

Dear Parents and Carers,
Welcome to the 7th newsletter (available on the school website) - please let me know what you think of the new layout (with thanks to Mr Whorrod - parent of Harry in Berries Class).

I have kept a few useful links from previous newsletters such as the Local Offer. In this edition, I am focusing on the March Awareness Dates below and I will be sharing an assemblies about Neurodiversity Awareness Week and the Paralympics with classes.

If you have any queries/concerns about your child's learning needs, please speak to their class teacher initially.

If you have queries/concerns about your child's wellbeing, please contact me or their class teacher.

Please share any feedback with me on 01767-699806 or email send@mapletreepriamaryschool.com Kind Regards, Chris Pond.

Calendar for March 2022:

- 4th-13th Winter Paralympics
- 16th Young Carers Action Day
- 21st Down's Syndrome Awareness Week
- 21st-27th Neurodiversity Awareness Week

Young Carers Action Day, celebrated on 16th March 2022, is a nationwide event organised by the Carer's Trust aimed at raising awareness of the struggles and importance of young carers across the country. It has been celebrated across the country for the last 6 years and helps to raise awareness for young carers who make massive contributions to their communities and families. More info: <https://carers.org/young-carers-action-day-2021/young-carers-action-day-2021>

Neurodiversity Celebration Week

A week-long event designed to provide an opportunity for pupils and teachers to learn more about neurodiversity and for neurodiverse pupils to develop a more positive perception of their own unique neurodiverse traits and skills. Created by Siena Castellon, a multi-award-winning neurodiversity advocate (and an awesome example of a self-advocate - she's Autistic and has ADHD, dyslexia, and dyspraxia herself) to, in her words: '...flip the narrative so that strengths and talents of neurodiverse pupils are recognised, and negative perceptions and stereotypes are challenged.'. More info at:

<https://www.neurodiversityweek.com/>

Held every 4 years, **Winter Paralympics** is an international multi-sport event for people with an impairment - Para athletes. It follows the Winter Olympic Games. In the 2018 Winter Paralympics in S. Korea, athletes impairments included spinal injury, amputee, vision, and cerebral. There are 70+ events including: Alpine skiing, Biathlon, Cross-country skiing, Para ice hockey, Snowboarding and Wheelchair curling. The current list of athletes include:

- Athletes with visual impairments.
- Skiers with leg impairments.
- Skiers with arm impairments.
- Skiers with combined leg and arm impairments.

Snowboarders with impairment in 1 or both legs.

Snowboard with significant impairment in 1 or both upper arms.

More info:

<https://www.paralympic.org/beijing-2022>

World Down's Syndrome Awareness Week,

is celebrated from the 15th to the 21st March every year, is a global event based on raising awareness for people living with Down's Syndrome.

Created by the charity Down Syndrome International, World Down's Syndrome Week has been backed by the United Nations. The date of the event, the week that includes March 21st, was selected to signify the uniqueness of the triplication (trisomy) of the 21st chromosome, which is what causes Down's Syndrome. More info:

<https://www.downs-syndrome.org.uk/our-work/campaigning/awareness-week/>

SENDIASS - Central Bedfordshire
SENDIASS (Special Educational Needs and disability Information, Advice and Support Service) is a statutory service, provided by but working at arm's length from the Local Authority which offers a free, confidential support service for young people with SEND and their parents and carers.

For more info please go to:

<https://cbsendiass.org/>

Or look at:

<https://youtu.be/54R4cDbX6L8>

Please visit our school website under the 'Inclusion' tab for info about provision for SEND at Maple Tree and also the school's SEND policy and annual SEND Report. There are links to useful websites, in particular, the Central Beds Local Offer (UPDATED) here (local support/services for Children & Young People with SEND):

<https://localoffer.centralbedfordshire.gov.uk/kb5/centralbedfordshire/directory/home.page>

TECH CORNER:

Below are a number of apps/websites for this month's Awareness dates:

Me-We young carers: support and info, diary, peer tips, young carer rights.

Neurodiversity: £0.89
Info about why people don't always act/think in the same way.

Website: <https://www.camhs-resources.co.uk/> - lots of helpful resources to support mental health and wellbeing.

Theraplay corner:

Theraplay was developed to support healthy child/caregiver attachment. Strong attachment between the child and important adults in their life is believed to be the basis of lifelong good mental health and builds resilience. Here are a couple of Theraplay activities for you to try at home that are used in school :)

Younger children:

Jump on the right feeling: Write feelings onto paper (1 per page) happy, sad, worried, excited etc. Parent to call out a feeling and then the child jumps on it. Swap roles so child calls out feelings.

Older children:

You need a paper and a pencil each. Choose 1 or more of the following 'How to draw' videos:

How to draw a Lamborghini:

<https://www.youtube.com/watch?v=Dqxesak1ESI>

How to draw Princess Jasmine: <https://www.youtube.com/watch?v=kvpkTj-6EZw>

How to draw Agent Peely: <https://www.youtube.com/watch?v=cvTzhHChFXo>

How to draw a Rubik's Cube: <https://www.youtube.com/watch?v=yS3EjrIjsS4>

How to draw a Minion: https://www.youtube.com/watch?v=Td_BpE4DDXA

Local Support groups/training and support information:

Revive

Women's support group for those that are experiencing low mood or anxiety. It is a safe space to express your emotions and be heard.

Sessions are running on Monday afternoons 1-2pm at Sandy Baptist Church Hall.



Bedfordshire
Community
Health Services



Worried about your child's talking, listening, interaction or stammering?

Book a phone, video or face to face consultation with the Speech and Language Therapist from Sandy and Biggleswade Children's Centre on:

Wednesday 26th January 2022

Wednesday 9th February 2022

Wednesday 23rd February 2022

Wednesday 9th March 2022

Wednesday 16th March 2022

For more information - or to book - please contact lisa.mitchell26@nhs.net

Check out our website also for information on your child's development
www.childspeechbedfordshire.nhs.uk

SuperKids



A virtual support group for parents or carers with children who have a special educational need or disability.

Thursday Mornings 10.30-11.30am.

- A free online support group facilitated by Sandy and Biggleswade Children's Centre, to share experiences with other parents and carers in a similar situation
- A chance to speak to professionals from the CDC, Early Years Support Team, Speech and Language plus more

For more information please contact:
karen.burton@centralbedfordshire.gov.uk
Sandy and Biggleswade Locality Children's Centre