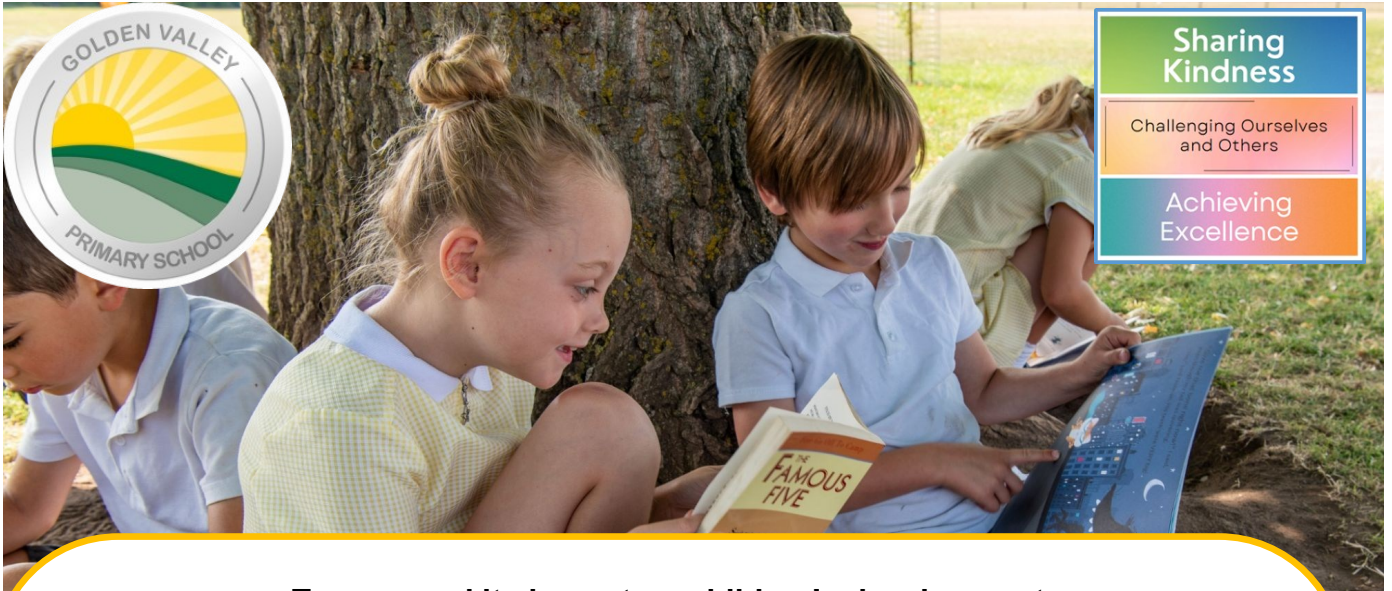
When interacting with children at Golden Valley the adults will always use the PACE approach, you may have heard the adults talk about it but here is a little bit more information...

PACE: Playfulness, Acceptance, Curiosity, Empathy

A trauma-informed approach to supporting children and young people

PACE is a way of thinking, feeling, communicating and behaving that aims to make children and young people feel safe. It is particularly effective in meeting the needs of children and young people who have experienced trauma. Developed by clinical psychologist, Dan Hughes, the approach focuses on building trusting relationships, emotional connections, containment and a sense of security. Given the current situation, it will be important for us to consider the PACE approach in our practice when children and young people return to school. This summary has been compiled from a range of sources and aims to provide you with some background information about PACE and practical examples of how it can be successfully used in practice.

If you are interested and want to know more then Oxfordshire council created a fantastic information paper about what it might look like in school: <https://www.oxfordshire.gov.uk/sites/default/files/file/children-and-families/PACEforteachers.pdf>



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Trauma and its impact on children's development



Sadly, children within our school community may at some point have experienced trauma. The impact of this can have a physiological impact on them and in many cases can change the way they might react and respond to different incidents. The video above explains how this happens and how this might look.

Using play to support emotional regulation

In this episode, Georgina Durrant joins Clare to discuss the importance of play in helping children with emotional regulation. Georgina explains the different types of play and how we can find opportunities to use 'play to learn' to develop a range of skills.

Georgina Durrant is a former teacher, Special Educational Needs Coordinator and Director of Cheshire SEN Tutor Ltd. She founded the award-winning SEN Resources Blog [senresourcesblog](https://www.senresourcesblog.com) to share activities, advice and recommendations for parents and teachers of children with Special Educational Needs and disabilities.

<https://www.myfamilycoach.com/podcast-calming-down-mental-wellbeing-family-using-play-to-support-emotional-regulation/#:~:text=Create%20opportunities%20for%20child%2Dinitiated,can%20help%20to%20regulate%20emotions.>

Using Play to Support Emotional Regulation | Georgina Durrant



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SEND Coffee Morning Wednesday 23rd October

All parents and
carers welcome



Please sign up
below to join us in
the school hall.

The session will be led by Mr Hamilton & Mrs Watkins and we will cover:

- What the roles of Mrs Watkins & Mr Hamilton are
- The school graduated response
- Some information about the Nurture UK project
- SEMH needs...what is the plan?
- Our graduated response to Dyslexia
- Time to chat and have a cup of tea!
- Planning for future coffee mornings



Please sign up using the link below:
<https://forms.office.com/e/1huqkSegft>



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Advanced Parenting Groups

Parenting isn't easy even when your child is well and happy. Sometimes all we need is a little advice and guidance to get us back on track when things are tricky.

The Family Wellbeing Parenting Team have an offer of 13 advanced parenting groups which are free to attend and run by trained facilitators. All groups are evidenced based meaning they employ tried and true methods built on research that demonstrate positive outcomes and are most likely the most reliable way to approach parenting.

For information on the advanced parenting groups please search for "North Somerset Advanced Parenting Groups" on your chosen search engine or scan the QR code below.

- Incredible Years Autism & Language Delay
- Incredible Years Preschool
- Incredible Years School Age
- D.A.R.T – Domestic Abuse Recovery Together
- Parents Plus: Adolescent Programme
- Parents Plus: Working Things Out
- Parents Plus: SEND
- Parents Plus: Parenting When Separated
- Non-Violent Resistance
- Mellow Parenting



For more information, please contact the Parenting Team:
parenting.groups@n-somerset.gov.uk





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The Parenting Village Coffee Morning

"It takes a village to raise a child" originates from an old African proverb and conveys the message that it takes many people to provide a safe and healthy environment where children can flourish.

The drop in is a relaxed and friendly place where parents and parenting specialists will be on hand to share resources, offer support, a listening ear or just spend time talking about what it's like to be a parent.

When? 1st Friday of each month

Where? Castle Batch Children's Centre, Bishop Avenue, Weston-super-Mare, BS22 7PQ

What time? 09:30 – 11:00

When? 2nd Tuesday of each month (9th Jan 24)

Where? Oldmixon Family Centre, Monkton Avenue, Weston-super-Mare BS24 9DA

What time? 09:30 – 11:00

When? 3rd Monday of each month

Where? The Barn, Great Western Rd, Clevedon BS21 6HB

What time? 11:00 – 12:30

Parents of children of all ages welcome.

Free refreshments

For more information, please contact the Parenting Team: parenting.groups@n-somerset.gov.uk

