



Ickworth Park Primary School – SEND News

This month's we are focusing on how we can support young people's **Social, Emotional and Mental Health (SEMH)**.

One of the four broad areas of SEND, SEMH difficulties can manifest in a variety of ways. These include mental health struggles, ADHD, social anxiety, confidence and self-esteem issues.

In this newsletter, we will be exploring how we support children's mental health at Ickworth Park and what you can do at home to nurture an open and positive attitude towards mental health and wellbeing.

As always, if you have any questions or information to share please do get in touch via:
senco@ickworthpark.co.uk

Did you know?



SEMH difficulties affect around 150,000 children in mainstream and special schools in the UK.

After Speech and Language and Communication difficulties, SEMH is the most common area of need in young people with SEND.

Support Online and in the Community

Suffolk Learning have a range of videos on their [YouTube](#) channel to support parents and carers of children with SEMH difficulties.

[Norfolk and Suffolk NHS](#) have created a bank of resources to support SEMH needs.

[For Young People](#) offers Youth Work and counselling to young people who are going through a difficult time.

[Kooth](#) is a free, safe and anonymous space for young people to access support in their community. (Age 11 +)

Suffolk Local Offer



For further information about Suffolk's Local Offer, please visit:
www.suffolklocaloffer.org.uk

You can sign up to Suffolk's SEND News and Updates newsletter by clicking [here](#).

The Source website has been created to provide information and advice for young people with SEND in Suffolk. Explore the website by clicking [here](#).

The Local Offer Helpline supports families with queries about SEND. Contact them on:
0345 606 1490 (Mon-Fri, 9am-5pm)

SEMH at Ickworth Park

We want all pupils at Ickworth Park to value their own self-worth, empathise with others and make a positive contribution to their community.



Our curriculum promotes children's personal, social and health development and helps them to grow as individuals and as members of our communities. PSHE equips children and young people with knowledge and practical skills to live healthy, safe, fulfilled, and responsible lives.

Through the teaching of mental and emotional health, we promote pupils' wellbeing through an understanding of their own and others' emotions and the development of healthy coping strategies.

Drawing and Talking

Drawing and Talking is a short and time-limited intervention which allows children to discover and communicate their emotions.

Drawing and Talking is a non-direct method of intervention which means the child leads the session, with the adult on hand to help them navigate emotions, past and present actions, and values.

Children taking part in Drawing and Talking will meet with our trained TA, **Mrs. Gooderham**, for a weekly 30 minute session for 12 weeks.

ELSAs – Emotional Literacy Support Assistants

At Ickworth Park, our ELSAs are trained to support the emotional development of children by helping them to recognise, understand and manage emotions through individual or small group programmes.

The intervention normally last between 6-12 weeks and might focus on a range of topics including: recognising and regulating emotions, increasing self-esteem, improving friendships, developing social skills, recovering from loss and bereavement, and resolving conflict effectively.

Our ELSAs at Ickworth Park Primary School are **Mrs. Utting** and **Mrs. Jones**.

More information about ELSA can be found [here](#).

If you feel a block of Drawing and Talking or ELSA would be beneficial for your child, please speak to their class teacher or email Mrs Reynolds via **senco@ickworthpark.co.uk**



Supporting children's mental health

Be a listening ear

Support children in talking about their feelings and let them know you are always there to listen.

Encourage interests

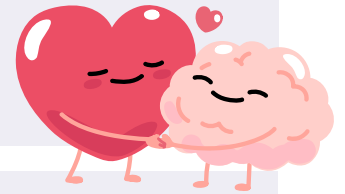
Being active, creative or learning new things helps us feel connected and boosts our sense of wellbeing.

Build positive routines

Create strong routines, particularly around exercise, eating and sleep.

Show an interest in their life and what is important to them

This helps make your child feel valued, but also helps you spot any potential problems or niggles.



The importance of sleep!

Sleep is a primary activity of the brain and essential for healthy development in children and young people, as well as contributing to positive mental health. The NHS recommends that children aged 6-13 sleep for between **9-11 hours** per night.

Top Tips for developing positive sleep hygiene:

- 1, Go to bed and wake up at the same time every day. Develop a routine!
- 2, Limit time on screens before bed. Put tablets and phones away at least an hour before bedtime.
- 3, Exercise regularly and get out into the fresh air daily!
- 4, Make your bedroom a haven. It should be a comfy and relaxing space.
- 5, Have a warm shower or bath an hour before going to bed.
- 6, Use relaxation techniques to help prepare your mind and body for sleep.

Books about sleep:



[Click here](#) to read Ickworth Park's SEND Information Report



The date of our next SEND Coffee Morning is **Tuesday 12th November**.

We will be discussing **mental health** and **wellbeing**, and launching our new 'Ickworth Park Universal Offer'

