

Dear Parents and Carers,

Welcome to the 10th newsletter (available on the school website). In this edition, I am focusing on the June Awareness Dates below and I'll be sharing an assembly with classes about National Aromatherapy Awareness Week - pupils will learn/see/smell different herbs/flowers and we will also mark International Yoga 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

Kind Regards, Chris Pond.

WELL DONE TO MILLIE FOR HER EARLY GARDENING COMPETITION ENTRY TO CREATE A MINI-GARDEN FOR NATIONAL CHILDREN'S GARDENING WEEK :))

Calendar for June 2022:

6th - 12th June National Aromatherapy Awareness Week

13th -17th June Healthy Eating Week

21st June International Yoga Day

Healthy Eating Week Register for British Nutrition Foundation's 10th Healthy Eating Week, to receive the latest updates about free resources that will be available. Our big message this year is, Eat well for you and the planet! Each day of the Week will have a different theme:

- Monday: Focus on fibre - for meals and snacks
- Tuesday: Get at least 5 A DAY - put plenty on your plate
- Wednesday: Vary your protein - be more creative
- Thursday: Stay hydrated - fill up from the tap
- Friday: Reduce food waste - know your portions

More info at:

<https://www.nutrition.org.uk/training-and-events/current-training-and-events/2021/healthy-eating-week-2022/>

My homemade garden

Millie Rowan Class



International Yoga Day

Yoga is an ancient ascetic practice originated in India that combines physical, mental and spiritual pursuits to achieve harmony of the body and mind. There is numerous benefits of practicing yoga regularly and so United Nations General Assembly in December 2014 decided to celebrated International Day of Yoga. More info at:

<https://www.selfstudymantra.com/2020/06/international-day-of-yoga.html>

National Aromatherapy Awareness Week

is an annual national campaign hosted by the International Federation of Aromatherapists (IFA) to raise awareness of the clinical benefits of aromatherapy. Returning for its 14th year running, it seeks to educate the public about the difference aromatherapy can make to your life and the lives of people in your care. Ancient history has provided anecdotal evidence of the therapeutic use of essential oils but, in the last few decades, increasing scientific research has evidenced and substantiated their health benefits. More info at: https://ifaroma.org/en_GB/home

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:

Cosmic Kids - Fun yoga & mindfulness for children from 3 years old presented by Jamie (we use Cosmic Yoga in school :)

The Aroma App - An online community for essential oil enthusiasts.

MEAL - promotes mindful eating with a sustainable approach to nutrition and weight loss.

Yoga for Beginners - the perfect app to help you get started :)

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:

Both of you need to find up to 5 items around the house (do not show each other what you have found) with different textures that will fit into a bag (one that you can't see through) eg. a small jar, a fork, a tin, a pencil, a key, a cuddly toy, a packet of crisps/sweets, a sock, a glove, etc.

Put your items in the bag as you find them. You or your child can go first by trying to guess the items that have been placed in the bag. Who can guess them all correctly?

Older children:

Please try the attached Rainbow meditation script on p.4 of this newsletter :)

Local Support groups/training and support information:

DID YOU KNOW?

Talking therapies, or psychological therapies, are effective and confidential treatments delivered by fully trained and accredited NHS practitioners. They can help with common mental health problems like stress, anxiety and depression.

You can access talking therapies for free on the NHS and you can refer yourself directly to an NHS talking therapies service without a referral from a GP, or a GP can refer you. Please click on the link below for more info:

<https://www.nhs.uk/mental-health/talking-therapies-medicine-treatments/talking-therapies-and-counselling/nhs-talking-therapies/>

HAVE YOUR SAY!!

Along with the clinical commissioning group (CCG) for Bedfordshire, we're asking for views on our new Special Educational Needs and Disabilities (SEND) Strategy for 2022 to 2025, to improve the service for children and young people with SEND.

The consultation, which will run until Wednesday 22 June 2022, sets out our plans for improving outcomes for children and young people with SEND.

Please use this link:

https://www.centralbedfordshire.gov.uk/info/38/consultations/1164/send_strategy_2022_to_2025_consultation

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

Where to go: Flitwick Community Football Centre, Amphill Road, Flitwick, MK45 1BA

Time/Date Details: 1:00 - 4.00pm on Thursday 16 June

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

RAINBOW MEDITATION SCRIPT

- Get comfortable. Close your eyes and relax.
 - Take a deep breath in through your nose, and breathe it out slowly through your mouth.
 - Now just breathe normally and relax.
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- Imagine a big, beautiful rainbow in front of you. See all of its colors. Feel the colors.
 - Imagine the color red is glowing brighter than the rest, and there is red all around you.
 - Breathe in the color red. Think to yourself: I am safe. Say to yourself: I feel safe.
 - Now, imagine the color orange is glowing brighter, and orange is all around you.
 - Breathe in orange. Think to yourself: I feel my feelings stirring in my body. Say to yourself: I feel peaceful.
 - Next, imagine the color yellow is glowing and is all around you.
 - Breathe in yellow. Think to yourself: I am powerful. Say to yourself: I feel confident.
 - Now, imagine the color green is glowing brighter, and there is green all around you.
 - Breathe in the color green. Think to yourself: My family and friends love me, and I love them. Say to yourself: I feel loved.
 - Imagine the color light blue is getting brighter, and light blue is all around you.
 - Breathe in the glowing light blue. Think to yourself: People listen when I talk, and I am a good listener. Say to yourself: I feel heard.
 - Now imagine the color dark blue also called indigo is getting brighter, and indigo is all around you.
 - Breathe in indigo. Think to yourself: I have a great imagination. Say to yourself: I see great things happening for me.
 - Now, imagine the color purple is getting brighter, and the color purple is all around you.
 - Breathe in purple. Think to yourself: I am wise. Say to yourself: I am smart.
 - Take one last look at your big, bright, beautiful rainbow, and notice if you see anything (pause), feel anything (pause), hear anything (pause), or notice anything else (pause).
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- Now take a deep breath, and wiggle your toes.
- Take another deep breath, and wiggle your fingers.
- Take one last deep breath, and open your eyes when you are ready.



YoungMinds is the UK's leading charity committed to improving the emotional wellbeing and mental health of children and young people. Driven by their experiences they campaign, research and influence policy and practice.

They also provide expert knowledge to professionals, parents and young people through our Parents' Helpline, online resources, training and development, outreach work and publications. Please go to www.youngminds.org.uk for more info and support



Mental Health Charity For Children And Young People

YoungMinds are a mental health charity for children, young people and their parents, making sure all young people can get the mental health support they need.

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

WORKSHOPS:

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.

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.

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

CHUMS Psychoeducation Workshop Registration Form

Please answer all the questions below and clearly state which workshop you would like to attend (e.g. 0-5 resiliency, primary resiliency, secondary resiliency, parent sleep workshop, teenage sleep workshop etc). After you have completed the form, please return it to fwteam@chums.uk.com. Before completing the form, **please read the following information:**

- In order to be accepted onto a workshop, your child must be registered to a GP surgery in Central Bedfordshire, Bedford Borough or Luton.
- The workshops are designed as a starting point for families who have not previously accessed support from mental health services and are suited for children with low level difficulties.
- If you are concerned that your child's problem is causing a moderate/severe impact on their life, then these series of workshops are unlikely to address your concerns and we would recommend making a CHUMS/CAMHS referral on our website; <http://chums.uk.com/bedfordshire-and-luton-referral-forms/>.
- Equally these workshops will not address queries or difficulties in relation to risky behaviour (e.g., self-harm, suicide ideation).



Child's First Name	
Child's Surname	
Child's DOB (DD/MM/YYYY)	
Gender	
Parent/ Carer Name and Relationship	
Email Address	
Telephone NO.	
Home Address	
GP Surgery	
Ethnic Origin	

Nationality	
Main Language (Also, if not English do you require a translator?)	
Current School	
Does your child have any disabilities or physical restrictions?	YES/NO If yes, list here:
Does your child have any long-term conditions? (E.g., asthma, eczema)	YES/NO If yes, list here:
Does your child have an Educational Health & Care Plan?	YES / NO
Is your child known to Early Help / Social Services?	YES / NO
If known to Social Services, is your child considered a "Looked After Child"?	YES / NO
Are you currently in the process of completing an Early Help Assessment?	YES / NO
Does your child have any diagnosed learning disabilities (e.g. dyslexia)?	YES / NO
Does your child have a formal diagnosis of ADHD?	YES / NO
Does your child have a formal diagnosis of ASD?	YES / NO
Workshop you wish to attend and date of workshop (Please state parent sleep workshop, 0-5 resiliency etc.)	