# SEND Newsletter

Spring 1, Friday 9th February 2024



## We Grow, Learn and Achieve by Following Christ

As we reach the midpoint of the school year, I wanted to say a big thank you for all of your ongoing support. I have met with many parents this term and, as well as celebrating achievements, we have talked about a variety of challenges your children may be facing. By working together, we can ensure your child gets the support they need.

The beginning of March brings Parents' Evening, which is an opportunity for you to discuss your child's progress with their teacher. If you have any questions about your child's support or would like to discuss any concerns, I will be available both evenings.

I hope you have a wonderful half term break with your children. If you are looking for some SEND friendly things to do, I have listed a few ideas on our website here. Please let me know if you have any other ideas to share with other parents.

Mrs Hatfield, Assistant Head & SENCO

## Useful Contacts

Our school SENCO is
**Mrs Hatfield**
chatfield@stvps.co.uk

Our allocated Education Health Care Plan (EHCP) coordinators are:
**Esha Dhokia (EYFS-Year 4)**
dhokiae@ealing.gov.uk
**Jonathan Boyd (Years 5 & 6)**
BoydJ@ealing.gov.uk

SEND Officer at the Family Information Service is
**Rizwaan Pinjara**
children@ealing.gov.uk

## SEND Glossary

In the SEND Code of Practice, one of the 4 broad areas of SEND is **Speech. Language and Communication Needs (SLCN)**. This includes:

- **Receptive Language** (Difficulty in understanding and processing language)
- **Expressive Language** (Difficulty with the use of spoken language or nonverbal communication)
- **Pragmatic/social communication** (Difficulty with social interaction, social cognition, and pragmatics)
- **Speech sound difficulty** (Difficulty with phonological skills or articulation skills)

For more details on these conditions click here.

Visit www.ealinglocaloffer.org.uk for information about SEND support services in the Local Authority.

# What's been going on at St Vincent's?

## Family Matters Coffee Morning

Yesterday, a group of parents joined us for our session on 'Supporting Reading at Home'. We talked about strategies to encourage children, such as using a visual schedule and/or a reward chart. We also spoke about the types of questions to ask and how to support your child with answering these questions. It was lovely to have such open conversations with parents about the challenges they face at home as well as the wonderful things they are doing to support and encourage their children.
Keep an eye out for our upcoming Coffee Mornings (dates on the next page).

## Inclusive Sport



This term our school have competed in two inclusive competitions; Boccia and Kurling. The children all had fun and celebrated their achievements. Thanks to Coach Brown for organising these activities and to our Sports Leaders for being excellent role models.

## Children's Mental Health Week - Let's Connect

All children have spent time in their classes this week discussing Children's Mental Health with a focus on **"My Voice Matters" supported by** Place2Be.
Place2Be visited primary and secondary schools to ask students what they wanted from the week – to help shape the activities they create for schools, the messaging they give to teachers, the tips they give to other children, and the advice they give to parents, carers and families.

**Here's what children and young people told us they need from you:**

1. We don't need to have 'one-off conversations about our mental health' – sometimes a chat on a journey or at bedtime is enough.
2. I need to know it's okay to talk to you about any and all of my feelings. Please hear what I have to say, without interrupting me.
3. Please listen to me carefully and acknowledge how I am feeling – it might seem silly to you but what I am going through is important to me.
4. Playing with pets can make me feel better. Same with playing football, basketball or whatever type of sport I am into.
5. Don't compare my experiences to your own when you were a child.
6. Sometimes I just need you to listen and hear what I'm saying – I don't always need answers (or lectures)
7. Please don't worry about trying to fix things for me – I often just need to know you are there for me and understand what I am going through.
8. If you are open with me about your feelings, this can help me to be more open about mine.
9. Sometimes I don't want to talk. Please trust that I will come to you (or another grown-up or someone my own age) when I'm ready. Sometimes it's easier for me to talk to someone nearer my own age – my siblings, cousins, friends, younger teachers at school - because they 'get it'.
10. Sometimes a hug is all it takes to make me feel supported.

Click the links for:
Top tips for children
Top tips for families

CHILDRENSMENTALHEALTHWEEK.ORG.UK

# Upcoming Events

## Family Matters

Each month, we will be hosting a SEND coffee morning at St Vincent's.
Each event will have a different focus, often with external visitors, supporting you to support your children. These networks will offer information and ideas as well as giving you the opportunity to ask questions and talk to other parents. Although the focus is on children with additional needs, they are open to everyone!

| Date | Focus |
|---|---|
| Thursday 14th March<br>9:00-10:00 am | Using Colourful Semantics to develop language, reading and writing<br>***Joined by Sarah Holdship, one of our Speech & Language Therapists*** |
| Thursday 9th May<br>9:00-10:00 am | Therapeutic Thinking<br>***Joined by Simon Lynch, Ealing's Therapeutic Thinking Lead and Outreach Manager*** |
| Thursday 6th June<br>9:00-10:00 am | Transition |
| Thursday 11th July<br>9:00-10:00 am | Coffee & Chat |

## Family Matters

Join us for our next Family Matters coffee morning.

### Using Colourful Semantics to Develop Speaking, Reading and Writing

**Thursday 14th March at 9-10am**

with one of our Speech & Language Therapists, Sarah Holdship




**Does your child find it difficult to speak in full sentences?**

**Does your child find it difficult to answer questions about a text they have read?**

**Is your child learning English as an additional language (EAL)?**

Come and join us to find out how Colourful Semantics could help your child with their speaking, reading and writing. This is also a chance for you to meet other parents, ask questions and share your own experiences.

These sessions are aimed at parents/carers of children with additional needs, but everyone is welcome!
This session is also suitable for children learning English as an additional language.

Please let us know you are coming by clicking here, scanning the QR code or emailing chatfield@stvps.co.uk

NHS
West London
NHS Trust

Ealing Mental Health Support Team

# WORKSHOPS FOR PARENT/CARERS

## SPRING TERM 2024





Over the spring term, Ealing Mental Health Support Team will be running a variety of workshops for parents and carers of children who attend a school in Ealing.

If you would like to sign up to one of our workshops, please do so on the below website or scan the QR code.

https://forms.gle/jmUT9kJNRPNdBUAh6

If you have any questions, please do email us on: Ealing.mhst@nhs.net

### SUPPORTING FRIENDSHIP IN CHILDREN

This workshop is aimed at parents of **primary**-aged children to provide information to help you support your young person with building and managing friendships, including supporting with social anxiety.

**Date: February 12th 2024**
**Time: 11am - 12:30pm**

### UNDERSTANDING BEHAVIOUR FOR CHILDREN WITH ADDITIONAL NEEDS

This workshop is aimed at parents of children attending **Primary** and **Secondary**. The workshop introduces how and why behaviours may occur in children with a range of additional needs, and how to support positive behaviours in children.

**Date: February 13th 2024**
**Time: 11:30am - 1pm**

### MANAGING EXAM STRESS

This workshop supports parents of **secondary**-aged children to identify and manage exam stress in adolescents, and will provide strategies to promote wellbeing in students before, during and after exams.

**Date: February 22nd 2024**
**Time: 1pm - 2:15pm**

### UNDERSTANDING MENTAL HEALTH IN ADOLESCENT BOYS

This workshop supports parents of **secondary**-aged children. It aims to introduce parents to the causes of declining mental health in adolescent boys and equips parents with strategies to promote positive mental health.

**Date: March 14th 2024**
**Time: 11am - 12:30pm**

### AN INTRODUCTION TO AUTISM IN ADOLESCENTS

This workshop supports parents of **secondary**-aged children. It aims to introduce parents to the changes and impact of adolescence within autism, equipping parents with strategies to promote positive mental health among autistic teenagers.

**Date: March 19th 2024**
**Time: 10:30am - 12pm**

### SUPPORTING POSITIVE BEHAVIOUR IN CHILDREN

This workshop supports parents of **primary**-aged children. It introduces parents to common behavioural difficulties, factors that influence behaviour and strategies to manage your child's behaviour. It'll also consider the impact of screen time and how to promote boundaries with this.

**Date: March 28th 2024**
**Time: 11am-12:30pm**

## Ealing Speech and Language Therapy

## Over 5's Parent Workshops

Are you a parent of a primary school-aged child looking for practical advice?
We are running a workshop on:

**Understanding behaviours and supporting emotions**
**Wednesday 28th February**



**1-2pm**

***Online***



On this workshop you will learn:

- ✓ What are my child's behaviours telling me?
- ✓ Practical ways to help children understand and express how they feel
- ✓ Strategies to help manage emotions

PARENTS: to book a **FREE** place:
**Email** wlm-tr.sltuniversalservices@nhs.net with your name, the workshop title and the name of your child's school

## Ealing Speech and Language Therapy

## Over 5's Parent Workshops

Are you a parent of a school-aged child looking for practical advice?
We are running a workshop on:

**Using visuals to support communication**



**Friday 8th March**

**11-12pm**

***Online***



On this workshop you will learn:

- ✓ The benefits of using visuals alongside spoken language
- ✓ How to introduce visuals
- ✓ How visuals can support routine and learning
- ✓ Where to find further support

PARENTS: to book a **FREE** place:
**Email** wlm-tr.sltuniversalservices@nhs.net with your name, the workshop title and the name of your child's school

**FREE**
**online parenting workshop**

# DEVELOPING PLAYFUL INTERACTIONS

*Thursday, 29th February 2024*
*10am-12pm*
*via MS Teams*

The first language of the child is play

This workshop will help parents to explore their inner child as a means of connecting and communicating to children through playful interactions








This workshop is suitable for parents/carers of children of any age

delivered by:
Linda St Louis
SAFE Plus

email parentingserviceadmin@ealing.gov.uk to register or for more info

Ealing
www.ealing.gov.uk

SUPPORTIVE ACTION FOR FAMILIES IN EALING

EALING PARENTING SERVICE



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THURSDAY, MARCH 21, 2024 AT 10:30 AM – 12:15 PM

**Parental Well Being session for parents and carers of children with SEND**

Ealing Central Library

## Contact Ealing workshop on parents' and carers' well being, 21st March 2024 at 10.30am

Workshop for parents and carers of children with SEND on their own well being, run by Contact Ealing on Thursday 21st March at the Ealing Central Library in the upstairs meeting room starting at 10.30am. Join us and other parents to focus on your own well being and health in good company and a supportive environment.

EALING PARENTING SERVICE

All parents face parenting challenges from time to time. Ealing Parenting Service provide a range of programmes, courses and workshops free of charge. Click here to find out more.

# Upcoming Events- Under 5's

Early Start Ealing

## Workshops and Groups – January – April 2024

**Early Start SEND Inclusion Team & Early Start Speech & Language Therapy Team**

| Visually Supported Communication | Understanding Autism and social communication differences | Supporting Autistic children and children with social communication differences |
|---|---|---|
|  |  |  |
| Online workshop for parents/carers of children aged 0-5.<br><br>To explore benefits and reasons why we use visual support, understand and learn how to use visuals to support and enhance your child's communication. | Online workshop for parents/carers of a child aged 0-5 with social communication differences.<br><br>Your child might be waiting for assessment from Speech and Language Therapy, the Child Development Team or may have been recently diagnosed with Autism.<br><br>*We recommend parents book onto this workshop and 'Supporting Autistic children and children with social communication differences' as a package.* | Online workshop for parents/carers of a child aged 0-5 with social communication differences.<br><br>You will learn practical strategies to support communication, using visuals, sleep-times, toileting and eating/drinking.<br><br>*We recommend parents book onto this workshop and 'Understanding Autism and social communication differences' as a package.* |
| **Using Visuals to Support Communication**<br><br>YouTube recording:<br>*Please scan QR code* | **When**<br>Tuesday 20th February<br>9.30-11.30am<br>***Online***<br><br>YouTube recording:<br>*Please scan QR code* | **When**<br>Tuesday 27th February<br>9.30-11.30am<br>***Online***<br><br>YouTube recording:<br>*Please scan QR code* |
| **This workshop will not be running this term.** | **How to Book**<br><br>Parents/carers – email wlm-tr.sltuniversalservices@nhs.net | |

NHS Ealing Community Partners

## Ealing Speech and Language Therapy
## Parent Drop-In & Advice Sessions

- Have a question about your child's communication development?
- Feeling a bit worried about your child's communication but not sure who to talk to?
- Keen to speak to a speech and language therapist for some advice or reassurance?

**Come along to one of our drop-in sessions!**

**Bookings may be required so please contact the Children's Centre/ setting directly:**

| Date | Time | Location | Contact Details |
|---|---|---|---|
| **Southall and West Ealing Drop in/advice sessions** | | | |
| Tuesday 26th March | 9.15-10.45am | Grove House Children's Centre | 020 8571 0878<br>Postcode: UB1 2JL |
| **Northolt and Greenford Drop in/advice sessions** | | | |
| Wednesday 28th February | 9.45-11.30am | Horsenden Children's Centre | 0208 422 3854<br>Postcode: UB6 0PB |
| **Ealing and Acton Drop in/advice sessions** | | | |
| Tuesday 5th March | 11am-1pm | West London Islamic Centre | No booking required<br>Postcode: W13 0SQ |
| Thursday 1st February | 10-11.30am | John Perryn Children's Centre | 020 8222 6399<br>Postcode: W3 7PD |

**The drop in sessions are for parents of children who do not yet have a referral to the Speech and Language Therapy service**, but who would like to speak to a speech and language therapist. We will be able to access telephone interpreters.

**You can also get in touch with us via our advice line** on 07512 716 478 or ealing.sltadvice@nhs.net. We will call you back with an interpreter if needed.

Tutor

NHS Ealing Community Partners

## MAKATON SIGN TIME

**Run by a Makaton Signing for Babies & Families Trainer**

5 week course for parents/carers & their babies or children.

Open to all babies & children. Everyone is welcome!

Learn approx. 100 signs and symbols.

Games, songs, activities & play!

*Optional £10 for 'Makaton pocket book of signs and symbols'*

Makaton signing can reduce frustration when communication breaks down

Makaton signing helps children to communicate and supports talking

Makaton signing helps children's understanding and memory of words

Hanwell Children's Centre (W7 3JG)  *Wednesday afternoons*

OR

Virtual Group on Zoom *Monday afternoons*

**To book, please email:** wlm-tr.sltuniversalservices@nhs.net

South Acton Children's Centre (W3 8RX)  *Wednesday afternoons*

**To book, please email:** sallycarlton@southactoncc.com

Early Start Ealing

NHS Ealing Community Partners

## TALK & PLAY

**Worried about your child's talking? Book a place at Talk & Play!**

**Run by Ealing Children's Centres and Speech & Language Therapy**

Play sessions for children under 5 & their parent/carer

Supports you to develop your child's talking at home

5 week course – you need to come to all 5 sessions!

**Choose your preferred Children's Centre - then call/email to book a place**

### Southall



**Havelock**
**UB2 4XW**
Fridays 11:00-12:00pm
Tel: 0208 5711219

**Windmill Park**
**UB2 4UZ**
Wednesdays 1.00-2:00pm
Tel: 020 8574 5310
or 0208 571 0878



### Ealing

**Grange or Hathaway**
**W5 4HN or W13 0DH**
Thursdays 1:00-2:00pm
Tel: 020 8825 5906



**South Acton**
**W3 8RX**
Tuesday 9.45-10.45am
Email: sallycarlton@southactoncc.com



### Northolt

**Islip Manor**
**UB5 5RG**
Mondays 9:45-10:45am
Tel: 020 8845 0601



**Perivale**
**UB6 7AF**
Wednesdays 1:30-2:30pm
Tel: 020 8825 5380



Spring term 2024

Early Start Ealing

NHS Ealing Community Partners

## FUN & LEARN

**Worried about your child's social interaction and talking? Book a place at Fun & Learn!**

**Run by Ealing Children's Centres and Speech & Language Therapy**

Play sessions for children under 5 & their parent/carer

Supports you to develop your child's interaction and talking at home

5 week course – you need to come to all 5 sessions!

**Choose your preferred Children's Centre - then call to book a place**

### Southall

**Havelock**
**UB2 4XW**
Fridays 9:30 – 10:30
Tel: 0208 5711219



**Dormers Wells**
**UB1 3HX**
Mondays 1:30 – 2:30
Tel: 07719988113



**Southall Park**
**UB1 3AY**
Thursdays 10:00 – 11:00
Tel: 020 8813 8275



### Ealing

**Jubilee**
**W13 0JF**
Thursdays 1:30 – 2:30
Tel: 020 8997 2338



### Northolt

**Horsenden**
**UB6 0PB**
Wednesdays 1:30-2:30
Tel: 020 8422 3854



**Limetrees**
**UB5 5LA**
Tuesdays 2:00 – 3:00
Tel: 020 8845 3807



Spring 2024