

Dear Parents,

Welcome back to another school year! We hope you had a wonderful summer with your families. To the new parents joining our school community, a big welcome! We hope you enjoy reading the Inclusion Newsletter. Every half term we will update you on SEND/Inclusion developments and events around school and also signpost parents to useful information on a range of SEND and pastoral topics.

Inclusion Newsletter Autumn 1 2025

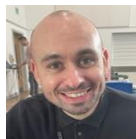


**Mrs Jones –
SENDCo**



**Mrs Fletcher –
SENDCo**

**Mr Shrimpling -
Deputy Headteacher**



**Ms Mannion –
Learning Mentor**



**Fi Daly –
Therapeutic Play Practitioner**



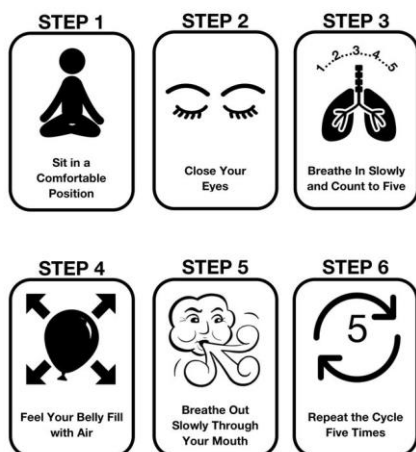
Spotlight on... Mindfulness across school

We are delighted to introduce our new mindfulness curriculum at Brooklands, designed to support children's wellbeing and help them develop positive strategies for everyday life. Each week, woven into the everyday classroom timetable and curriculum, children will take part in activities such as simple breathing techniques to calm and focus the mind, short exercises to understand how the brain responds to emotions and reflective practices that encourage self-awareness and resilience. Children will learn to identify different parts of the brain and their important role in our feelings and development. Through these sessions, pupils will build valuable skills to support their learning, relationships and overall emotional health.

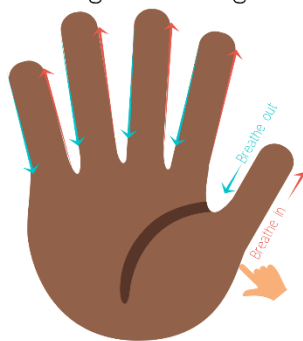
We hope that, alongside all that we do across school with the Zones of Regulation, this will help equip all children with many more strategies to support their emotional wellbeing, understanding and regulation.

Here are just a few examples of some of the activities that your child might be doing in class- why not have a practise at home and have a mindful moment altogether!

6 Steps to Belly Breathing

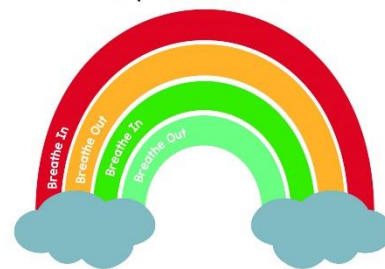


5 Finger Breathing



Trace and Breathe

Trace along the rainbow with your finger as you breathe in and out



5-4-3-2-1 Mindfulness

List...

- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste

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Trafford Referral Pathways

To help improve clarity for families and professionals, Trafford have updated the names of two of the main referral pathways:

- **TCAS (Trafford Combined ADHD Service)** will remain but now be referred to as the **ADHD Pathway**
- **TASC (Trafford Autism and Social Communication Pathway)** will now be referred to as the **Trafford Social Communication pathway (Autism Pathway)**

This change follows feedback that the previous names were too similar and often caused misunderstandings. So a very helpful change for school staff and parents alike!

Trafford SEND event for parents

An Information session for Parents/Carers and Professionals regarding SEND in Trafford is being held at The Life Centre on Friday 3 October 2025, 9:30am – 2:30pm with lunch provided.

If you are a parent/carer or professional working in the SEND system in Trafford, please come to our event to hear about what developments have happened and be part of influencing what comes next.

There will be an opportunity to take part in workshop discussions about annual reviews, quality of EHCP, transitions, preparing for adulthood, Education other than at school (EOTAS) and health and social care in plans.

Additionally, there will be an opportunity to discuss how - as part of the Change Programme - the local inclusion offer (LISO) is being developed - focusing on year 6-7 transition, speech and language in the early years and support for children and young people experiencing EOTAS.

If you are interested in attending, please book via the following link

<https://forms.office.com/e/s70BwiudZ3>

SENDCo role

Mrs Jones has now returned to work following maternity leave. It is so lovely to be back and catch up with children's progress as they settle into new year groups.

Mrs Jones' working days are Monday-Wednesday. Mrs Fletcher will be working Wednesday morning and Thursday.

Any SEND queries should continue to be sent to school via the office@brooklands.trafford.sch.uk email address.

Many thanks.

Zones of Regulation Parent Workshop

Following the positive reception of the first workshop held in previous years, and to further develop awareness of how staff and children use Zones of Regulation across school to support emotional wellbeing, we will be holding another parent workshop later in the Autumn term.



More information to follow so keep your eyes peeled on the app!



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 a member of the team via the School Office. Thank you as always for your continued support.

The Inclusion Team