



King Athelstan Primary School

Special Edition: Inclusion Newsletter



Spotlight on Mental Health

Last week in school we marked Children's Mental Health Week along with Inside Out Day (designed to encourage children to think about the feelings of others) and Time to Talk Day (encouraging people to talk about their feelings). Following on from this, we wanted to share with you some of the many ways we support children's mental health and wellbeing across the school. Some are longstanding and others are new; some are ongoing and others are special events; some support everyone and others support individuals or small groups, but all of them are important in supporting our community to stay happy and healthy.

The Inclusion Team - Wiltshire

Our Inclusion Team, based in the Nurture/Inclusion Room (Wiltshire, named after artist Stephen Wiltshire), are there to support all children across the school. The team is made up of:

- Ms Govan (Assistant Head and Inclusion Lead)
- Mrs Ramkissoon (Mental Health and Nurture Lead)
- Mrs Bennett (Inclusion Teacher and Speech and Language Lead)
- Mrs Whooley (Nurture NNEB)
- Mrs O'Connor (Inclusion TA)

Members of the team are available on the gate/doors in the morning to welcome children, speak with parents/carers and support the transition in to school for those who find this challenging. The team provide both planned and responsive support to meet the social, emotional and educational needs of all children, with a focus on 'readiness to learn'. Find out more about who we are and what we do in the new Inclusion section of the school website.



Specialist Resource Provision (SRP) - Haring

In September 2019 we opened our new SRP, named after artist Keith Haring. The provision is designed to meet the needs of a small number of children (4 this academic year, rising to 6 next year) who have Social, Emotional and Mental Health (SEMH) needs and find it hard to access full-time mainstream education. The provision allows the children to access as much of their mainstream class as they feel able, whilst offering an alternative when they feel overwhelmed. Haring is very much a part of the school as a whole and children are beginning to visit to work there in small groups.



Nurture

We run Nurture groups for children in Years 1 and 2 during the afternoons in Wiltshire. Nurture teaches children to:

- Understand and regulate their emotions
- Build their confidence by positive reinforcement
- Raise self-esteem
- Empower resilience to become a better learner
- Make and sustain positive relationships

The children have individual targets to reduce the barriers to their learning. Nurture also runs in Reception classrooms as part of EYFS practice.

The Zones of Regulation

The Zones of Regulation was created by Occupational Therapist Leah M. Kuypers and is designed to foster self-regulation and emotion control. We have used the curriculum across the whole school for a year now, with teachers sharing its content flexibly in line with children's age and stage of development. Some individual and small groups work more intensively with the materials for support their particular needs and some content is covered through assemblies. All classrooms have a the Zones on display and all staff wear Zones cards on their lanyards to support communication. The Zones of Regulation teaches children that there are no 'bad' feelings, just 'expected' or 'unexpected' behaviours. For example, running would be expected in the playground but not in the classroom.

The Zones divide feelings into four colours:

Blue: the low, slow feelings (e.g. sad, shy, sick, tired, bored)

Green: feeling 'good to go' (e.g. happy, proud, focussed, calm)

Yellow: the 'fizzy' feelings (e.g. excited, nervous, frustrated)

Red: feeling out of control (e.g. angry, aggressive, elated, terrified)



Forest School

Our Forest School programme, supported by the Inclusion Team, is run by Forest School Leaders at St John's School. Currently, small groups of children from Year 4 and 5 attend weekly and take part in a wide range of activities in the great outdoors. This unique educational approach is designed to develop confidence and self-esteem through experiences with the natural world. See what they've been up to here:

<https://owlfamily.co.uk/king-athelstan-school-images/>



Pets As Therapy (PAT)

We are visited each week by two very special dogs. Albus, accompanied by his handler Kim, and Georgie, accompanied by her handler Frances. Identified children visit the, specially trained, dogs for some calm thinking time, to practise their speaking, to build relationships with their peers, to read to the dogs or show them their good work!



Educational Psychology Service

As a school we buy in a significant amount of support from this service and have two link Educational Psychologists: Dr. Adam Rossello and Dr. Dorothy Mallet. They work systematically with the Inclusion Team and the wider staff team to support staff training and ensure we are planning well to meet a wide range of children's needs. They also provide advice for staff and parents/carers for identified children with Special Educational Needs. Their work looks at the whole child.



Emotional Health Service

King Athelstan have invested in support from this service for a number of years. We are currently using this to provide group Art Therapy to children in Upper Key Stage 2 (Years 5 and 6). This provides support around themes such as friendships, conflict, anxiety management and transition.

Mental Health Trailblazer Project

We are very proud to have been selected to participate in a Local Authority Trailblazer project, piloting the use of specially trained Mental Health workers in school. The project is still evolving but we now have a link Mental Health Worker, Najma Hussain, who will be supporting us at King Athelstan. She will be working with groups of pupils and will also be providing support to identified parents. We are working collaboratively with other local trailblazer schools. Through this project we have also been able to secure this week's free parent workshop:

Parent Workshop on Child Anxiety

Thursday 13th Feb at 9.00 in the Inclusion Room

Dr. Emma Fredman will be sharing strategies for 'when children become worried or anxious.'

All welcome - Just come along.

Assemblies

Our weekly programme of assemblies aim to support and develop children's wellbeing. Each week KS1 and KS2 have:

- A Current Events assembly with Ms Newton, focussing on themes of local, national and international significance. As well as news items, this assembly often addresses themes arising in school and recently included a series of assemblies exploring 'invisible differences' including Autism.
- An Inclusion Assembly, with Ms Govan, looking at themes relating to diversity, inclusivity and mental health. Recently there have been series of assemblies exploring: difference, happiness, The Zones of Regulation, and inspirational individuals with disabilities.
- A PSHE Assembly, with Miss Meggitt allowing us to look as a school at a wide range of topics relating to citizenship, health, safety and diversity.
- An Achievement Assembly, with Mrs Ahearn, celebrating the success of children across the school.
- A Music Assembly, with Mr Thomas, where the children enjoy collaborative singing.

Interventions

The Inclusion Team and, increasingly, our team of Teaching Assistants across the school are trained to deliver a wide range of interventions to support children's social, emotional and mental health. These include: Social Detective, Lego Therapy, social skills groups, and Zones of Regulation. The team also deliver bespoke responsive interventions to meet individual needs e.g. if a child is experiencing a crisis such as a bereavement.

Signposting

The Inclusion Team are always on the lookout for local organisations and events to support our children and their families. Staff may approach you with information, send emails or display posters in the window of the Inclusion Room. If you would like us to look out for something particular please let us know!



Further Information

Further information about Inclusion at King Athelstan can be found on our website at:

<http://www.kingathelstan.kingston.sch.uk/inclusion/>

You may also like to look at what is available locally through Achieving for Children's (AFC) information website: <https://kr.afcinfo.org.uk/>

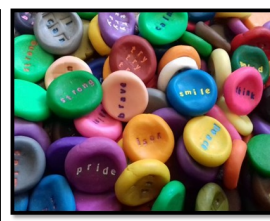
Express CIC Counselling Pilot

We are delighted to have been chosen to take part in a pilot project, run by Express CIC, offering counselling to children in school with a diagnosis of Autism. We have chosen to focus the support primarily on girls, as we are aware that they often present different to boys on the Autism Spectrum. Many children with Autism expend a lot of energy masking their difficulties in school and so we hope that this will offer them an opportunity to share their feelings and reflect on any challenges they are currently experiencing.



World Mental Health Day

Each year we have a big community-wide celebration for World Mental Health Day, choosing a theme (e.g. 'Follow Your Rainbow' and 'The Power of Words') and a charity to support (most recently, Kingston Mind and Kingston Welcare). Children wear something to mark the day and we try to get the whole community involved with exercise and displays of work in the playground. This year The Co-op even donated breakfast! The children have special lessons and an assembly and each child has a memento from the day to take home with them (e.g. a bouncy ball to symbolise resilience, a worry stone with a positive affirmation and a Zones of Regulation feelings indicator, most recently).



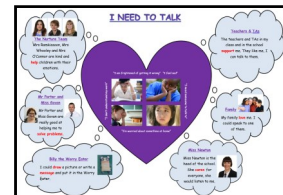
Children's Mental Health Week

This week we marked Children's Mental Health Week. In assembly we discussed the importance of keeping our minds healthy. In preparation for Inside Out Day we learned that people do not show us on the outside how they feel on the inside and thought about the quote "Everyone you meet is fighting a battle you know nothing about. Be kind, always". We also reminded children of all the people they can talk to, in and out of school, ahead of Time to Talk Day. On Thursday many of the children enjoyed wearing their jumpers inside out as a reminder to think about what others may be feeling.



Time To Talk

Every classroom in the school has an "I Need to Talk" poster displayed. These are introduced to each class at the start of every academic year by a member of the Nurture Team. The poster reminds children that they can talk to: their family, their teacher and TAs, the Nurture Team, and Senior Leaders if they are struggling with their feelings in school. They can also write or draw a message to share with Billy the Worry Monster who lives in the Inclusion Room.



Plans for the Future

Following on from the development of the Specialist Resource Provision (Haring), the Inclusion Room (Wiltshire) also has building work in the pipeline. There are plans to separate the space into: a Nurture space, an office space, a meeting room and a sensory space. We hope that this will further enhance our ability to meet the diverse needs of our pupils. A covered walkway will be added to link Haring to Wiltshire and the main school building. We hope that once this work is complete we can add an Inclusion notice board for parents.

