



F&B INCLUSION NEWSLETTER

Issue 2 December 2025

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 adults and children, so please do make sure you 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, 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 their latest newsletter, full of support, workshops and resources, [here](#).

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



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Issue 2 December 2025

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.





F&B INCLUSION NEWSLETTER

Issue 2 December 2025

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 has kindly donated her time to join us on each trip, meaning it does not disrupt the staffing in school. Thank you!

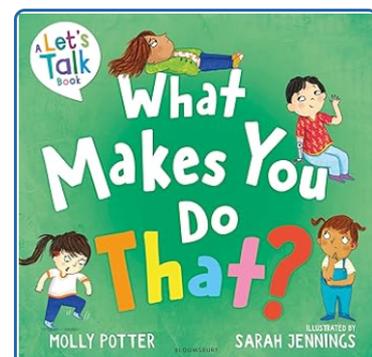
You can see photos of our previous visits and of other amazing things that Allsorts does for/ with their clients on their Instagram page: [allsortsdg](#)

SEN book recommendations



Bea CAN'T WAIT for her birthday. There are only three days to go, and everything is going to be PERFECT! Then snow begins to block the roads and everything begins to go wrong. With no party, no cards, and maybe even no cake, can Bea find a way to be OK - even in the middle of a really BAD day? This reassuring and funny book is the perfect springboard for talking to children about setting expectations and finding balance amidst disappointment.

'Why am I losing my temper?'. 'Why am I acting grumpy?'. This important book prompts children to question certain behaviours and why they happen. Addressing common situations sympathetically and humorously, What Makes You Do That? answers key behavioural concerns and encourages children to self-reflect, consider how their actions affect others and manage their emotions. This book is ideal for sharing with young children, or to give to older children to read independently.



SEND Provision Feedback

We recently sent out a questionnaire to the parents of all children who are in receipt of SEND Support here at F&B to formally collect their views.

Please see some of the highlights below.

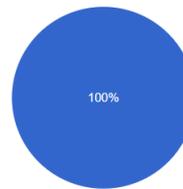
- Agree
- Disagree
- Not sure

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



- Agree
- Disagree
- Not sure

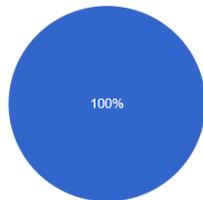
The school involves my child in decisions about provision (pupil voice, conversations, knowing my child's strengths and areas for development etc.)



- Agree
- Disagree
- Not sure

I cannot fault the support my child has received at F&B !

Where applicable, the school has directed me towards additional services and agencies to help me support my child (GP, Speech and Language, Advisory teachers, Family Centre etc).



- Agree
- Disagree
- Not sure

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

My child hasn't been with you for very long but the progress made has been so evident! I feel I am listened to and supported- and that my child's needs are being met. For that I'm forever grateful! Thank you so much for your continued support!

I feel I am kept up to date with events in my child's school journey (visits from agencies, support in class, referrals etc).



- Agree
- Disagree
- Not sure

The outreach rivers support provided for my child has been invaluable and it was the school who sought this additional support so this demonstrates how the school is always seeking any additional help when it sees the need.

Pupil Premium Provision Feedback

We recently sent out a questionnaire to the parents of all children who are in receipt of SEND Support here at F&B to formally collect their views.

Please see some of the highlights below.

- Agree
- Disagree
- Not sure

Teachers and support staff have high aspirations for my child that match my child's stage of development.

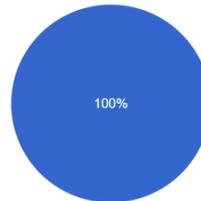


- Agree
- Disagree
- Not sure

The best feature of SEN at F&B is the clear, two-way communication. We particularly value the team's transparency and open approach to feedback. This consistency and openness gives us complete confidence that our child is in excellent, supportive hands.

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

I believe my child is fully included in all aspects of school life.



- Agree
- Disagree
- Not sure

When I have concerns regarding my child, they are addressed accurately.

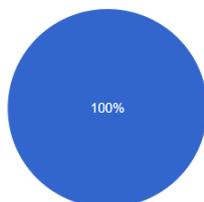


- Agree
- Disagree
- Not sure

The people are F&B asset. They understand and love working with SEN children.

Cannot fault the support my child has received at F&B.

Members of staff are able to support me with any questions I may have relating to my child's SEN journey (including directing to INCo where appropriate).



- Agree
- Disagree
- Not sure

Children are not singled out!!! Amazing job all round!!! Thank you .



F&B INCLUSION NEWSLETTER

Issue 2 December 2025

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

I embrace any challenges that come my way

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!**





F&B INCLUSION NEWSLETTER

Issue 2 December 2025

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 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Spread kindness and share the December calendar with others	2 Contact someone you can't be with to see how they are	3 Offer to help someone who is facing difficulties at the moment	4 Support a charity, cause or campaign you really care about	5 Give a gift to someone who is homeless or feeling lonely	6 Leave a positive message for someone else to find	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 2026				



ACTION FOR HAPPINESS

Happier · Kinder · Together





F&B INCLUSION NEWSLETTER

Issue 2 December 2025

PSHE Update

For Spring term, our PSHE topics will be: 'keeping safe' and 'rights and respect'. The children will receive the following lessons:

Nursery:

Spring 1	Spring 2
<i>Keeping safe</i>	<i>Rights and respect</i>
<ol style="list-style-type: none"> 1. People who help to keep me safe. 2. Safety indoors and outdoors. 3. What is safe to go into my body? 	<ol style="list-style-type: none"> 1. Looking after myself. 2. Looking after others. 3. Looking after my environment

Reception:

Spring 1	Spring 2
<i>Keeping safe</i>	<i>Rights and respect</i>
<p>Wk 1 <u>What's safe to go onto my body?</u></p> <p>Wk 2 <u>Keeping Myself Safe - What's safe to go into my body (including medicines)</u></p> <p>Wk 3 <u>Safe indoors and outdoors</u></p> <p>Wk 4 <u>Listening to my feelings</u></p> <p>Wk 5 <u>Keeping safe online</u></p> <p>Wk 6 <u>People who help to keep me safe</u></p>	<p>Wk 1 <u>Looking after my special people</u></p> <p>Wk 2 <u>Looking after my friends</u></p> <p>Wk 3 <u>Being helpful at home and caring for our classroom</u></p> <p>Wk 4 <u>Caring for our world</u></p> <p>Wk 5 <u>Looking after money (1): recognising, spending, using</u></p> <p>Wk 6 <u>Looking after money (2): saving money and keeping it safe</u></p>

Year 2:

Spring 1	Spring 2
<i>Keeping safe</i>	<i>Rights and respect</i>
<p>Wk 1 <u>Harold's picnic.</u></p> <p>Wk 2 <u>How safe do you feel?</u></p> <p>Wk 3 <u>What should Harold say?</u></p> <p>Wk 4 <u>I don't like that!</u></p> <p>Wk 5 <u>Fun or not?</u></p> <p>Wk 6 <u>Should I tell?</u></p>	<p>Wk 1 <u>Getting on with others.</u></p> <p>Wk 2 <u>When I feel like erupting.</u></p> <p>Wk 3 <u>Feeling safe.</u></p> <p>Wk 4 <u>Playing games.</u></p> <p>Wk 5 <u>Harold saves for something special.</u></p> <p>Wk 6 <u>Harold goes camping.</u></p> <p>Wk 7 <u>How can we look after our environment?</u></p>

Year 1:

Spring 1	Spring 2
<i>Keeping safe</i>	<i>Rights and respect</i>
<p>Wk 1 <u>Super sleep</u></p> <p>Wk 2 <u>Who can help? (1)</u></p> <p>Wk 3 <u>Good or bad touches?</u></p> <p>Wk 4 <u>Sharing pictures.</u></p> <p>Wk 5 <u>What could Harold do?</u></p> <p>Wk 6 <u>Harold loses Geoffrey</u></p>	<p>Wk 1 <u>Harold has a bad day</u></p> <p>Wk 2 <u>Around and about the school</u></p> <p>Wk 3 <u>Taking care of something</u></p> <p>Wk 4 <u>Harold's money</u></p> <p>Wk 5 <u>How should we look after our money?</u></p> <p>Wk 6 <u>Basic first aid</u></p>



F&B INCLUSION NEWSLETTER

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.



F&B INCLUSION NEWSLETTER

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!



F&B INCLUSION NEWSLETTER

DSPL3 SEND coffee morning

Beane Valley SG14 3QA, 10am - 11.30am

You are invited to a relaxed and supportive coffee morning designed to offer valuable information and networking opportunities.

- Connect with other parents and carers
- Share experiences and gain insights into various topics that matter to you
- Practical advice & emotional support
- Meet and chat with others in a similar situation
- Bring any questions or topics you'd like to discuss
- Professionals in attendance including Early Years, Outreach, Family Support, Behaviour Support, DSPL, SPACE and ADD Vance

We look forward to seeing you there and fostering a strong, supportive community together!

*DSPL3 Parent Coffee
Morning 21st January*

2026



DSPL3

Delivering Special
Provision Locally