



Golden Valley Primary School Wellbeing Newsletter Term 3

Firstly, happy new year to everyone. December and January are often very tricky months for neurodivergent children (adults). The dark cold mornings, the ever changing routines through December and the post Christmas recovery is emotionally exhausting and can take a long time to recover from.



Hopefully as we have moved through this term things have started to settle down for the children and things can return to normal (whatever that is).

We will cover a range of things in this newsletter but generally its just to share some information/ideas from our training, discuss any points raised since the last newsletter and share some important dates and events.

The Pastoral Team @ GV



Mr Hamilton- SENDCo



Mrs Watkins-Learning Mentor



Thursday 13th February 2025

SEND Coffee morning with special guest Catrina Lowri from Neuroteachers

SEND Coffee Morning
with Catrina Lowri from Neuroteachers

Despite the previous morning only being at the end of January we will be hosting another coffee morning on Thursday 13th February starting at 9.15 am until 11 am. We are very pleased that we have been able to secure Catrina Lowri from Neuroteachers to come in and deliver a session for parents and carers at Golden Valley. Catrina has already delivered some incredible training to staff this year and we are seeing the benefits of her extensive knowledge already.

She will be deliver an information session and then we will have plenty of time to ask her some questions in a Q&A session to finish.

She is absolutely fantastic and hope that as many parents as possible can make it to the session.

The session will consist of:

- Meet and catch with NSPCWT
- Neurodiversity training and information with Catrina Lowri
- Q & A session with Catrina
- Mr Hamilton and Mrs Watkins catch up/chat with parents (if wanted)

Here is some content from Catrina:
<https://neuroteachers.com/>
<https://www.instagram.com/reel/DEr28oVM2K-/7igsh=MXI5Z2Z3a2VudHpjdw%3D%3D>

Thursday 13th February 2025
@ 9.15 am - 11.00 am

We would love for as many people as possible to attend. This session will be useful for parents of neurotypical and neuro divergent pupils!

Click here for the event poster



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Using social stories at home:

At Golden Valley we use social stories as a strategy for managing potentially difficult and unfamiliar situations. These are a powerful tool for parents and carers to

Social stories are a powerful tool for families to help support their children's understanding of social situations and expectations. Developed primarily for children with autism, these personalised narratives can be beneficial for all children as they navigate various experiences in their daily lives. Here's how you could effectively use social stories at home.



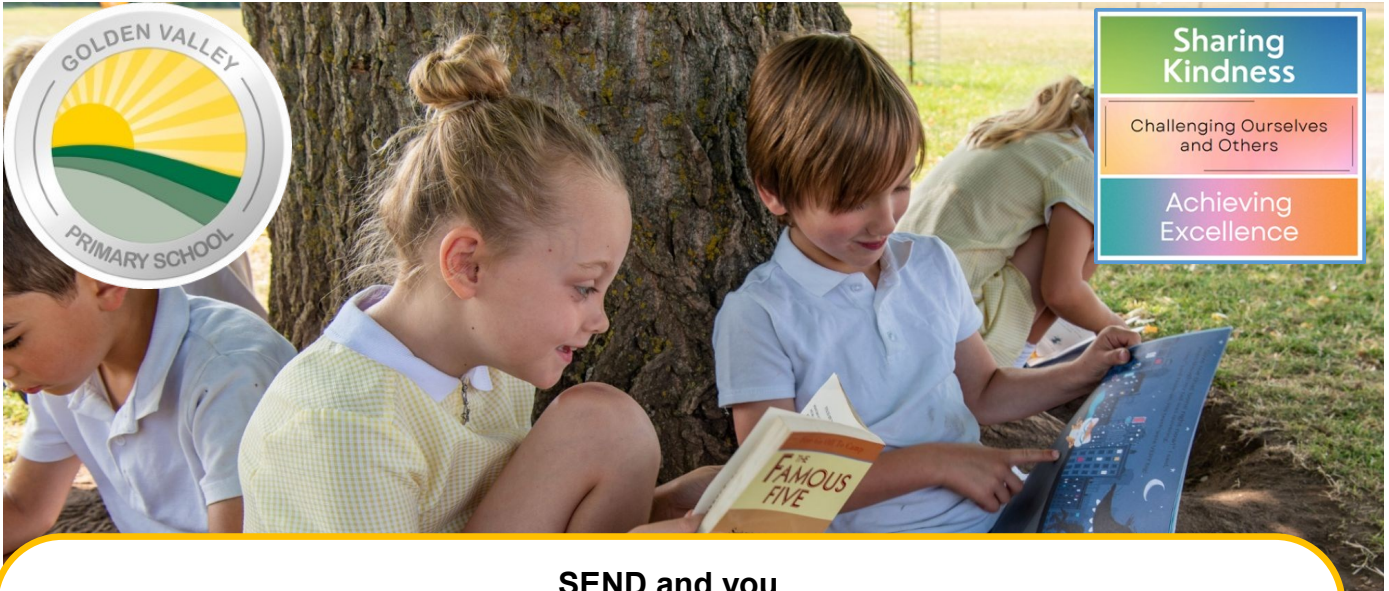
- 1. Identify the Social Situation:** Start by recognising specific situations where your child may benefit from guidance. This can include transitions, encounters with peers, or routines like starting school.
- 2. Create a Tailored Story:** Craft a social story that reflects the scenario you've identified. Use simple language and relatable images, if possible. Aim to include the following elements: the setting, characters involved, desired behaviours, and the potential outcomes.
- 3. Make them as positive as you can:** Frame the story positively. Highlight what your child should do in these situations rather than what they shouldn't. This encourages a more constructive mindset and gives them clear actions to follow.
- 4. Read Together:** Regularly read the social story with your child, allowing them to engage with the content. Take time to discuss the scenarios and encourage questions, which helps deepen their understanding.
- 5. Reinforce Learning:** After your child has been through the situation in real life, revisit the social story. Discuss what went well and any challenges they faced. This reinforces learning and helps them to connect the story with their experiences.
- 6. Be Patient and Supportive:** Each child learns at their own pace. Be patient as they adapt to social situations, and offer gentle reminders or encouragement using the stories as a reference.

Some useful links:

<https://reachoutasc.com/resources/parents-resources/>

<https://www.widgit.com/resources/>

[National Autism Society— Social stories and Comic Strip conversations](#)



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SEND and you

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



NSPCWT

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



Link for latest training offers;

<https://static1.squarespace.com/static/5f8d9660767c18699c812569/t>

Family Wellbeing Team Advanced Parenting Groups



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

Parents who find reliable, positive self-care approaches feel better able to support their children. Additionally, they do so with creativity and resilience. Parents that attend our advanced parenting skills groups report to have stronger relationships with their children after attending a group. Therefore, parenting support groups are a form of self-care that promotes both parents' and children and young people's mental health.

<https://nsod.n-somerset.gov.uk/kb5/northsomerset/directory/service.page?>



The Impact of ACEs on Children

Adverse Childhood Experiences (ACEs) can significantly influence a child's development and well-being. These experiences, which range from abuse and neglect to household dysfunction, can lay the groundwork for challenges that a child may face later in life. Understanding the impact of ACEs is crucial for creating a supportive environment that fosters resilience and healing.

Young children are particularly vulnerable because their brains are still developing. Traumatic experiences can affect everything from emotional regulation to physical health. For instance, often children who have experienced ACE's are more likely to struggle with behavioural issues, learning difficulties, and even chronic conditions in adulthood.

The good news is that research tells us that the effects of ACEs can be mitigated. Supportive relationships and positive experiences can help children build resilience. As caregivers, educators, and community members, we have the power to make a difference by providing stability, love, and opportunities for healthy emotional expression.

At GV we support children who have experienced by:

- Taking a trauma informed approach to everything we do
- We listen and validate feelings and try to provide resources and support that can promote healing and growth
- Foster a nurturing environment to help children navigate the challenges posed by ACE's
- Work with families to help provide children with the support they need to thrive

If you believe that your child has experienced or is experiencing ACE's then please let us know at school as we may be able to help your child and family.

More information on ACE's: <https://www.youngminds.org.uk/professional/resources/understanding-trauma-and-adversity/>

Some ACE's unavoidable but will impact children here are some links for supporting children with common ACE's that impact children and young people:

[Parental conflict or separation](#)

[A family bereavement](#)

[Parental mental illness](#)

[PANS or PANDAS](#)

How common are ACEs?



Almost half of children and young people living in the UK have experienced one or more forms of adversity.



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Autism sleep workshops (FREE): <https://dreamybees.co.uk/>

Did you know that up to 80% of children on the autistic spectrum suffer from disrupted sleep?

Sleep affects the way we think and behave. Research has proved that sleep problems exacerbate characteristics associated with autism such as repetitive behaviours, social and communication skills and hyperactivity (Chen et al, 2006).

Dreamy Bees are offering a free 60-minute online workshop for parents (and a session for SENDCO's that I will be attending)

The parent session is on: **Tuesday 25th February at 20:00** (a recording will be available to those who cannot make it live).

Please register your interest here or scan the QR code above: [Register my interest](#)



Scan here to register
your place on the
'enquiry page' or email
becci@dreamybees.co.uk

[The Sleep Charity](#) state that quality sleep is essential for children's growth and development. A decent night's sleep will help them to do better at school, allow them to react more quickly to situations, have a more developed memory, learn more effectively and solve problems, plus it will make them less susceptible to colds and other minor ailments, less irritable and better behaved!

They have more great resources and advice for supporting children who are struggling with sleep.





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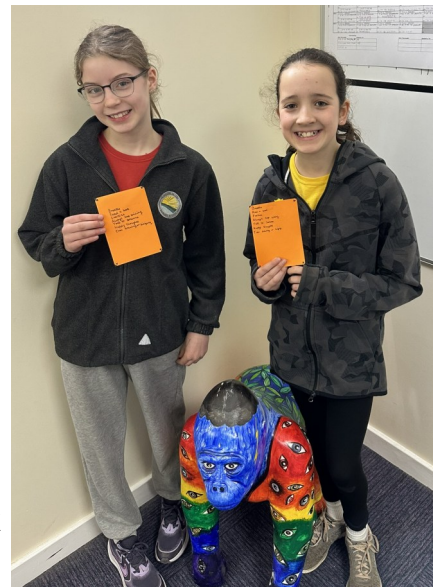
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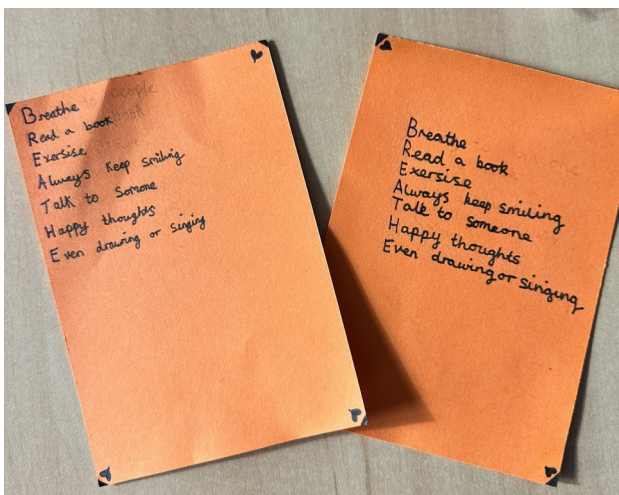


Last week was children's mental health week at Golden Valley and we took part in learning, activities and assemblies to celebrate.

Two of our year 6 pupils were so proud of the work that they had done they came to show me.



"We watched a film about mental health and we got inspired. We came up with some ideas for what we can do if we are stressed"



Useful signposting for supporting children's mental health:

1. [Place2Be](#)
2. [NHS](#)
3. [Young Minds](#)



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Children's mental health week continued

Staff celebrated Children's Mental Health week with an 'express yourself' theme - all wearing their favourite band t-shirts with pride. Mr Riordan even gave the children a taster of The Stone Roses in assembly on Monday morning. It would be fair to say it received mixed reviews but the Kingfishers were particular fans!



Managing behaviours at Golden Valley through a Trauma Informed approach

At Golden Valley we often get asked how we managed some challenging behaviours and how this fits within our behaviour policy. A behaviour policy is written to best fit the demographic and the culture of the school but there are times when we have to apply it flexibly. As we know children are incredibly unique and we have to understand children to understand their behaviours. As a staff we look at behaviour as being a communication and how we can help.



We will often arrange to meet with parents to discuss certain behaviours and unpick what needs to happen to best support each child. In some recent Trauma informed training that I received from Dr Karen Treisman, she reminded us that if you **'look at behaviour differently then we will often see a different behaviour'**.

At school when we look at supporting all children we take inspiration from this video – [Why I am rude?](#)

Dr Karen also spoke about the fine line between **'justice'** and **'vengeance'** and at Golden Valley we believe it is vital that all of our school community feel safe and supported.





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North Somerset
children's
centres



What's on?

North Group: 6 Jan - 28 March 2025

Please note that these guides are likely to have changes. To see the most up-to-date version, please view our social media pages or contact the centre

**Nailsea and Backwell
Children's Centre:**
Pound Lane, Nailsea, Bristol,
BS48 2NP
01934 426 710
Open Monday-Wednesday
9am - 3.30pm



Click the picture for more information