

3rd March 2017



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Inclusion Team Newsletter *Spring 2*

Dear Families,

We hope you had a lovely break over the February half term.

You will receive a copy of your child's Personal Plan every half term— We have reviewed your child's Personal Plan target, outcomes and progress before setting new targets if appropriate. Personal Plans have been sent home to families on Thursday 2nd March 2017. If you have not received a copy of your child's Personal Plan, please let us know.

Our very first Cygnet Course and feedback from our six families that attended was incredibly positive. They particularly found the information surrounding sensory behaviours very helpful and enjoyed networking with each other about personal experiences. We are hoping to work in partnership with Barnardos in the future to run this course again in school—we will advise you if this provision becomes available again.

AEN Coffee Events are happening in school and we need your advice! What would help you and your children? We have been thinking over some ideas and we would love to know your feedback. We have created a survey monkey asking for your opinion on our Additional Educational Provision in school including the content of AEN Coffee events. You can find the survey by following this web address, any feedback is appreciated <https://www.surveymonkey.co.uk/r/LP2JV9P>. If you would like to know more about a specific subject area, specific medical condition, resources, visuals or external agencies to name a few please write them down on our questionnaire.

The Family Team are working on LEAF (PTA) Projects to be run in school for you and your children. The pancake races were an incredibly fun day and you can view the full gallery on our school website. Please take a look at our upcoming events and lend a hand, we can't do it without you! Thank you to all those parents who are already an active member of our LEAF team.

As always, if you have any questions or would like to get in contact with us, the door is always open!

Hannah Holmes, Andrea Flux, Louisa Burt, Vicki Thomas, Chloe Johnson & Jessi Holmes.

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Our next AEN Coffee Event is on Tuesday 14th March 2017 at 2pm—there is no theme for this event please pop along!



LOCAL CHILDREN NEED ISLAND HOMES



MAKE A DIFFERENCE, CHANGE A CHILD'S LIFE

If you are currently a foster carer on the island or have considered becoming a foster carer, now is the time to contact us!

Becoming a foster carer with the Isle of Wight Council gives you:

- generous allowances;
- a range of specialist training;
- high level of support to foster carers and their families.
- It also supports your local community.

For more information or to speak to a member of the fostering team, please call **01983 823160** or visit www.iwight.com/fostering



What external services are there that I can access?

I would like to speak to someone about what my child is entitled to in relation to their diagnosis and they are aged between 0-25. I want to know about social care provision, education provision and extra help for my family in relation to a Special Educational Need.

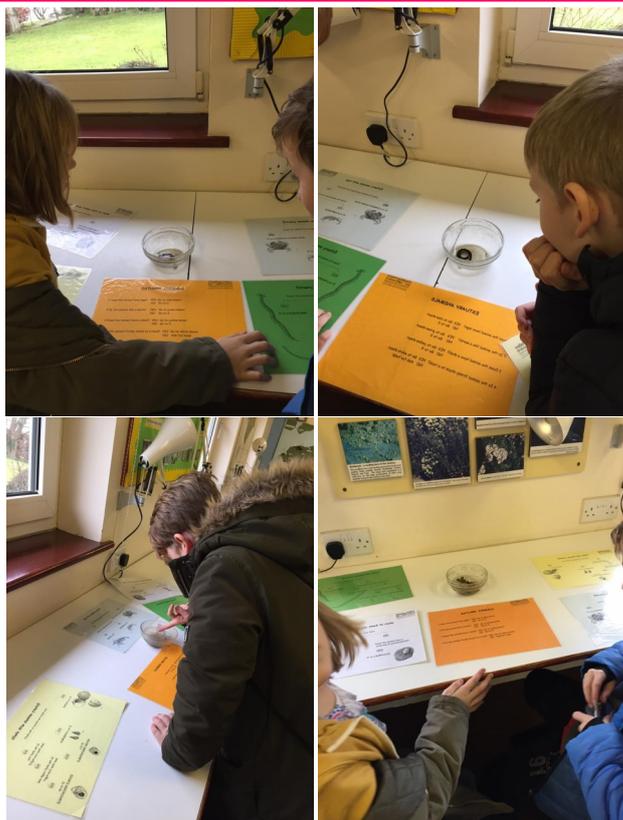


Please call SEND IASS on 01983 821000.

Discovery afternoon for our Gifted and Talented Explorers!

Four of our keen Lanesend Explorers went to the Medina Estuary to learn about natural wildlife and their habitats. Despite the heavy wind and rain, the children discovered interesting mini beasts, worms and lots of other creatures living in the Medina Estuary. The children said they loved getting muddy and learning about new animals.

Our next workshop in partnership with Newchurch Primary School is an able writers day. **Well done Bradley, James, Bonnie and Rufus!**



Some top tips for a super home learning environment!

Reading is very important for your child's literacy development—please try to read with them every day, encourage them to try new books and maybe even have a go at writing a story of their own.

Do some research on our topic 'Made on the Isle of Wight'. Can you find out about a famous person who lived here? Can you discover more about the history of the Island? Can you visit some famous places on the island? Create a diary and bring it in to show us, we would love to see it!

Cookery is a very important life skill for children and getting them involved with cookery tasks is also a great way to extend their maths skills and creativity! Why not have a go at some baking or preparing a family meal?

Arts and crafts are a super way to encourage your child's imagination and creative flare. You could have your own cardboard challenge day, make costumes or do some simple drawing.

Playing games is a fantastic way for children to learn social skills such as taking turns and sharing. It could be a simple game of snap, Chinese whispers or playing Simon says!

Outdoor learning is a fantastic way for children to experience the natural world around them. Why not go to the forest or collect shells on the beach? You could even build a den!

Get physical! Take up a new sport or get active as a family. Keeping active and healthy encourages your child's positive sense of wellbeing and sense of achievement. Go to the park, play in the garden or get active by taking a walk!



An extract from the CAMHS (Community and Mental Health Service) Spring Term Newsletter to help children and young people be school ready!

Spring Term 2017

GETTING MENTAL HEALTHY

School Survival Tips...

Acknowledge that school is important -especially if you want a positive future. School also provides you with opportunities to practise your social skills and friendships.



Develop as many types of healthy friendships as you possibly can, with both genders. Look to make friends with everyone. Be confident and be yourself. Get in to the habit of saying "hi" to everyone. Whilst being especially welcoming to any new member of your class.

Try not to compare yourself to others. Acknowledge your qualities and skills. Always take some time to focus on yourself. Looking at what you can do to help improve things yourself.

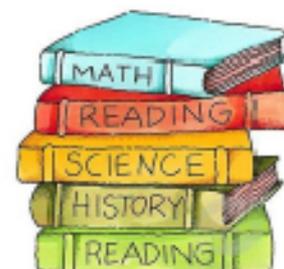
Develop strong relationships with your teachers (you do not need to be teacher's pet) but be polite and friendly. Do not be afraid to ask for help. Always tell someone if you are being bullied.



Get involved within your school, join sports or activity groups. Figure out what hobbies you like and find a club or activity that matches them.

Whilst school is important, so is having a fun social life. Try to go out of a weekend. Look to do what you enjoy doing, with the people you enjoy being with. Although having some special 'me' time is fine too.

Get in to a routine, use your planner/timetable to make sure you have the right equipment, are in the right place at the right time.



An extract from the CAMHS (Community and Mental Health Service) Spring Term Newsletter to help children and young people be school ready!

Spring Term 2017

Isle of Wight 
NHS Trust

GETTING MENTAL HEALTHY cont.



Eat breakfast and Lunch. Skipping meals actually only slows down your metabolism, causing you to gain more weight not less. Stay healthy inside and outside of school, avoid the vending machines, go for healthy snacks - fruit, nuts, low fat crisps, yoghurts, etc.

Get enough sleep. 7- 8 hours at least, along with a good sleep routine - no electronics 2 hours before sleep. Learn to relax, try 'Mindfulness'. When going to school, look to go to bed at the same time every night.



Also looking to get up at a regular time of the morning, so there is less chance of feeling rushed. A 'good nights' sleep improves your complexion, your mood, it makes you more alert, plus you will feel and be so much happier and healthier.



Stay positive, calm and relaxed, even if everything feels as if it's falling apart. Try smiling as you will appear more confident, warm and friendlier.

Allow yourself to be able to talk over any worries, upset and distress that you may have, with someone who is special to you. Someone who understands you – a parent, a friend, a teacher, a counsellor. Whoever you believe is the best for you.



Also remember to talk of and share the good things about yourself, be proud of what you are good at, of your skills and of your talents. Remember just how truly amazing you really are.



SEND Live 2017

We are holding a SEND Open Day that will include many support services available for children and young people with additional needs and their families who live on the Isle of Wight

When is it ?

Thursday 6 April 2017

9am – 6pm

Key note speaker

Hampshire and Isle of Wight

Educational Psychology

“Transition Partnership

Agreements”

Presented twice, at 11am and 3.30pm

Who'll be there?

Invited exhibitors include

SEN Assessment & Review Team

Island Equus

Early Years SEN Team

Schools Speech and Language

Support Team

Specialist Teacher Advisors Team

Medina House Outreach

Action on Hearing Loss

Barnardo's

plus many more

Where is it?

Thompson House, Sandy Lane, NEWPORT, Isle of Wight PO30 3NA

Refreshments available throughout the day

“Pop up” Eco Shop from local providers

Aspire Go Higher