

Dear Parents,

It's been a busy start to 2024- the Inclusion team already have lots planned for the next term!

## Inclusion Newsletter Spring 1 2024



**Mrs Jones –  
SENDCo**

**Mr Shrimpling -  
Deputy Headteacher**



**Miss Mannion –  
Learning Mentor**



**Fi Daly –  
Therapeutic Play Practitioner**



### Putting the spotlight on inclusion in action around school!

#### Let's focus on... ELSA support with Miss Mannion



Working as an ELSA (Emotional Literacy Support Assistant) here at Brooklands, I often say I have the best job in school! Spending time with children, either on an individual basis or as a group, to support them through challenging times or to help develop their emotional literacy, is hugely rewarding.

Emotional literacy is all about understanding and coping with the feelings of not only ourselves but of others around us. As an ELSA, I provide an inviting and caring space where children feel safe, listened to and valued. At Brooklands, we have a clear referral system to the Inclusion Team for pastoral support- this means we can work with teachers to quickly identify the best support for our children.

To start an ELSA intervention, I work closely with the class teachers to identify a personalised target for each child, supporting them in a specific area. I then work with the child towards achieving this target over a 6-10 week period. Sessions include a Zones of Regulation check-in, a main activity and then perhaps a game to end the session. Children are taught coping strategies, a particular favourite is 'hot chocolate breathing', along with grounding activities such as 5-4-3-2-1 senses or ABC around the room. Look in the Zones of Regulation section on the website for more of these strategies you can use at home. I work closely with teachers throughout the intervention, as it is very important that any strategies can be encouraged in the classroom and where appropriate, at home too.

Activities in the sessions can include games, role-play, crafts and focused tasks, often taken from the [ELSA support website](#). This wonderful website provides support for ELSAs in schools but there are lots of free resources that parents may find useful.

In my sessions with children, I often use stories, as these can be a great way to embed a message or open up a conversation.

Have a look at the pastoral book list in the [inclusion section of the website](#) for some great ideas.

At Brooklands we support for our children to be confident, empathic, kind and emotionally aware so having an ELSA in school goes some way towards achieving that goal.



#### So... What do the children think?



On completion of their ELSA programmes, we ask the children to reflect on their experiences. Here are just a snapshot of some of the ways children feel the support and strategies from our ELSA sessions has helped them.

"It helped me calm down and stop thinking my bad thoughts. It was fun and joyful!"

"It helped me to calm myself down; I learnt strategies that help me such as a butterfly hug or different kinds of breathing. I enjoyed the stories and origami which is nice and calming."

"It helped me feel good and not so angry and sad all the time. I liked that every session we added a new bead to my keyring and then when the sessions had finished I had a new keyring for my bag."

# Inclusion Newsletter

## Spring 1 2024



S&L Support	English - Comprehension Support
SEMH - ELSA	English - Daily 1:1 Reading
SEMH - In Class Support	English - Handwriting Support
SEMH - Learning Mentor Support	English - Little Blenders
SEMH - Lego Therapy	English - Little Wandle Rapid Catch Up
SEMH - Social Skills Support	English - Narrative Therapy
SEMH - Social Story	English - Pre/Over Learning
SEND - Motor Skills Support	English - Reading Fluency
SEND - PECS	English - Reading Recovery
SEND - SNIP Dyslexia	Maths - Dynamo Maths
SEND - WellComm Big Book of Ideas	Maths - Pre/Over Learning

### Intervention tracking using Insight

As you will be aware, school use an assessment tracking programme called Insight. We are now using the same system to create Pupil Profiles, ensuring all assessment and SEND information is stored and tracked together.

This term, we have also introduced Insight as a way to log and track all interventions that are happening across school. These in class, individual and group interventions support children with a whole range of learning and pastoral needs. Staff will use this system to monitor and update children's progress from the start of the intervention to the end of the intervention- ensuring that this progress is closely tracked and can feed into the wider subject assessments tracked through Insight as well. This will mean that all assessment and intervention data is now centrally tracked and will ensure even closer tracking of progress, particularly for those children with SEND.

Here is just a snapshot of some of the interventions happening across the school. It is brilliant to see the wide range of support and resources we have in place to support children's needs, both learning and pastoral.



### Date for your diary... Zones of Regulation Parent Workshop

**Tuesday 12<sup>th</sup> March 2024 @ 9.15-10.15**



As you will know from previous newsletters, SENDCo drop ins and hopefully your child talking about it at home, Zones of Regulation has been very successfully introduced across school this year. All classes are now using their regulation stations daily to support the children with understanding and regulating their emotions.

We know that the most effective support for all aspects of learning and wellbeing, is a consistent approach between home and school. To help with this, we will be holding a parent workshop focussing on the Zones of Regulation, why this concept is important and how we are using it in school. We hope that this informative session will be useful for parents to continue to use this language and the themes at home to effectively support your child's emotional wellbeing.

Myself and Miss Mannion will be leading the session- ably supported by some willing volunteers from across school, to share themselves how Zones of Regulation help them with their emotional regulation everyday in class.

We would love for as many parents as possible to join us. A further message will be sent out via the app with a form to confirm your attendance. Please ensure you complete this so we have an idea of numbers. Many thanks in advance.

### Dates for your diary

Children's Mental Health Week	5/2/2023	International Mother Tongue Day	21/2/24
Interim reports to parents	21/3/24	Summer term pupil profiles to parents	26/4/24

### Useful resources

[Trafford Local Offer](#)- information about accessing SEND support in Trafford

[Zones of Regulation](#)- more information about how they work!

[Inclusion section on the school website](#)- lots of resources and signposting information for a range SEND and emotional wellbeing needs for parents.

Thank you for reading this issue of the Inclusion Newsletter. If you have any questions regarding anything SEND/Inclusion, please do not hesitate to contact me via the School Office.

*Mrs Jones and the Inclusion Team*