



# Inclusion Newsletter

3rd February 2023

Welcome to the Inclusion Newsletter for Term 3. I can't believe we are nearly half way through the academic year! We have seen so much progress in our children with SEND already this year, from children new to the school becoming more able to follow our routines and expectations, children whizzing through the levels of Read, Write, Inc, and others meeting their individual targets for their various areas of need. We are so proud of everyone for their efforts!

I would like to share the following areas of interest with you and hope they will be useful.

The Kent Autistic Trust's Family Support Service are offering **free** information sessions on a range of topics including 'About Autism', 'Autism and Anxiety', 'Autism and Behaviour in Children', 'Completing DLA forms for children', 'Autism, School and Education' and 'Autism and Sensory Difficulties in Children'.

To access these courses, click on the link: <https://www.katfamilysupport.co.uk/info-sessions>

## Medway's Accessible Facilities and Sports Opportunities

There are a range of accessible activities on offer in Medway for children with disabilities. Opportunities include accessible and sensory swimming lessons, trampolining, wheelchair sports and so much more! Find out more by following this link:

[https://www.medway.gov.uk/info/200180/sport\\_and\\_sports\\_centres/266/disability\\_sport](https://www.medway.gov.uk/info/200180/sport_and_sports_centres/266/disability_sport)

## Autism Alert Cards

These cards have been designed to enable Autistic people to inform emergency responders of their needs. The card will alert the emergency services that the card holder may have difficulty communicating and may appear anxious in unfamiliar surroundings or exhibit behaviour which, to the unaware, may seem strange and could be misinterpreted.

Those who meet the criteria can apply for a card by [clicking here](#)



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.

**Mrs Z Huggett**  
Assistant Headteacher/Inclusion Manager



# Anxiety



Children can feel anxious about different things at different ages. Many of these worries are a normal part of growing up. There will be times in a child's life when they feel anxious. For example, many children feel anxious when going to a new school or before tests and exams. Some children feel shy in social situations and may need support with this. Anxiety becomes a problem for children when it starts to get in the way of their everyday life. Severe anxiety like this can harm children's mental and emotional wellbeing, affecting their self-esteem and confidence. They may become withdrawn and go to great lengths to avoid things or situations that make them feel anxious. Signs to look out for could include:

- Starting to wet the bed or have bad dreams
- Lack confidence to try new things or seem unable to face simple, everyday challenges
- Difficulties with concentration, sleeping or eating
- Having angry outbursts
- Avoiding everyday activities such as school/seeing friends

**Separation Anxiety is the most common anxiety disorder in children under 12 years old. Children whose parents have an anxiety disorder are more likely to have one themselves.**



Some ways you can help an anxious child:

- ★ **Open up lines of communication** - talk to your child about their anxiety or worries. Reassure them and show them you understand how they feel.
- ★ **Label and explore it** - if your child is old enough, it may help to explain what anxiety is and the physical effects it has on our bodies. It may be helpful to describe anxiety as being like a wave that builds up and then ebbs away again.
- ★ **Be solution focussed** - as well as talking to your child about their worries and anxiety, it's important to help them find solutions. For example, if your child is worried about going to a sleepover, it is natural to want to tell them not to go. However, this could mean your child feels that their anxiety will stop them from doing things. It's better to recognise their anxiety and suggest solutions to help them, so they can go to the sleepover with a plan in place.
- ★ **Tackle the tough stuff** - if your child is anxious because of distressing events, such as a bereavement or separation, look for books or films that will help them to understand their feelings. Try to have open discussions so that they know they can share how they are feeling.
- ★ **Teach relaxation strategies** - practise simple relaxation techniques with your child, such as taking 3 deep, slow breaths, breathing in for a count of 3 and out for 3.
- ★ **Worry boxes** - turn an empty tissue box into a "worry" box. Get your child to write about or draw their worries and "post" them into the box. Then you can sort through the box together at the end of the day or week.
- ★ **Seek advice** - Don't face it alone. Reach out to school and other services for support.

Helpful  
Tips

Useful websites:

<https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/anxiety/>

[https://www.medway.gov.uk/info/200580/child\\_mental\\_health](https://www.medway.gov.uk/info/200580/child_mental_health)

<https://www.nhs.uk/mental-health/children-and-young-adults/advice-for-parents/anxiety-in-children/>