

**April**  
**2022**

**SEND &  
WELLBEING  
NEWSLETTER**

Dear Parents and Carers,  
Welcome to the 8th newsletter (available on the school website). I have kept a few useful links from previous newsletters such as the Local Offer. In this edition, I am focusing on the April Awareness Dates below and I will be sharing an assembly with classes about National Scream Day.

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](mailto:send@mapletreepriamaryschool.com)  
Kind Regards, Chris Pond.

**Calendar for April 2022:**

**Stress Awareness Month**

**29th March - 3rd April**  
**Autism Awareness Week**

**24th National Scream Day**

**20th - 25th**  
**National Allergy Awareness Week**

**World Autism Awareness Week**, held on 28th March - 3rd April 2022, is a national event organised the National Autistic Society, who help the 700,000 autistic people in the UK and their families. Be it running specialist schools, campaigning for improved rights or training companies on being more autism-friendly, they are dedicated to transforming lives and changing attitudes. More info: <https://www.autism.org.uk/get-involved/raise-money/world-autism-acceptance-week-2022>

**Stress Awareness Month** has been held every April since 1992 to raise awareness of the causes and cures for our modern stress epidemic. The last two years have been the most challenging we have faced and in 2020 their services were overwhelmed by people that are struggling and seeking support. Lots of free resources and more info: <https://www.stress.org.uk/national-stress-awareness-month/>

**Allergy Awareness Week**

This year the topic will be on childhood food allergy, with a focus on the weaning journey for parents of babies with food allergies. An allergy is a reaction your body has to a particular food or substance.

They're more common in children, but adults can get them too. Some are more serious than others and reactions to them can vary. Allergy Awareness Week is a chance to raise awareness about all allergies whilst highlighting the difficulties people with allergies experience. The event helps people understand the seriousness of some allergies, and improve our knowledge of what can sometimes be a life-threatening condition.

There are fundraising events that take place, and people often give donations. More info at: <https://www.allergyuk.org/>

**National Scream Day** was created to bring awareness to the benefits of screaming. Screaming on its own is proven to be very beneficial, you can scream in your pillow, in your car, in the woods, or wherever you feel most comfortable. Screaming can help let out pent up emotions. During these challenging times letting out a scream can be a healthy way to release your emotions. We encourage participants to scream in places that they enjoy or feel comfortable. **How to participate:**  
**Find the place you are comfortable**  
**Take a deep breath and focus on what makes you scream -**  
**Then let it all out!**

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>

## TECH CORNER:

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

**Allergies:** Here you can find almost every allergy in the world broken down into detailed information and research e.g. triggers, diagnosing, management and treatment.

**Antistress:** relaxing games for when you need relaxation or just a moment of distraction.

**Autism ABC App:** excellent for both entertainment/therapy with simple and functional activities and games.

**PicTimer for Autism:** helps children with autism have a sense of time using visuals.

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>

### 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:

**Newspaper punch:** Parent holds up a (2 pages) piece of newspaper out to one side of their body. On the count of 3 the child punches a hole through the paper. The children then roll the paper up in a little ball and take turns throwing it in a "hoop." This could be the bin or a box. Can the child punch a hole in 5 sheets of paper in 30 seconds – have a few practises!

#### Older children:

Can you each make your own fortune teller - you will need a square piece of paper and a pens/felt tips to follow the video instructions at: <https://www.youtube.com/watch?v=IVmX-LFuv18>

## Local Support groups/training and support information:

### Autism and Behaviour

A half day workshop to explain the impact of autism on regulating behaviour, offering advice on how to support autistic individuals of all ages. Delegates will explore and understand the difficulties autism may cause in regulating behaviours, how to adapt environments and practices to meet the needs of autistic individuals, strategies for managing difficult situations. We are planning to deliver this workshop face to face at Flitwick Football Centre.

Who to contact by e-mail: [learningcentral@centralbedfordshire.gov.uk](mailto:learningcentral@centralbedfordshire.gov.uk)

#### Where to go:

Flitwick Community Football Centre  
Amphill Road  
Flitwick  
Bedford  
Postcode  
MK45 1BA

Time/Date Details: 1:00 - 4.00pm  
Thursday 21 April and 16 June

#### Costs:

This course is free to those living and working in Central Bedfordshire.

## 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.



## 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](mailto:karen.burton@centralbedfordshire.gov.uk)  
Sandy and Biggleswade Locality Children's Centre

## Parenting Puzzle

Do you have a child aged 3-5 years? We would like to invite you to our Parent Puzzle programme



During the 10-week programme we will look at different topics including:

- Understanding why children behave the way they do.
- Recognising the feelings behind behaviour (ours and theirs).
- Improving relationships and emotional well-being within families.
  - Exploring different approaches to discipline.

### VENUE;

Biggleswade Youth Centre, Mead End, Biggleswade SG18 8JU

### Dates:

Wednesdays for 10-week course.

Starts 27<sup>th</sup> April – 13<sup>th</sup> July ( no session 1<sup>st</sup> June).

### Time:

12:45 – 14:45

### Booking:

Creche Available – request on booking

Call 0300 300 8114/0300 300 8134 to confirm your place

## **CHUMs Workshops**

**These workshops are designed as a starting point for families with children who have low level difficulties and may not have accessed support from mental health services. If parents are concerned that their child's problem is causing a moderate/severe impact on their life or presenting with risky behaviours (self-harm, suicidal ideations), then these series of workshops are unlikely to address these concerns. If so, we would recommend making a CHUMS/CAMHS referral on our website: <http://chums.uk.com/bedfordshire-and-luton-referral-forms/>**

**Please note that spaces for workshops are limited and allocated on a first-come, first served basis. Please complete the form (extra attachment) and email to: [fwteam@chums.uk.com](mailto:fwteam@chums.uk.com)**

### **WORKSHOPS:**

**Parent Sleep Workshop (Parent only with children aged 12 and under) - The workshop will cover the following topics; why sleep is important, what is 'good' sleep, possible causes of sleep difficulties and learning strategies to help overcome sleep problems.**

**Monday 25th April 9:30-11:30am or Thursday 16th June 16:00-18:00**

**0-5 Resiliency Workshop (Parents only) - The workshop will look at the importance of relationships, healthy attachment and how children are constantly learning from those around them. It will cover emotional regulation and how parents/carers are in a prime position to model healthy emotional regulation and behaviours. The workshop will also cover strategies and techniques to help build resiliency in children.**

**Thursday 21st April 9:30am-11:30am or Tuesday 21st June 17:00-19:00**

**Primary Resiliency Workshop (Parent workshop for children aged 6-12) - The workshop will cover the following topics; mental health vs mental health problems, emotional regulation, psychoeducation around anxiety and low mood, and strategies for relaxation.**

**Tuesday 5th July 16:00-18:00**

**Parent Self Esteem Workshop (Parent only for children 5-12 years of age)- One off workshop which equips parents with an understanding of self-esteem and ways to promote high self-esteem through parenting style and collaborative activities to try at home with their young person.**

**Wednesday 8th June 16:00-18:00**

**Anxiety Workshop (For parents of children under the age of 12) - The workshop will cover the following topics; Emotional development in children, emotional regulation, psychoeducation around anxiety and anxiety management strategies.**

**Monday 16th May 9:30am-11:30am**

**Transition Workshops - One-off psychoeducation workshops that provides anxiety /behavioural strategies based on guided self-help to help children with transitions to new schools / reintegration back to school. Parents and young people can attend:**

**Lower-Middle transitions (parent only)- Thursday 11th August 17:00-19:00**

**Primary-Secondary/Middle-Upper transitions (Parent and young person) - Monday 22nd August 9:30am-11:30am**

# Book now for free holiday activities this Easter!

## In Central Bedfordshire



Central Bedfordshire

great prospects

**During the Easter holidays, we are running free activities for children and young people aged five and up, and booking is now open!**

Our sessions are inclusive so are suitable for children with special education needs and disabilities (SEND), and we'll also be running a series of activities that are specifically for children with SEND.

You will need to have registered before you can book an activity. Please make sure you have re-registered as old HAF numbers will no longer work.

Please complete a separate registration form for each eligible child. We will allocate each child a separate registration number, which we will send you by email.

Register here:

[www.centralbedfordshire.gov.uk/school-hols-food](http://www.centralbedfordshire.gov.uk/school-hols-food)

- There is something to suit everyone including crafts, performing arts, sports and games
- Get involved in a holiday club to make friends and have fun
- All children taking part get a free lunch and snacks throughout the day



The Holiday Activities and Food programme is for children eligible for benefit related free school meals. This is a requirement from the Department for Education who are funding the programme.

To book activities visit:

 [www.centralbedfordshire.gov.uk/holiday-activities](http://www.centralbedfordshire.gov.uk/holiday-activities)

