



**Cottesmore St
Mary Catholic
Primary School**



Inclusion Newsletter June 2018



CONTACT DETAILS FOR INCLUSION MATTERS INCLUDING SEN AND EAL:

Inclusion Coordinator: Anna Mullans
Email: annamullans@cottesmore.brighton-hove.sch.uk

Telephone: 01273 555811
<http://www.cottesmore.brighton-hove.sch.uk/page/inclusion/>

**Ofsted (November 2017) noted that
‘Everyone is inclusive – it doesn’t matter who
you are or what level in work you are’-
Cottesmore Child 2017**

Intervention in the spotlight

Every newsletter will have information about a specific Intervention that we use at Cottesmore St Mary’s to support children.

Busy Hands

Busy Hands is an intervention to support the development of fine motor control. Fine Motor is used when writing, cutting, tying laces, using a computer, using cutlery and playing a musical instrument, amongst many other activities.

In order to use their hands in a precise way, children need the following skills:

- The ability to process sensory information (touch, smell, taste, sight and sound)
- Strength and stability to develop dexterity in their hands.
- The ability to use both hands in a coordinated way, Busy hands provided activities and advice to incorporate all of these skills. By following the sessions the children can develop:
 - Shoulder stability
 - Bilateral co-ordination
 - In-hand manipulation
 - Fingertip dexterity
 - Sensory and body awareness.

The session are practical and a range of resources are uses, including, putty, play-doh, tangles, padlocks and keys, pegs and pegboards, easy grip tweezers, magnets, lacing games and balloons.

Inclusion at Cottesmore St Mary’s

As Cottesmore St Mary School's Inclusion Coordinator (INCo), I am here to offer support and advice regarding additional needs or SEND support for your child. At Cottesmore, we are proud of our 'open door' policy so please do not hesitate to get in touch if you have any concerns or need some support. I am in school every Monday and Tuesday and am happy to meet with you to discuss your child. You can make an appointment by phoning the office. The Inclusion section of our school website is regularly updated to include lots of useful information for parents, including our provision for children with attachment difficulties, young carers information, our SEN information report, referral forms and so on. It also includes links to several external services that parents may wish to engage with. Please do take time to look at the website and check back regularly as it will continue to be updated with new resources. Please do get in touch if you would like any other information. shared via the website.



Other specialist services

At Cottesmore we have the services of a range of outside agencies that support us regarding individual / groups of children Including:

- Educational Psychologist
- Speech and Language services
- Language and Literacy team
- ASC service for children with autism
- Social, Emotional and Mental Health team
- Occupational Therapist
- School nurse
- CAMHs (Children and Family Mental Health)
- EMAS for children and families with English as an additional language

...plus many others.

Do get in touch with me should you feel your child requires the support of one of these services.

Parental support

Amaze is a local charity that offers information, advice and support to parents of children with special needs and disabilities in Brighton & Hove. They work to empower parents to help their children live fully socially included lives.

They can be contacted on :

Tel: 01273 772289

Email: info@amazebrighton.org.uk

<http://amazebrighton.org.uk>

All about... Social Communication

ASD is a social communication disorder. This means that people with ASD find it difficult to understand the unwritten social rules which other people may pick up without thinking. They may not understand the concept of personal space, may start an inappropriate subject of conversation, or may respond abruptly. This can be because they are not fully able to recognise the impact on others or how they may be feeling. Sometimes their behaviour may seem strange, but this happens because autistic people do not always find it easy to express their feelings, emotions or needs in 'socially acceptable' ways. People with ASD can also struggle to understand non-verbal language such as facial expressions. They often have a very literal understanding of language and think that people always mean exactly what they say.

At Cottesmore St Mary, we are fully committed to supporting children who may have a diagnosis of ASD and those who are going through the process of diagnosis. We use a range of strategies, interventions, teaching styles and resources to enable these children to access the school day at a level suited to each individual's needs.

If you have any concerns about your child, please get in contact.



If you are a parent/carer, sibling or family member of a person with Special Education Needs and you would like to contribute to our Inclusion newsletter, please get in contact. We would love to hear your views and experiences. Let's keep the conversation about the strengths of **all** of the children in our school community going!
annamullans@cottesmore.brighton-hove.sch.uk

Useful links for parents

The National Autistic Society
<http://www.autism.org.uk/>

Resources for Autism
<https://resourcesforautism.org.uk/>

Amaze
<http://amazebrighton.org.uk/>



For more information about Triple P courses, talks and workshops in Brighton & Hove visit the webpage:
<https://www.brighton-hove.gov.uk/content/children-and-education/childcare-and-family-support/parenting-team>

What is Triple P?

Triple P is one of the most effective evidence-based programmes in the world, backed up by 30 years of on-going research.

Triple P helps you:

- Create a stable, harmonious family environment
- Teach your children the skills they need to get along with others
- Deal positively, consistently and decisively with problem behaviour
- Encourage behaviour you like
- Develop realistic expectations of your children and yourself
- Take care of yourself as a parent
- Is available in languages other than English

The Team

Anna Mullans-Inclusion Coordinator

Pam Williams-LSS trained Teaching Assistant

Fiona McAtee-1st class @ Number trained Teaching Assistant

Marek Kasperek –EMAS Teacher

Elizabeth Greenan-School Counsellor



Wellbeing Service for children and young people and specialist Child and Adolescent Mental Health services (CAMHS)

From June 2017 you can make a referral, including a self-referral, to the Wellbeing Service Referral and Triage Hub. The hub also coordinates referrals for routine Specialist CAMHS.

Brighton and Hove Wellbeing Service offers a range of support if a child or young person experiencing emotional difficulties such as feeling anxious, low, or depressed. They are an NHS community-based service supporting people from age 4 years upwards in Brighton and Hove.

To discuss your concerns about a young person's emotional wellbeing or mental health before a referral is made you can call the service. Experience shows that an early consultation can often address concerns and save the need for a referral.

Lines open Monday - Friday 8am - 6pm

0300 002 0060 (Local rate)

bics.brighton-and-hove-wellbeing@nhs.net

Useful links

British Dyslexia association
<http://www.bdadyslexia.org.uk/>

ADHD Foundation
<https://www.adhdfoundation.org.uk/>

<https://www.gov.uk/children-with-special-educational-needs>