



St. Mary's Priory Catholic Schools  
Half-termly SEND Newsletter



Merry Christmas from Mrs Neli the  
Inclusion lead.



**SEND updates at St. Mary's**

- Anchor approach training will take place next term
- A big thank you to all of the parents who were able to attend the Trailblazer parent workshops with Alice from Trailblazers. We hope that you have found the sessions helpful.

**Key Dates**

- 3rd Feb - Children's Mental Health Week - Movement: moving for our mental health
- IEPS to go out week of the 17<sup>th</sup> March 2025

## Well-being and mental health updates



A reminder that we are a trailblazer school. Alice, who is an Education Mental Health Practitioner, works for the Haringey Mental Health Support Team. Alice is trained to work with children aged 4-18 years, as well as with parents of primary and secondary school-aged children, on a range of well-being topics, with the aim to improve access to mental health services and support young people's well-being.

Throughout the year, Alice will be delivering 'Brain buddies' in order to support children with their emotional wellbeing, enabling them to learn coping and calming strategies, to manage their big emotions and support them in regulating their emotions.

If you would like to work with Alice, please contact Mrs Neli to make the referral.



### A reminder

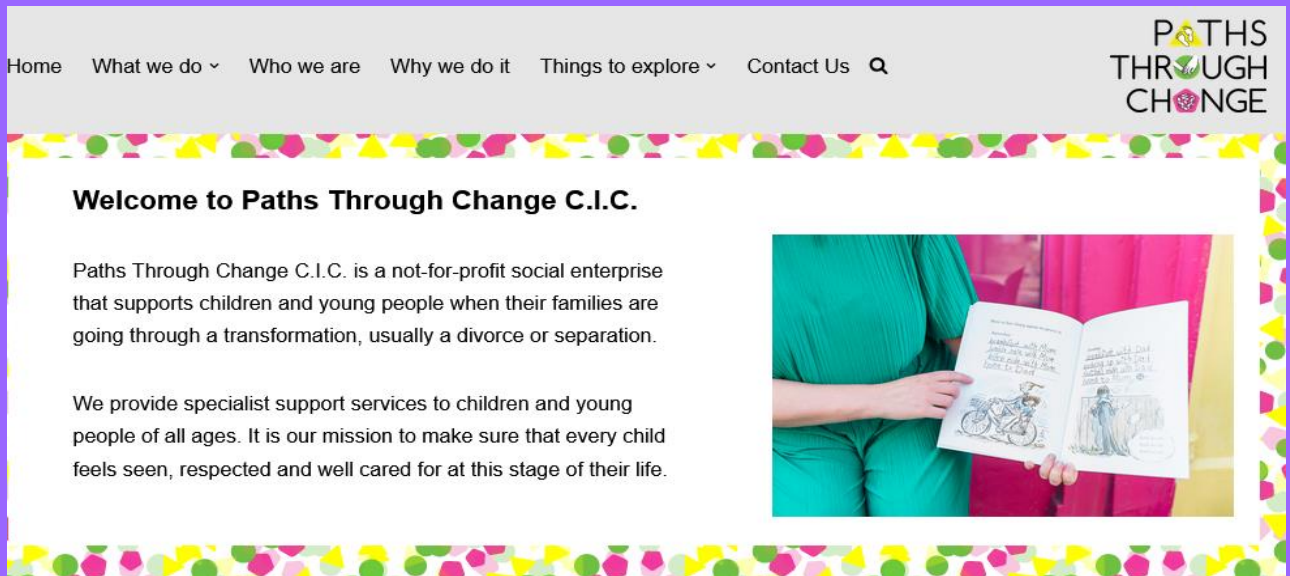
#### **Our Play Therapist, Gloria**

Gloria still runs our Mother and Toddler group every Friday morning from 9 - 10.30am.

If you would like to join the group, please come along on Fridays during term time.



## Local updates in Haringey



The screenshot shows the website for Paths Through Change C.I.C. The header includes navigation links: Home, What we do, Who we are, Why we do it, Things to explore, and Contact Us, along with a search icon. The logo for Paths Through Change is in the top right corner. The main content area has a colorful polka-dot border and features a heading "Welcome to Paths Through Change C.I.C." followed by two paragraphs of text and a photograph of a person in a green dress holding an open book with illustrations.


Home What we do Who we are Why we do it Things to explore Contact Us

**PATHS THROUGH CHANGE**

### Welcome to Paths Through Change C.I.C.

Paths Through Change C.I.C. is a not-for-profit social enterprise that supports children and young people when their families are going through a transformation, usually a divorce or separation.

We provide specialist support services to children and young people of all ages. It is our mission to make sure that every child feels seen, respected and well cared for at this stage of their life.



*FREE youth club for children with separated parents*

*Local youth club for 5-10 year olds who have parents who live apart.*

*It runs at Bernie Grant Arts Centre on Tuesdays from 4:30-5:30pm.*

*We also run a number of services funded by Haringey Council around the topic of divorce / separation, including direct work with families and training for staff.*

*EILY LIVINGSTONE*

*Founder & Director*

*Paths Through Change C.I.C.*

*[www.pathsthroughchange.com](http://www.pathsthroughchange.com)*



<https://www.sendpowerinharingey.org/pages/support-groups>

Sign up for FREE

Find your community. It can be a lonely road navigating the SEND world. Finding a support network – be it a WhatsApp group, coffee morning, or a walking group – is important.

Here's a few support groups from the list in Haringey:

***There are many more on the website.***

### Abide Church Carers' Coffee Morning

A weekly respite coffee morning for carers to talk with fellow carers and support each other. They hold special events like pamper mornings, coach trips and more. More information available here: Carer's Coffee Morning ([haringey.gov.uk](http://haringey.gov.uk))

Date: Thursdays

Time: 11am - 1pm

Place: Abide Church Hall (N8 8JN) during the winter months. In the summer months (June - September) they run from Priory Park Cafe (but do check with them beforehand to make sure!)

### ADHD Kids Group

A new group for parents or carers of ADHD kids who live or go to school in Haringey. We aim to provide a safe space to:

share resources and experience ask for advice or recommendations talk to people who understand advocate for our ADHD kids.

This is currently a WhatsApp group. Please use this link to join:  
<https://chat.whatsapp.com/GcvKcmyCklyA6H36OETjZ4>

### Brightstars Autistic Youth Club

Brightstars is a small community club for young people with autism to have fun. They offer a place where autistic young people can feel safe and confident to be themselves.

Date: Saturdays

Time: 11am - 1pm

Place: Methodist Church Hall, Middle Lane, London, N8 8NT

Activities include: workshops and information sharing, day trips, reading club, art club, African drumming and dance, movement therapy, transition support, sports, singing and drama, and networking opportunities.

e: [brightstarsspecialclub@yahoo.co.uk](mailto:brightstarsspecialclub@yahoo.co.uk)

w: [brightstarsspecialclub.com](http://brightstarsspecialclub.com)

t: 07999 592 580

## Some helpful tips for Christmas



With Christmas fast approaching, we hope you are all looking forward to having some down time with your family.

The Christmas holidays are a time of great excitement and anticipation. Holidays also mean changes in the schedule, visitors, crowds, line-ups, noise, and socialising. For autistic children, the Christmas holidays can be a stressful and an anxious time.

Meeting family demands can be especially nerve-wracking, particularly if you want to break with time-honoured traditions that just don't work for an autistic child. This can be a difficult time of year, but with some preparation and planning, the holiday season can be enjoyable.

The National Autistic Society have lots of tips and advice to help families prepare for the festive season.

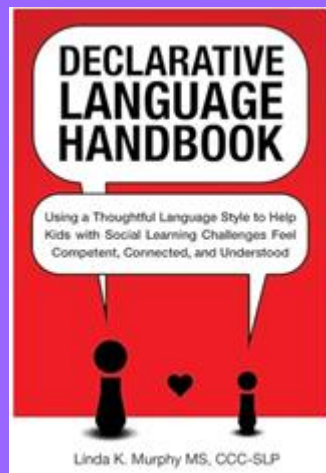
<https://www.google.com/search?client=firefox-b-d&q=national+autistic+society>

### Recommendation from the LAST team in Haringey

Do you know a child that gets upset when their routine changes? They might also struggle to see the big picture, to make friends, to problem solve in real time, and to read nonverbal communication. Meltdowns, tantrums and other challenging behaviours might be common.

This book was written to teach you how making small shifts in your language and speaking style will produce important results. You will stop telling kids what to do and instead

thoughtfully give them information to help them make important discoveries in the moment. These moments build resilience, flexibility, and positive relationships over time.





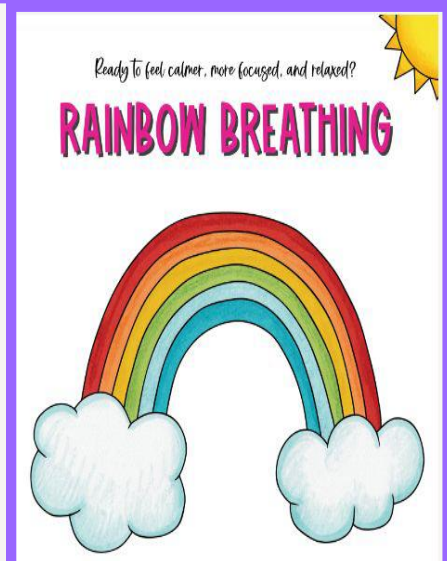
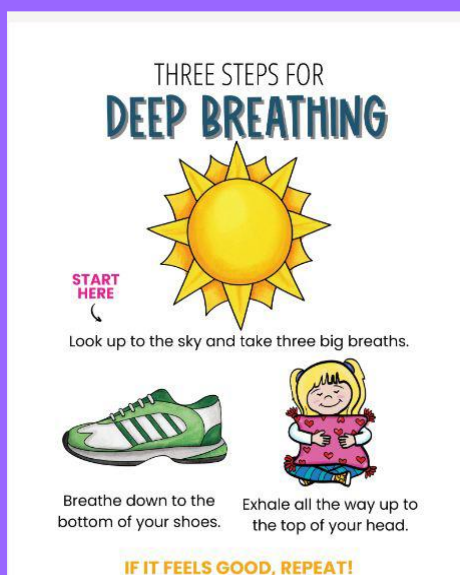
A nice way to keep children (and adults!) calm over the festive period is with guided meditation.

- What is Guided Meditation?
- The Benefits of Guided Meditation for Kids
- Using Guided Meditation for Kids
- Links to Sample Meditation Scripts
- How to Use a Guided Meditation Script with Your Child
- Getting Started

<https://www.greenchildmagazine.com/free-meditation-guided-relaxation-scripts-kids/>

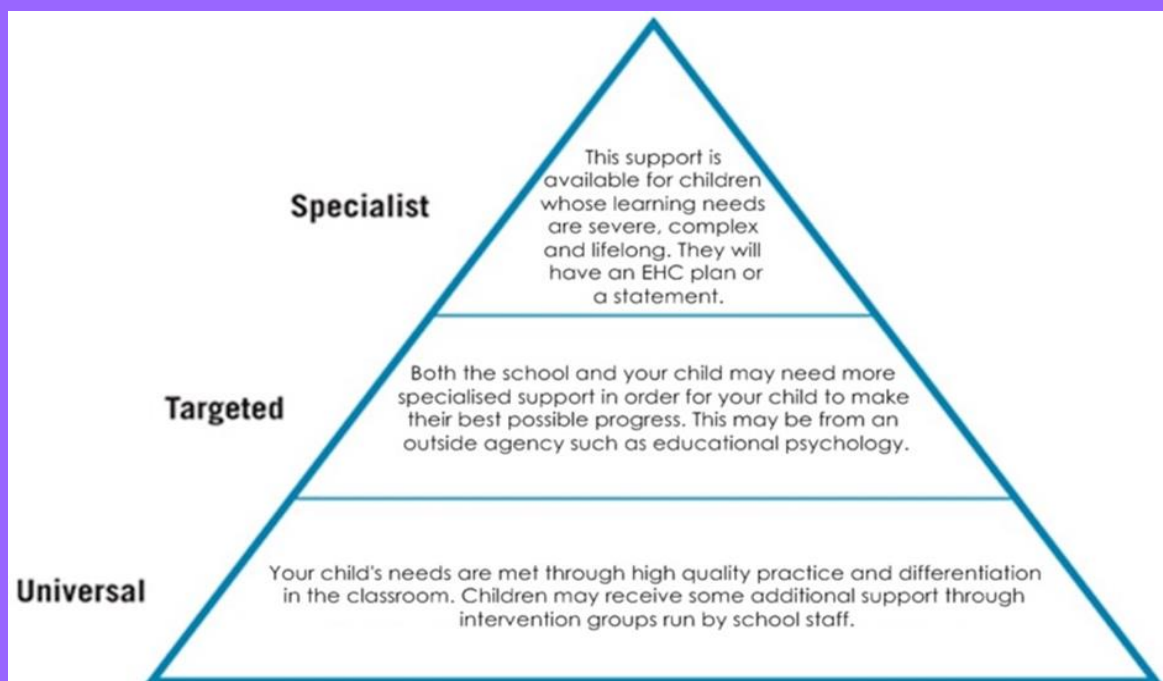
Just breathe!

Breathing exercises are helpful to alleviate feelings of stress, anxiety and anger.



What should I do if I think my child has a special educational need?

The first point of contact should always be your child's class teacher, please always discuss your concerns with them before contacting a member of the inclusion team. The teachers and support staff who work with your children really value the relationships they have with their classes and are in the strongest position to speak to you about how your child is getting on at school.





**At St. Mary's, we use Language link from years 1 to 5. Groups will commence in January and your child may be in a group with their peers.**

Good communication skills are linked to achievement and life chances. They are fundamental to every aspect of our lives affecting attainment, learning, literacy, social relationships, behaviour, mental health and ultimately employment and social mobility.

If we don't understand what people are saying or we lack the vocabulary to explain ourselves and ask for things to meet our needs, it's easy to become socially isolated or frustrated.

Around 25% of children starting school across the UK have poorly developed speech or language skills. It is the most common type of primary special educational need and the second most common type of need identified for pupils with Education Health and Care Plans (EHCPs) [according to Government figures](#).

That's why it is so crucial to identify problems early and get the right support in place. With the right intervention we know it can make a huge difference to both individual students and society.

## Supporting Communication and Interaction:

Children and young people with speech, language and communication needs (SLCN) have difficulty in communicating with others. This may be because they have difficulty saying what they want to, understanding what is being said to them, or they do not understand or use social rules of communication. The profile for every child with



SLCN is different and their needs may change over time. They may have difficulty with one, some or all of the different aspects of speech, language or social communication at different times of their lives.' (Code of Practice 2015).

**SKILL: Ability to share possessions and space****Sharing is a basic social skill.**

Developmentally very young children like to keep their possessions to themselves. As they get older and move into pre-school and beyond the notion of sharing becomes a pre-requisite for playing with and forming relationships with others. Other children like to play and be with those who share their time, possessions and space with them. Sharing is the start of empathy as it shows you care about other people's feelings. It also sets up the situation that encourages other children to share with them.

**Tips:**

1. Children don't need to share all their possessions. They can put away those things they don't want to share.
2. Children shouldn't flaunt or show off special items.
3. Children shouldn't hog things which don't belong to them and which others want to use.
4. Give your child plenty of opportunities to share with others in informal play situations. Talk about sharing before moving into social situations.

**SKILL: Holding a conversation****Holding conversations with others is a lifetime friendship skill.**


Conversations require self-disclosure, which can be challenging for some children. Good conversationalists give of themselves, but also take an interest in the other person. Many children forget that good conversations are two way events, and tend to focus solely on themselves. Children within conversations need to learn to ask good or interesting questions; to take turns when speaking and to show you are listening by making eye contact and not interrupting.

**Tips:**

1. Hold conversations with your children in a variety of situations, including mealtime so they experience the conventions of conversation. They will also learn how to start a conversation by talking with you.
2. Talk about conversation starters with your children. These often involve questions that are related to the situation or that both of you have an interest in.
3. Encourage children to stay in conversations, or even start up conversations with adults. This will provide terrific experience in asking and responding to questions as well as making eye contact and showing interest.

## **Anchor Approach**

Next term, all the staff at St. Mary's Priory will have training with 'The Anchor approach'.




## *Anchored in Haringey*

The Anchor Approach works with schools to support children and their families to be resilient and to have high levels of wellbeing.



When we are resilient, we are more able to cope with life's challenges and recover if something happens that is difficult or upsetting.


Having high levels of wellbeing means that we are more able to enjoy our relationships with others, take part in activities in and outside school and to enjoy learning new things. We feel more confident to contribute to family, school and community and this can bring joy and a sense of purpose as we learn our place in the world and know that we are important. This helps us to live our best lives!




The Anchor Approach is a Public Health Approach, developed and run by Haringey teachers. We will soon be working with staff at your school to support your school community.

For more information visit: [anchor@haringey.gov.uk](mailto:anchor@haringey.gov.uk)





*Supporting children and their families  
to live resilient and stable lives*



For educational settings, the Anchor Approach offers a 'whole school approach' to mental health. Helping schools and other educational settings fulfil their requirement to provide mental health support for pupils, in a way that's consistent with Department for Education (DfE) guidance. The independent evaluation by University College London reported that the Anchor Approach is "effective and meets DfE objectives".

HARINGEY CHILDREN'S  
SPEECH AND LANGUAGE  
THERAPY



Whittington Health  
NHS Trust

# ADVICE LINE

For Parents, Carers  
and Early Years  
Professionals in  
Haringey

Do you have a child aged 0-5?

Do you have a question about  
their talking or communication?



Call **0203 224 4399**  
Monday-Friday  
9am-5pm



One of our Speech and  
Language Therapists  
will be able to speak to  
you and offer advice\*



\*Please call this number with your question and a therapist will return your call within 7 working days.

Please let us know if you need an interpreter.



Please check out Haringey's local offer page for SEND-related events and information

<https://www.haringey.gov.uk/children-and-families/local-offer/support/leisure-activities>



Also, visit SEND Power, A forum for parents and carers of children/young people with Special Educational Needs and/or Disabilities (SEND)

<https://www.sendpowerinharingey.org/>

*On behalf of every at St. Mary's Priory, have a restful Christmas.*

