



St Katherine's School and Nursery

Inclusion Newsletter

December 2024



Dear Parents/Carers,

I hope you are well and that your children are coping with the building excitement that surrounds us at this festive time of year.

With lots to look forward to at school and at home, this can be an overwhelming time of year for some children, My main focus in this newsletter centres around autism, as we have so many children at St Katherine's who have a diagnosis of autism or are on the pathway. I hope you will find some useful tips.

Mrs Caroline Loveland — SENCO

cloveland@st-katherines.kent.sch.uk

Who's who?



Mrs Caroline Loveland

SENCO and Assistant Head

DSL (Designated Safeguarding Lead)

Over 25 years of teaching experience working with children from Nursery to Year 6 Responsible for overseeing and monitoring the SEND provision across the school, making referrals and working alongside professionals to support children in school. Supports teachers and learning support assistant working with children with SEND.



Mrs Sandra Webb

SEN Assistant

Over 15 Years of experience working throughout the school

Carries out speech and language assessments on all new children and monitors interventions and outcomes.

Carries out screening checks for dyslexia, processing difficulties and visual stress.



Miss Romana Croucher

Family Liaison officer (FLO)

Designated Safeguarding Lead

Works closely with children and families and is able to signpost them to support and where necessary makes referrals to Early Help or the Well-being team, she is a mental health first aider and trained in Drawing and Talking.



Mrs Onay Carruthers

Nurture Learning Support Assistant

Support children from Reception to Year 6 through interventions and providing a safe space.

Support children with anxiety, anger, bereavement and other difficulties.

Trained practitioner for Forest School and Drawing and Talking

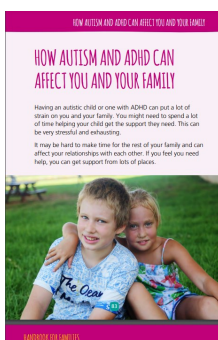
Autism and ADHD

At St Katherine's, we have many children who are on a pathway for Autism or ADHD or who have a diagnosis. Having an autistic child or one with ADHD can put a lot of strain on you and your family. You might need to spend a lot of time helping your child get the support they need. This can be very stressful and exhausting and can affect your relationships with each other. If you feel you need help, you can get support from lots of places. (See the links below or feel free to ask for further information,)

Some children with autism or ADHD have behaviours that parents find difficult to manage and that cause considerable stress to the whole family. It is useful to try to start to identify the reasons for certain behaviours from the child's perspective and considering what the child is trying to communicate through their behaviour.

For more information and support use this link:

https://www.kent.gov.uk/__data/assets/pdf_file/0018/116910/Autism-and-ADHD-family-handbook-how-it-can-affect-you-and-your-family-section.pdf



There are some misconceptions about autism and ADHD. Some of the common ones are addressed in this document.

https://www.kent.gov.uk/__data/assets/pdf_file/0006/116907/Autism-and-ADHD-family-



Making children aware of routines and expectations is often so useful when managing behaviours. Try not to assume your child knows what will be happening. Being predictable helps, however life is not always predictable, it is important to remain calm in the face of unexpected changes and talk your child through them.

Supporting children with autism at Christmas

Christmas is stressful for everyone, but for autistic children the anxieties can be profound. Many will find Christmas difficult, even if they are excited about the event itself. Changes in routine, sensory overload, new places and faces – these are all things that they will find difficult – and they all happen at Christmas. When the big day arrives, many families will be faced with a child who is close to breaking point

Use these links to find out more about how to support your family at Christmas.

<https://someonesmum.co.uk/2016/12/20/supporting-autistic-children-christmas/>



Contact reminders

- NHS Kent Community Health will direct families to support via their website..

<https://www.kentcht.nhs.uk/>

- NHS Children's Therapies, The Pod provides links and videos to support children

<https://www.kentcht.nhs.uk/childrens-therapies-the-pod/>

- National Autistic Society provide Early Bird courses for parents.

<https://www.autism.org.uk/>

- Barnardo's provide Cygnet parenting support programme.

<https://barnardos-parenting.org.uk/>

- Space to be me support children with disabilities and SEND in Kent.

<https://space2beme.org.uk/>

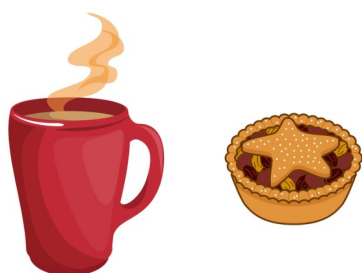
- Young Minds offers information and advice on wellbeing.

<https://www.youngminds.org.uk/>



Christmas Coffee Morning

It has been lovely to chat to parents at our previous SEND coffee mornings. Our next SEND coffee morning will be on **Tuesday 10th December at 8:45 am**. Come along to reception if you would like to join us for a hot drink and a mince pie.



You do not need to have a child who is on the SEND register, it is an opportunity to come and chat to myself and most importantly other parents. Younger siblings are welcome to come along too.

Use this link to sign up for the coffee morning.

<https://forms.office.com/e/LiJLXudc1B>

Wellbeing and Anxiety

The wellbeing of our children at St Katherine's is extremely important to us. If children do not feel happy, they are less likely to take risks in their learning and make the most of all the opportunities on offer at school.

We work hard to promote wellbeing and to provide additional support to children when things are a little tough. Class teachers, LSAs, nurture LSA, FLO and SLT all play a part in this.

For those children who are really struggling with anxiety there is additional training available for families.

kae Family Learning
kent adult education

Supporting Your Child's Anxiety (Virtual Course)

Would you like to:

- Increase your understanding of anxiety in children?
- Meet up with other parents and carers?
- Discuss your experiences of anxiety?
- Learn new ways to help your child manage their anxiety?

(Aimed for parents of children under 10 years old)

This course is for you!

Online Course
Date: 12th December 2024
Time: 09:30 - 11:30
Book your place today!
Email: scs@kentadulteducation.org.uk or call: 03000 438008

We want you to enjoy learning with us. To help us provide the best possible experience for you, please let us know if you or your child have any disabilities or particular support needs.

FREE, fun & informal courses

Virtual training sessions are available on 12th December and 14th January.

If you would like to book one please email

tonbridgeandmallingfh@kent.gov.uk

or call **03000418008**

This information sheet will be emailed out to parents.