



F&B INCLUSION NEWSLETTER

Issue 5 June 2025

Welcome

Dear Parents,

We had a very successful annual review of our Inclusion Quality Mark on Wednesday 14th of May. The assessor was impressed with all of our inclusion initiatives like All-sorts, different zones on the playground during break and lunch, our numerous connections with advisory teachers, Therapeutic Thinking and more. She spoke with some of our F&B parents, the SEND link governor, SLT and lots of other members of staff. You can read the report [here](#).

It is wonderful to get the recognition from someone who had never been to F&B before, but we see the great work that is taking place at school every single day. The children are happy, feel safe and are all developing at their own pace. Every member of staff is involved and works hard, day in, day out. We are also very lucky to have an incredible community of parents and carers, a passionate governing body and a brilliant PTA who make things happen for our school and our children.

This achievement is for everyone. Thank you!

Mrs Potma

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.

Did you know?

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



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Working memory—online parent workshop

What is working memory and why is it important?

Working memory for young children is their ability to temporarily hold and manipulate information in their mind, much like a mental "scratchpad" for tasks like following instructions, solving problems, or learning new things. It's a key component of executive function and is crucial for development and learning.

Working memory allows children to hold onto information while they're using it, such as remembering the steps in a math problem or the instructions for a game. It is essential for learning, problem-solving, and many other cognitive skills.



Watch this parent workshop [here](#)! Did you know you can find a playlist of all previous Inclusion parent workshop, as well as Read Write Inc and other subject parent workshops, on our [school website](#)?



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DSPL3 parent newsletter



Delivering Special
Provision Locally

Summer 2
Newsletter
for Parents/Carers

DSPL3 Website and Facebook page

The DSPL3 Website and Facebook page are now live. Please click here to view the [web-site](#). Find us on Facebook by searching for 'Delivering Special Provision Locally area 3'.

Workshops, Courses and Training

Please click here to view [workshops, courses and training](#) available for this academic year.

Transition Day for Professionals—7th May 2025

Whilst this is not strictly for parents/carers, we wanted you all to know about the great work that is going on behind the scenes to help reassure you. We recently ran our first transition day where Primary schools were able to book a timeslot with the relevant secondary school that your children will be transitioning to. It allowed professionals to come together face to face and gain a deeper knowledge and understanding into the important things that will make all the difference to your child. As we know, sometimes you can't get this from reading paperwork or a form about a child. We had over 50 schools attend and more than 140 timeslots booked and attended. We hope this will help enhance the transition process, make the schools aware of who to expect (regardless of whether they have EHCP's or not), so that no child goes under the radar and slips through the gap. The event was very successful and SENCO's reported how useful it was. We will continue to come up with initiatives that will ensure your child has the best chance of thriving.



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DSPL3 parent newsletter

Angels Autism and ADHD Support

Angels are offering 'Meet up and Chat' sessions in Letchworth and Stevenage. Please click [here](#) for more information. For more workshops Angels are offering, please view the workshops, courses and training on the website.

Angels are offering weekly online workshops and support every Tuesday 10am-12pm during term time. Each week there will be an hour long workshop on a specific topic that you can listen to and ask questions. Following this there will be an hour to discuss any topic or concern where they can offer help, support and guidance. Please contact Angels for the flyer and to view the weekly topics

Supporting Links Bitesize Workshops

Supporting Links are offering free practical, interactive online workshops to parents and carers living in Hertfordshire. To view the workshops available and to book, please click [here](#).

Herts Young Homeless Mediation Service

The HYH mediation service has recently created a short film that depicts a typical mediation session to provide an insight into what a mediation session can look like and to help manage expectations of what their service can offer.

Click [here](#) to see the video.

Click [here](#) for more information regarding mediation.

Click [here](#) for the referral form.



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Dexter the Inclusion Bear

As well as an exciting holiday with Mrs Curtis during May half term, Dexter has been visiting more F&B children recently.

Take a look at his special section of the school website [here](#) to see what he has been up to so far. I wonder which teacher or teaching assistant will look after Dexter during the Summer holidays!





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Mental Health & Wellbeing Update

Look after your mental health this summer!

With more freedom, some (hopefully) great weather, and a little more time on your hands, the summer holidays can be a great time to build your wellbeing. With this in mind, researchers from the University of Cambridge have come up with some top tips to really maximise your summer.

Take time out

We know the (school) year can be extremely hectic and full of expectations, so it's important you allow yourself a minute to decompress. For some people, this means rest and relaxation, whereas others prefer to reset by doing something they love. Prioritising recovery is important as it's harder to build healthier habits when you're feeling stressed.

Build a routine

Keeping a regular routine is great for your wellbeing. This can help you establish balance and structure in your day. It will also make it easier to transition back into school/work mode in September. Try building consistency, whether going on a morning walk to start your day or always having a cup of tea at 3pm.

Get active

Physical and mental wellbeing are often linked. This means doing something active can be a great way to boost your mental health, and heading outside into green space can have even greater benefits. Consider walking or cycling instead of going in a car - it's cheaper and will help the planet to be healthier too!

Prioritise sleep

Getting your zzzs in is super important! It can help our bodies and minds recover and reset from the day. People are thought to need an average of 8 to 10 hours a night—so make sleep a priority this summer.

Stay connected

Networks and communities can help us keep connected. Whether you are a social butterfly or an introvert, making meaningful connections can be great for your wellbeing.



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Mental Health & Wellbeing Update

Try a digital detox

Phones can be a great way of keeping in touch with family and friends and finding out what's going on in the world. But they can also add to social and image pressures and make it difficult to switch off. Why not try a digital detox this summer and aim to reduce your screen time? This doesn't have to be drastic! It can be as simple as sleeping with your phone in another room to remove the temptation of late-night scrolling.

Share your thinking

We have lots of different relationships in our lives, but there will be times when we don't always agree. Whether it's with your friends or family, good communication can help you navigate difficult situations. The more you can describe your thoughts and feelings, the easier it will be for others to see your point of view.

Be kind to yourself

We're often reminded to be kind to each other, but sometimes we forget to be kind to ourselves. You won't always get it right on the first try, and that's okay. Everyone's version of success will look different, so try not to compare yourself to others. Remember to celebrate your journey.

Something didn't go to plan? No problem! Take a moment and reflect on what you'd do differently next time. All progress (no matter how small) is an achievement. Keep turning up - and one day, you'll get there.

Talk to a professional

Experiencing ups, downs and changes to your wellbeing is normal. However, if you are concerned about how you or a friend or family member has been feeling lately, it's important to get some extra support.

There are lots of great websites and services out there which can help support you/ provide further information. You can also talk to your GP or a trusted adult about how you've been feeling lately.



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Travelling with neurodiverse children.

With the Summer holidays near, a lot of families will have booked a holiday. If you are travelling by plane, we understand the idea of queuing and sitting still for the duration of a flight can be daunting.



Sunflower Lanyard - airport awareness scheme

London Stansted is pleased to be one of a number of UK Airports using the Sunflower Lanyard scheme. Wearing the Sunflower lanyard discreetly indicates to our staff that you or a member of your family has a non-visible disability and would like additional support. Their staff have been specially trained to recognise these identifiers and ask you what additional help will make your journey through the terminal and security better. You do not need to have booked Assistance to request a lanyard. You can pick one up at the Assistance Reception in Zone A. Alternatively, you can use your Sunflower lanyard obtained from one of the UK airports in the scheme.

Planning a day out? Theme park visits can be challenging for neurodiverse children due to sensory overload and unpredictable environments. However, many parks offer accessibility features and services to make visits more enjoyable for these individuals. Some parks, like Drayton Manor and Legoland Windsor, offer sensory rooms, ride access passes, and quiet zones to cater to the needs of neurodiverse guests. Additionally, parks like Alton Towers and Thorpe Park have Ride Access Passes to help navigate queues.



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Now and next boards

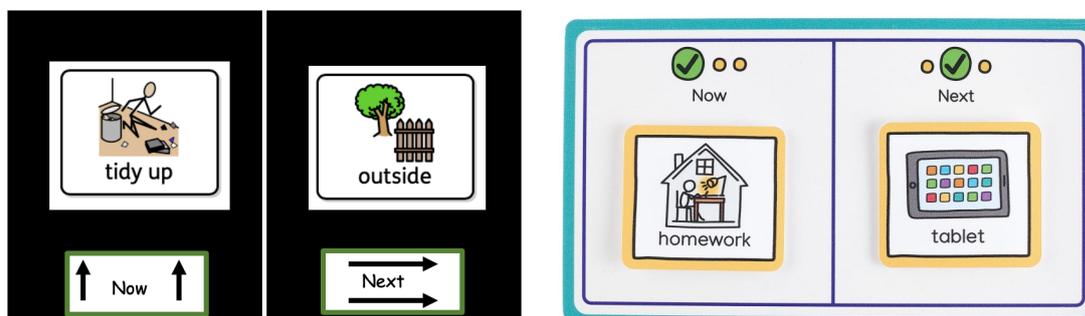
Now and next boards can help to overcome communication challenges as they use visual information, rather than just speaking. They are also very simple boards that make clear what is happening now and what is going to happen, without adding confusion with unnecessary information.

We use now and next boards with lots of children at F&B and we know some families also use them at home. It is a visual strategy to help children understand and complete desired tasks. It is almost like a list of jobs to do!

Who might benefit from a now/next board?

- A child who has difficulty in understanding spoken questions, e.g. "What comes next?" and "What do I need to do?"
- A child who has difficulty finishing one activity and starting another.
- A child who has difficulty with transition and small changes.
- A child who has limited attention skills.

A now/next board can look differently for different children, some examples:



One of our lovely F&B parents has shared the following Now/next app that can be used at home, enabling communication is an engaging and visual way:

<https://apps.apple.com/gb/app/now-and-next/id1438617754>

We love receiving recommendations and ideas like this, keep them coming!