



Inclusion Newsletter

15th July 2022

Welcome to the final Inclusion newsletter of this academic year – another one that has flown by incredibly fast!

This term, the annual review of our Inclusion Quality Mark has taken place and I am delighted to say that we will be retaining our Flagship status. The assessor was incredibly impressed by the inclusive provision that is in place throughout the school and the plans we have to develop this in future, as the school continues to grow. She particularly loved talking to the children, who she said were some of the most passionate about their school that she had ever met. I would like to take this opportunity to thank them, and the parents and staff who spoke to her as well, who were also overwhelmingly positive about everything we offer. I am so proud of the school and am hugely grateful to everyone at Riverside who contributes to our high quality inclusive practice and works so hard to support the huge range of additional needs we cater for. You can read the full report by visiting our website and choosing the 'About Us' tab, followed by 'Awards'. Click on 'IQM Flagship School Award' and the June 2022 report is at the top.

At this time of year, transition is a big focus for us all. We want to ensure that our children feel prepared for the upcoming period of change – the differences in daily routine throughout the summer break and then getting ready to return to school in a new class with a new teacher. Coping with change is a life skill that we all have to learn to manage. We have had lots of transition activities in school over the last few weeks and we hope this has reduced any anxieties children may have had about next year, but if your child does find transition difficult, you may find it useful to look at the following link: <https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/transitions-and-times-of-change/>

Finally, I would like to wish all the very best to the children who are leaving Riverside next week. We are very proud of you and know you will take your 'Riverside Attitude' with you as you all go on to achieve fantastic things in your new schools!

As always, if you have any queries related to SEND or Inclusion, or wish to discuss your child's needs further, please don't hesitate to contact me at the school.

I hope you all have a lovely summer and look forward to seeing most of you again in September.

Mrs Z Huggett
Assistant Headteacher/Inclusion Manager



Tourette Syndrome



Tourette Syndrome (TS) is a neurological condition, the key features of which are tics – involuntary and uncontrollable sounds and movements. It is not a learning disability, but it is a complex condition and a large number of people diagnosed with TS will also experience linked conditions, many of which can have a substantial impact on a child's ability to learn. Approximately half of children with a TS diagnosis will see a significant reduction in their symptoms as they approach adulthood, but for some people, living with TS will continue throughout their life (although the symptoms are likely to vary in severity over time).

As with other neurological conditions, TS is diagnosed much more frequently in boys than in girls.

~ TS is often misunderstood as a condition which makes people swear. Although this can be a symptom, it is not the only one. Tics come in two forms – motor or vocal. Motor tics might include involuntary jerking, facial grimacing or blinking. Vocal tics could include shouting, coughing, whistling or grunting, as well as swearing. People with TS can find social situations very challenging, as the condition is 'invisible' but often causes them to make movements or shout words that are not socially acceptable. It is helpful to reassure the person and try to treat them like everyone else to reduce their embarrassment.

Helpful Tips

~ Although tics are involuntary, many people with TS are able to learn ways to suppress their tics for a short time. A helpful way of understanding this is to compare it to blinking. For a short period of time, it is possible to keep your eyes wide open and avoid blinking – and with practice you will get better at doing it for longer – but eventually you will have to blink, as the urge is too strong to control. Suppressing tics works in the same way. It can take great concentration to resist the urge, and some people will be able to suppress their tics more easily than others.

~ Tics often worsen when the person is under stress or is feeling excited, so practising relaxation techniques can be helpful when learning how to keep their tics under control more successfully.

<https://www.tourettes-action.org.uk/>

Useful Websites:

<https://www.nhs.uk/conditions/tourettes-syndrome/>

<https://www.myfamilyourneeds.co.uk/support-child/our-journey-with-tourettes/>