



# F&B INCLUSION NEWSLETTER

Issue 1 October 2024

## Welcome

Dear Parents,

Welcome to the first edition of the 2024–2025 F&B Inclusion Newsletter. This newsletter is produced every half term, and aims to give you an overview of everything that we have achieved within school under the inclusion umbrella, as well as sign post you towards upcoming events & activities.

As we are at the start of the year, this edition is focused on giving you as much information as possible about what inclusion looks like here at F&B.

Wishing you all a lovely half term. **Mrs Potma, Inclusion Lead.**

### Herts Local Offer

Every Local Authority must identify education, health and social care services in their local area provided for children, young people and families who have SEN or disabilities. These services are placed into a directory, known as a 'Local Offer'.

The Hertfordshire Local Offer can be found [here](#). In addition to information on SEND, the Herts Local Offer also provides training and courses for parents on a wide range of topics.

### Our next workshop...

Q&A with Samantha Amos— Speech & Language Therapist

Wednesday 6th  
November,  
9:00am.

Book via the Ar-  
bor App.



### SEND coffee afternoon!

Wednesday 27th November, 14:30pm

Get together with other parents whilst you enjoy a coffee/or tea and a cake. Book via th Arbor app.

### Did you know?

All documents relating to Inclusion and SEND at Fawbert and Barnard can be found on our school website [here](#).



# F&B INCLUSION NEWSLETTER

Issue 1 October 2024

## F&B Inclusion Team



**Mrs Potma, Inclusion Lead:** Special Educational Needs Coordinator (SENCo), Children & Young adults Counsellor, Mental Health Lead, Designated Teacher for Looked After Children, Pupil Premium Lead, EAL & Equalities Lead, Pastoral Care Lead.



**Mrs Brooker, Deputy Head:** Families First Practitioner, Mental Health & Wellbeing Team, Designated Safeguarding Lead.



**Mrs Hills:** Mental Health and Wellbeing team.

**Mrs Duggan:**

Inclusion Support Practitioner



**Mrs Craig:** Inclusion Governor

## Facts & Figures

SEN Register: **8.5%**

Pastoral Register: **13%**

SEN Monitoring: **6.1%**

Multilingual Register (EAL): **7%**

EHCPs (including assessment stage): **3.3%**

Pupil Premium Register: **7.1%**

Speech & Language Register: **6.6%**

Medical Register: **9%**





# F&B INCLUSION NEWSLETTER

Issue 1 October 2024

## F&B Heritage

Although our EAL (English as an Additional Language) figures here at F&B are below the national average, we have many children who are multilingual (speak more than one language), or who have links to lots of different countries and cultures. To explore this further we began our 'Heritage Project'.

This revealed that, as a school community, we have links to over **38 countries** in the world, spanning across **every continent**.

See below the finished Heritage Display.

Thank you to everyone who contribute!



Please do take a look at the display when you visit for Parents Evening this week and see if you can find your child—new links are being added every day!

Ps. Reception and Nursery children will be added once we receive their school photos.



# F&B INCLUSION NEWSLETTER

Issue 1 October 2024

## Friendship Day

We are looking forward to welcoming back last year's Year 2 children, now Year 3 at Reedings, who will visit our Year 2 children in their classes and will join them in a fun activity.

This will take place on Wednesday 19th November and is part of our transition program for Year 2: past children get to come back to their previous class and school and current Year 2 children will hear all about what Year 3 at Reedings is like. A great experience for all!

## Inclusion Quality Mark Away Day

On Friday 22nd November Mrs Potma will visit Willow Brook Primary School, along with other members of our IQM Cluster Group.

Since achieving the Inclusion Quality Mark—Centre of Excellence in July 2023, we have had access to this Cluster Group, which provides us with opportunities to share and develop best practice across a range of schools.

Mrs Potma is looking forward to spending the day at the school, located close to Olympic Park, learning about their Inclusion Values as well as specific interventions they run.

There will be a further 2 Cluster Group Days taking place this academic year, with F&B also having the opportunity to host one in the near future.





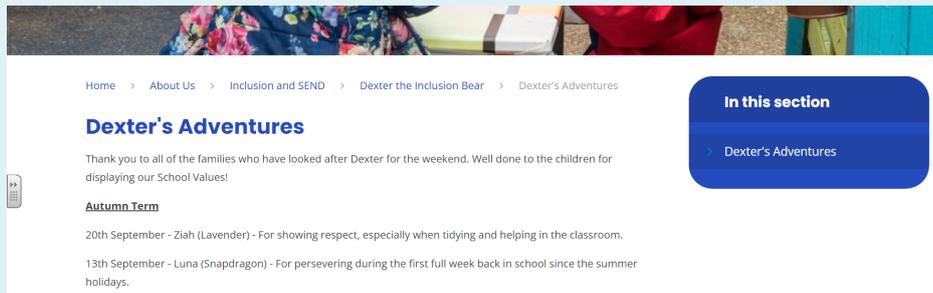
# F&B INCLUSION NEWSLETTER

Issue 1 October 2024

## Dexter the Inclusion Bear

Last year, we introduced the children to Dexter, the Inclusion Bear. Take a look at his special section of the school website [here](#) to see what he has been up to so far!

Thank you so much to everyone who has hosted Dexter this half term.





Introducing...

## DEXTER!





Hello, my name is Dexter. I am your IQM bear.

I was born on 28th September and my star sign is Libra. I am one of a set of triplets. I have travelled all the way from Ireland to your school which is a long, long way for little paws.

IQM has sent me to your school so that I can make new friends and have lots of fun and adventures with you.

I will be looked after by lots of different children, both in school & at home.

I like to spend time with children who are following the school values of **Respect** (accepting yourself & others for who they are), **Ambition** (a desire to achieve your best) & **Perseverance** (to keep going in spite of obstacles).

If I come home with you please send Mrs Potma ([inco@fandb.herts.sch.uk](mailto:inco@fandb.herts.sch.uk)) some photos of our adventures together, so they can be added to my special travel journal & I can let my IQM family know about everything I have been up to.





## F&B Pastoral Offer



# Pastoral Offer

*Pastoral Care is the provision given to all children to ensure their physical and emotional wellbeing.*

*However, as a school we recognise that, at times, some pupils and families may be in need of further support. This Pastoral Offer aims to outline the initiatives we take at F&B to ensure all families thrive.*

## **Fawbert & Barnard Infants' School**

In July 2022 we introduced the F&B Pastoral Offer. Intended to be a 'go to guide' for any support for your child or family, we do hope you will find it useful to dip in and out of during your time at F&B.

The full version can be found [here](#).

*If you do hear of any local initiatives or know of other services that may be of benefit to the school community that could be included in the Pastoral Offer, please do let Mrs Jones know.*





# F&B INCLUSION NEWSLETTER

Issue 1 October 2024

## Parent Workshop



### **Parent Workshops**

Last year we put on a variety of workshops focusing on various areas of need:

- Self Regulation
- Speech, Language & Communication Needs
- Trauma & Attachment (including COVID and bereavement)
- Sensory Strategies to support every day routines.

**The recordings for these workshops can be found [here](#).**

*The next Inclusion Workshop will be on Wednesday 6th November at 9:00am. We will be joined by Samantha Amos, our school Speech & Language Therapist, who, after sharing some general guidance on supporting speech, language & communication development in your child will be available for a short Q&A session.*

The workshop is relevant for all ages and all abilities, with takeaways for everyone. **Booking via Arbor is essential.**



# F&B INCLUSION NEWSLETTER

Issue 1 October 2024

**Have your say!**

## HPCI Annual Parent Carer Survey (2024) – closing date 3 November

Herts Parent Carer Involvement exists to represent the views of the parents and carers of children and young people with SEND in Hertfordshire. They are an independent parent-led organisation, who work alongside Hertfordshire health, education and social care services, to help focus the decision makers on improving services and outcomes for children and young people with SEND. They have launched our 2024 annual survey, to find out more about what families in Hertfordshire are experiencing. They want to know what works and what doesn't, so that they can make sure they are concentrating on the areas that matter most to the families you support.

The survey is open until 3 November 2024 and the information they gain is vital. It will help them prioritise their work and importantly, give them more data to back up what they are saying to the education, health and social care systems that they engage with.

The more families who take part in their survey, the more powerful your voices become. They don't just want to hear from families with EHCPs or children with a formal diagnosis; they want to know how the system works for all families, at all stages in the process.

To complete the survey, families need to click here: [www.surveymonkey.com/r/HPCISurvey2024](http://www.surveymonkey.com/r/HPCISurvey2024). They are offering anyone who completes the survey the chance to enter a prize draw to win a Simmons gift voucher.

### **The Herts Parent Carer Involvement 2024 Survey is open until 3<sup>rd</sup> November**

[www.surveymonkey.co.uk/r/HPCISurvey2024](http://www.surveymonkey.co.uk/r/HPCISurvey2024)

We want to hear from Hertfordshire parent carers of children and young people (age 0-25) with any Special Educational Need and/or Disability. Your child doesn't need to have a diagnosis or EHCP for you to take part.

**Share your thoughts and make a difference**



This term's newsletter from DSPL3 (with lots of information for parents) has been saved on our school website and can be found [here](#).



# F&B INCLUSION NEWSLETTER

Issue 1 October 2024

## Mental Health & Wellbeing Update

### Supporting Children & Young People's Mental Health at F&B

At F&B, we are always looking for ways to continue to develop ourselves through CPD (continued professional development). The people who provide many of our training sessions, also deliver a host of workshops for parents.

Please have a look, lots of them are free of charge.

<https://www.eventbrite.co.uk/o/hct-childrens-wellbeing-practitioners-33494371787>

If you do attend, please let us know how you found it!



One thing we have found ourselves having more conversations about with parents this year is how to help support pupil's who are presenting with needs in line with anxiety. We therefore wanted to take this opportunity to share a fantastic resource launched late last academic year by Hertfordshire.

Sandbox, [found here](#), is an online platform, which provides resources and information on a range of areas including anxiety, relationships, transitions, attendance, body image, grief & loss, self love & self esteem. It contains everything from information booklets and resources to use at home, through to helpline numbers both locally and nationally.



# F&B INCLUSION NEWSLETTER

Issue 1 October 2024

## Mental Health & Wellbeing Update

*The wellbeing challenge for this issue is....*

Celebrate Autumn! All of the activities will help you and your family to look after your mental health and well-being during Autumn.

**30 Family Wellbeing Activities to Celebrate Autumn**

- 1 Collect leaves and make a leafy collage.
- 2 Go conker hunting.
- 3 Go on a nature walk and find the crunchiest leaf.
- 4 Carve pumpkins.
- 5 Paint an autumn scene.
- 6 Go for hot chocolate in a local cafe.
- 7 Have a movie night.
- 8 Collect acorns to decorate.
- 9 Paint a bonfire and fireworks scene.
- 10 Make a tasty apple crumble.
- 11 Visit a farm.
- 12 Bake Halloween biscuits.
- 13 Craft Halloween decorations.
- 14 Go and watch some fireworks.
- 15 Visit a pumpkin patch.
- 16 Read a book under a cosy blanket.
- 17 Do some fruit and vegetable printing.
- 18 Create a pile of leaves and then jump into it!
- 19 Collect rocks and paint them like autumnal animals.
- 20 Fly a kite on a windy day.
- 21 Go on a colour walk and collect as many things in different colours as you can.
- 22 Make toffee apples.
- 23 Have a family game night.
- 24 Roast marshmallows.
- 25 Have an apple bobbing competition.
- 26 Bake some bread.
- 27 Splash in puddles.
- 28 Enjoy some hot soup and tasty bread.
- 29 Bake cookies.
- 30 Go on a walk and count how many squirrels you see.