



**Cottesmore St
Mary Catholic
Primary School**



Inclusion Newsletter January 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**

Individual Provision Maps

We look forward to sharing your child's Provision Map with you. Some children's IPMs will come from Literacy support services, the speech and language team, or other external agencies supporting your child. IPM's are issued termly and will show what your child's specific group or individual provision is, how long this will run and who will be running it. Provisions in place will be reviewed by class teachers at the end of every term. If you have any queries regarding your child's IPM, please speak to your child's class teacher in the first instance, or Anna Mullans if you would like further discussion regarding it. Please sign and return the slip to confirm that you have read and understand the next steps which we have planned for your child.

Intervention in the spotlight

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

Memory Magic

Memory Magic is a targeted intervention for children in Primary schools who have working memory problems, aiming to boost their attainment, helping them to catch up with their peers

There are seven strategies which are delivered in 1:1 or small group work sessions.

The strategies are Focus, Rehearse, Group, Picture it, Map, Link, Your spell.

If you would like any tips to support working memory at home do get in touch.

Inclusion at Cottesmore St Mary's

As Cottesmore St Mary's 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.

Upcoming dates for Inclusion

**SEN Parent consultation evenings with
Anna Mullans**

**Tuesday 13th March 2018
3.15-6PM**

*Email: annamullans@cottesmore.brighton-hove.sch.uk
for an appointment*

School Counselling

At Cottesmore we have the services of an excellent school counsellor, Elizabeth Greenan, who works one to one with children with a range of needs. Further information about this service can be found on the school website in the Inclusion section. If this is something you would like your child to be considered for you will find the required referral form on the website. If you would like to discuss any aspect of this service further then please do get in touch with Anna Mullans via email or phone.

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 Psychologists
- Speech and Language services
- Language and Literacy teams
- First Class at Number teaching
- ASC service for children with autism
- Social, Emotional and Mental Health team
- 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

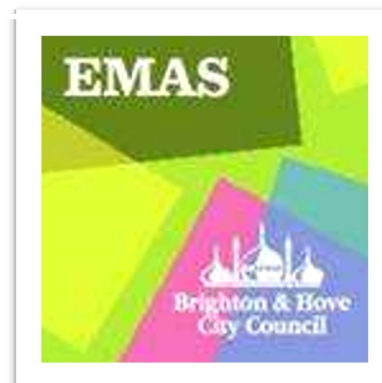
Email: info@amazebrighton.org.uk

A note from Marek

EMAS stands for Ethnic Minority Achievement Service

EMAS is a team of specialist teachers, bilingual classroom assistants, and Home Liaison officers. We support EAL learners and families from minority ethnic backgrounds with English as an additional language (EAL). Some of the pupils are newly arrived in UK and new to English, others have been born here or been here for some time, but still need support to achieve their educational potential.

Our EMAS teacher is Marek Kasperek and he is in school on Tuesday mornings. EMAS 01273 292521



Sensory room

We are fortunate enough at Cottesmore St Mary's to have a sensory room, which the inclusion team have been developing over the coming weeks. This area can be used to provide space for learning breaks for children who benefit from them. It can also be used for a quiet breathing space /

We are looking to develop the outside area of the space to create a sensory garden. If any parents have 'green fingers' we would appreciate your expertise. If you would like to donate any trough trays, compost or plants we would gratefully appreciate it.

Plants we are hoping to include are flowers that are highly scented or shrubs such as the Mexican orange blossom which, when you rub the leaves, gives out a fragrant, aromatic scent. Timber smells great when it dries out too. Shrubs, flowers, herbs, leaves – these can all give off a wonderful scent. Lavender and rosemary are two classic plants for this purpose.

Helping families

We are introducing a section on the Inclusion page of our school website which is designed to offer help to parents.

If there is any advice or information which you would find useful please let us know and we will endeavour to include it.



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

Keri McCauley-1st class @ Number trained Teaching Assistant

Fiona McAtee-1st class @ Number trained Teaching Assistant

Marek Kasperek –EMAS Teacher



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/>

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