



INCLUSION



NEWSLETTER

JULY
2026

Welcome to the final Inclusion Newsletter of this academic year.

Our annual Inclusion Quality Mark review was carried out this term and we have received another wonderful report from this year's assessor. It states that *"Riverside Primary is a school in which inclusion is woven into every aspect of its work... the impact of this work is unmistakable in the progress, confidence and sense of belonging of its pupils. There is no ceiling on what any child might achieve, and every member of the community is welcomed as part of the Riverside family."* IQM have confirmed that we will continue to hold Flagship status for another year. This is fantastic for us all and I would like to express my thanks to the whole school community for their contribution to this achievement. You can read the full report by visiting our website and choosing the 'About Us' tab, followed by 'School Awards'.

This term, all classes have received their Relationships and Sex Education lessons, with many beginning to learn about aspects of puberty and reproduction. We are aware that this can be a difficult topic for parents to navigate, especially for those whose children have additional needs. This link provides some useful advice for all parents on how to talk to your children about these topics: <https://www.myfamilyourneeds.co.uk/support-parent/talking-to-your-child-about-sex-and-relationships/>

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, and for some children starting a new school. 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 have had about next year, but some children may benefit from continued support over the holidays. 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, we 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 go on to achieve fantastic things in your new schools!



We hope you all have a lovely summer break when it comes, and look forward to seeing most of you again in September.

Mrs Huggett and Mrs Richardson



SPOTLIGHT ON



TOURETTE SYNDROME

Key Information

Tourette Syndrome (also known as Tourette's or 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 their ability to learn.

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.

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).

Did You Know?

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



Useful Websites

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

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

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

Handy Hints



- ~ 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.
- ~ 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.
- ~ Be aware that TS can cause embarrassment for the person who tics and those around them. It is helpful to reassure the person and try to treat them like everyone else to reduce this.