



F&B INCLUSION NEWSLETTER

Issue 2 December 2024

Welcome

Dear Parents,

What a busy term we have had. It was only through updating the Pastoral Offer last week that I realised just how many new things we have introduced here at F&B this academic year. Do make sure you take a look at everything that is available to you. Although it is magical, Christmas can also be a time of heightened feelings for both us and the children, so please do make sure you all take some time for yourselves where you can—the final couple of pages of this newsletter talk about supporting feelings at Christmas, and there is a surviving Christmas guide [here](#).

Wishing you a wonderful Christmas break. **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.

Parent Workshops

Please remember we record all Parent Inclusion Workshops, which you can find [here](#) on the Inclusion Playlist.

The slides from all of the workshops are also available [here](#).



Did you know?

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

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.

This gets updated regularly to ensure it contains the most recent information for you. 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 Potma know.

Further support



Are you a family with children and young people aged 0-25 with Special Educational Needs and/or Disabilities looking for local activities?

The SEND community activities directory promotes a wide range of local activities and support groups, some activities will also include discounts for families registered on our Hertfordshire Additional Needs Database (HAND).



www.hertfordshire.gov.uk/SENDdirectory

DSPL3: Delivering Special Provision Locally

Autumn term 2 newsletter

DSPL3, or Developing Special Provision Locally Area 3, is a group that provides support to children and young people with special educational needs and disabilities (SEND) in East Hertfordshire.

You can find there latest newsletter, full of support, workshops and resources, [here](#).

A quote on a background of a sunset sky. The text is white on a dark, semi-transparent background.

Anything is possible when
you have the right people
there to support you.

Sensory Differences

Last month, the teachers and SLT enjoyed learning about Sensory Differences in a webinar hosted by [ADD-vance](#) (click to find out more). Everybody experiences the world around them in different ways. Sometimes how your brain understands information from your senses can make it difficult to join in with every day activities. During the webinar, we were told about the NHS Greater Glasgow & Clyde website.

[This](#) website contains resources to help everyone understand sensory processing and how we can support our child(ren) or young people. You can choose the resources that are right for you. There are videos you can watch, video scripts you can download and read (you can translate these or use a screen reader if you need to) and sensory questionnaires you can complete. There are also downloadable booklets, videos and information you can explore.

What is Sensory Processing?



Ctrl click to watch the video!

Did you know we all have **8** senses?
That is 3 more than the 5 we always
talk about! Find our more [here!](#)

The teachers found the sensory questionnaires particularly interesting and plan to use these with some of the children at F&B.

Sensory boxes.

We have sensory boxes in each classroom to help children with self-regulation. Children need lots of different sensory input for their sensory systems to develop. That is why it is so important for them to have as many different play opportunities as possible. This includes rough and tumble, messy play or exploring toys and objects. Play is important. Children may choose time in front of a computer/game console or TV screen. We need to balance this with opportunities for play to develop and learn.

Our sensory system works throughout the day to keep our system balanced. We need different amounts of input to feel comfortable or ready to learn. We use our different sensory likes and dislikes to help keep our system balanced. This allows us to feel 'just right' for taking part in the activity we are doing. We call this sensory self regulation. Some children need more input from one or more sensory systems to self regulate. It can be helpful to pull together a collection of toys and materials for them. This means they are easy to find when they need them. These resources are known as 'Sensory Boxes'.

An example of things you might find in one of our sensory boxes:





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Dexter the Inclusion Bear

It has been a busy term for 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 (including meeting some famous faces!)

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





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AllSorts

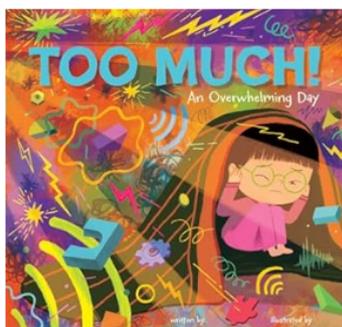
We feel so fortunate to have established such a wonderful link with AllSorts Dementia group here in Sawbridgeworth. We have visited twice already this academic year, and every single time we come away having smiled and laughed so much. We are also very fortunate that Mrs Elliot (Arthur, Yr 2) has kindly donated her time to join us on each trip, meaning it does not disrupt the staffing in school. Thank you!

You can see photos of our previous visits and of other amazing things that Allsorts does for/ with their clients on their Instagram page: [allsortsdg](https://www.instagram.com/allsortsdg)

AllSorts Dementia Group have been accepted for the Tesco Stronger Starts for funding towards the art sessions they run with our F&B children. This means that from mid January customers will be able to vote in store for this project via the plastic coins in the following stores until the end of March:

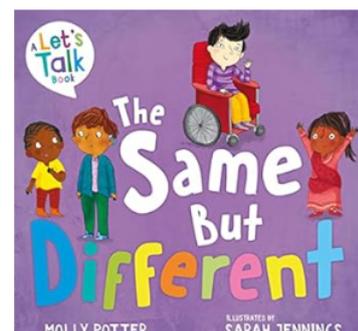
2618 Harlow Express Express CM20 1XN
2634 Harlow Church Langley Superstore CM17 9TE
2639 Harlow Ed Way Superstore CM20 2TG

SEN book recommendations



Sometimes everything is too much! Too loud, too bright, and all too overwhelming. Writing from her own experience with sensory processing disorder, award-winning teacher-librarian Jolene Gutiérrez's compassionate picture book explores the struggles of a sensory sensitive child and how they settle themselves. Joined by Angel Chang's beautiful colour illustrations, young readers will learn that it's OK if some days are too much.

The Same but Different explores the ways in which we're all unique as well as the similarities we all share. Using everyday examples, clear explanations and colourful illustrations by Sarah Jennings, this book encourages children to rejoice in their differences. After all, imagine how boring the world would be if everyone was exactly the same!



SEND Provision Feedback

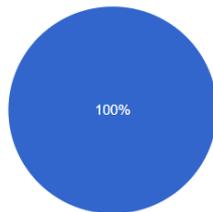
We recently went out to parents of all children who are in receipt of SEN Support here at F&B to formally collect their views.

Please see some of the highlights below.

● Agree
● Disagree
● Not sure

My child is making progress.

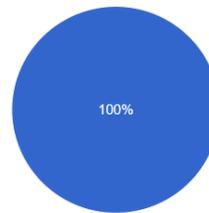
8 responses



"It's the best school."

The school has a good understanding of my child's individual needs.

8 responses

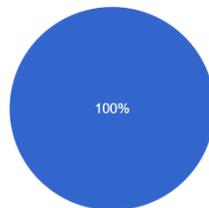


● Agree
● Disagree
● Not sure

"A lovely team that truly care."

When I have concerns regarding my child, they are addressed quickly and effectively.

7 responses



● Agree
● Disagree
● Not sure

"School has been very fast at identifying my child's needs and give him a lot of support and encouragement at school."

I know what support is in place to ensure my child makes progress.

8 responses

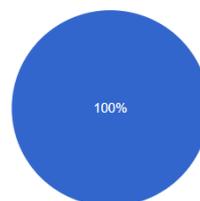


● Agree
● Disagree
● Not sure

"You guys are amazing and should be very proud of the service you provide."

The school values my views, wishes and feelings with regards to the provision for my child.

8 responses



● Agree
● Disagree
● Not sure

"Everybody's voice is heard, parent and child."

Pupil Premium Provision Feedback

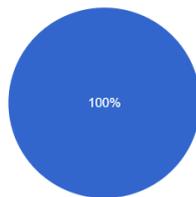
We recently went out to parents of all children who are in receipt of Pupil Premium Provision here at F&B.

Please see some of the highlights below.

- Agree
- Disagree
- Not sure

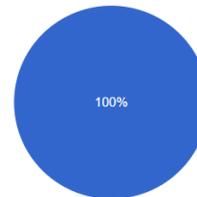
My child is making good progress at school.

6 responses



My child is happy at school.

6 responses



I understand the school's approach to pupil premium.
(<https://www.fandb.herts.sch.uk/page/?title=Pupil+Premium+Strategy+Statements&pid=111>)

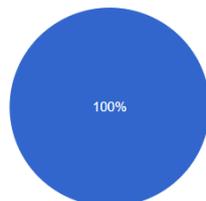
5 responses



My child has received personal provision this year (resources sent home, after school clubs funded, extra support in class and it has been brilliant.

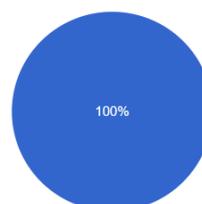
Teacher and support staff have high aspirations for my child.

6 responses



I feel comfortable speaking to the school about the use of my child's Pupil Premium.

6 responses



- Agree
- Disagree
- Not sure



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Mental Health & Wellbeing Update

Positive Affirmations

Your strategic thoughts become your **well selected words**.
Your **well selected words** go into the child's ear.
Your **well selected words** become the **child's well selected words**.
The **child's well selected words** become the **child's thoughts**.
The child becomes a **positive thinker**.

** extract from Self Regulation Parent Workshop November 2023 which can be found [here](#) on our school website.*

Positive affirmations are a powerful tool to build confidence, self-belief and love for one-self. Repeating positive affirmations out loud or in your head helps to wire in new beliefs by rewriting patterns stored in the subconscious mind. Saying positive affirmations regularly over time changes the way you think about yourself and the world around you, helping you to achieve your dreams and goals.

Teaching positive affirmations to children can be very beneficial for their mind-set, helping them to grow their confidence and belief in what is possible. Carving out even two minutes at the start and/or end of each day to say some positive affirmations together can make a big difference. You could print out some of your favourite affirmations to keep by your child's



bedside, them up on visual re-

I AM BEAUTIFUL INSIDE AND OUT

or stick the wall as a minder.

I MAKE GOOD CHOICES FOR ME

My mistakes help me learn and grow

**I am enough.
I am more than enough.
I am perfectly me!**



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Mental Health & Wellbeing Update

The wellbeing challenge for this issue is....

December Kindness

Although the below all have dates beside them, all of the activities are great habits to get into in order to support your own mindfulness and mental health & wellbeing, as well as helping to support others during this busy festive period. How many can you as a family tick off over the holiday?

December Kindness 2024

SUNDAY

1 Spread kindness and share the December calendar with others

MONDAY

2 Contact someone you can't be with to see how they are

TUESDAY

3 Offer to help someone who is facing difficulties at the moment

WEDNESDAY

4 Support a charity, cause or campaign you really care about

THURSDAY

5 Give a gift to someone who is homeless or feeling lonely

FRIDAY

6 Leave a positive message for someone else to find

SATURDAY

7 Give kind comments to as many people as possible today

8 Do something helpful for a friend or family member

9 Notice when you're hard on yourself or others and be kind instead

10 Listen wholeheartedly to others without judging them

11 Buy an extra item and donate it to a local food bank

12 Be generous. Feed someone with food, love or kindness today

13 See how many different people you can smile at today

14 Share a happy memory or inspiring thought with a loved one

15 Say hello to your neighbour and brighten up their day

16 Look for something positive to say to everyone you speak to

17 Give thanks. List the kind things others have done for you

18 Ask for help and let someone else discover the joy of giving

19 Contact someone who may be alone or feeling isolated

20 Help others by giving away something that you don't need

21 Appreciate kindness and thank people who do things for you

22 Congratulate someone for an achievement that may go unnoticed

23 Choose to give or receive the gift of forgiveness

24 Bring joy to others. Share something which made you laugh

25 Treat everyone with kindness today, including yourself!

26 Get outside. Pick up litter or do something kind for nature

27 Call a relative who is far away to say hello and have a chat

28 Be kind to the planet. Eat less meat and use less energy



29 Turn off digital devices and really listen to people

30 Let someone know how much you appreciate them and why

31 Plan some new acts of kindness to do in 2025



ACTION FOR HAPPINESS

Happier · Kinder · Together

Winc

helps to €



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SEND and Christmas

Christmas is all about love, laughter, and family, but let's be honest—it can also be absolute chaos. Add in a child with Special Educational Needs and Disabilities (SEND), and the festive season can feel like navigating a very glittery minefield. For families like ours, it's not just about keeping the turkey moist or finding the last box of mince pies. It's about managing meltdowns, dodging judgmental looks, and praying the Christmas lights don't send anyone over the edge.

If you're hosting a family with a child with SEND this year, you've got the power to make their day a whole lot easier—and maybe even enjoyable! With a few thoughtful tweaks, you can go from “uh-oh” to “ho-ho-ho” in no time.

A Peek Inside Our World

Parents of a child with SEND are forever juggling. They're the Olympic gymnasts of parenting, trying to keep everything balanced so our child's needs don't inconvenience anyone else. Their behaviour has to be “socially acceptable” (whatever that means), and they're on high alert in case they're not invited back next year.

Sometimes, SEND kids just need to retreat—often to the sweet sanctuary of a screen. And honestly, we get it! When faced with Uncle Dave's endless cracker jokes and the Christmas playlist on repeat, who wouldn't? But then we wonder if they're missing out on the fun, and we're left feeling judged. It's a festive cocktail of guilt, stress, and trying to pretend everything's fine while your toddler has turned the Christmas tree into a climbing frame.

How You Can Be the Christmas Hero

Here's the thing: it doesn't take much to make a family with a child with SEND feel welcome and included. With a few simple tweaks (and a bit of humour), you can save the day. Here's how:

1. Check in Beforehand

Send a quick message or call to ask, “What can I do to help?” It's that easy. Whether it's knowing what sensory triggers to avoid or understanding their routine, this little gesture goes a long way.

2. Create a Calm Zone

Let's face it, Christmas is noisy. Bells jingling, kids screeching, Aunt Sue laughing like a foghorn. Give the child a break by setting up a quiet corner—maybe a comfy chair, a blanket, and some fidget toys. Basically, the kid version of a spa day.

3. Tone Down the Tinsel

We know you love your inflatable snowman and flashing reindeer, but maybe tone it down a notch. Think cozy, not disco. And if you're blasting “All I Want for Christmas Is You” at full volume, maybe lower it to “Mariah in the next room” levels.



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SEND and Christmas

4. Flexible Fun

Plan activities that don't need everyone to join in at the same time. Crafts, board games, or a scavenger hunt they can dip in and out of are winners. If the child decides they'd rather play quietly or just watch, no biggie—they're still part of the fun.

5. Food Without Fuss

Not everyone loves Brussels sprouts or your experimental turkey stuffing. Have a few plain, familiar foods on hand—chips, bread rolls, maybe some chicken nuggets if they're the ultimate comfort food. Bonus: everyone loves nuggets.

6. Skip the Judgy Vibes

This one's big. If the kid's glued to their tablet, needs a break, or is doing laps around the room, it's not because the parents haven't "tried hard enough." It's just life. Instead of judging, offer a smile—or even better, a glass of bubbles. Remind the parent that they are doing an awesome job and that you understand sometimes rest is needed.

7. Be Chill About Plans

Families with kids with SEND might leave early, arrive late, or miss the pudding altogether. Be cool about it. The fact that they're there at all means they trust you, and that's huge.

Let's Keep It Real

Christmas doesn't have to be Pinterest-perfect to be meaningful. For families like ours, the best gift is knowing we're welcome, quirks and all. When you open your home and your heart to include us, it makes the season feel magical—even if our kid spends half the time under the dining table.

So, here's the deal: make your party about connection, laughter, and understanding. Because at the end of the day, it's not about the decorations or the turkey (although a good roast never hurts)—it's about making everyone feel they belong.

And if all else fails? A good cheese platter and a refill on the Prosecco work wonders for everyone. Cheers to an inclusive and joyful Christmas!