



# F&B INCLUSION NEWSLETTER

Issue 5 May 2026

## Welcome

Dear Parents,

We had a very successful annual review of our Inclusion Quality Mark on Wednesday 13th of May. The assessor was very impressed with all of our inclusion initiatives like Allsorts, different zones on the playground during break and lunch, our numerous connections with advisory teachers, The Nest and more. She spoke with some of our F&B parents, the SEND link governor, SLT and lots of other members of staff. We will share the report with you once we have received it.

We can now continue to call ourselves a 'centre of excellence' for inclusion for the next 3 years. You can find 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!

## 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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## Carefree initiative

Carefree is a charity that helps people who are 18 and over and provide full time unpaid care to take a break. The short breaks initiative is designed to provide the flexibility you need to take some time away from your caring responsibilities.

Hundreds of hotels nationwide donate to Carefree every day out of their excess capacity, giving you a wide range of choice on the date and location of your ideal getaway. Through Carefree, you can access a 1–2 night hotel stay with a companion, with the option of two breaks per year (one between January and June, and a second between July and December), at a time and place that works for you.

*It's time to put caring for carers at the heart of our society. There are 4 million full-time unpaid carers in the UK. 68% can't get a break when they need one.*



Find out more by clicking on the image and please let us know if you ever go on a break through Carefree.



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## DSPL3 parent newsletter

### DSPL3 Website and Facebook page

- The DSPL3 Website and Facebook page are now live.
- Please click here to view the [website](#)
- Please click here to view the [Facebook](#) page Workshops, Courses and Training

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

### DSPL3 SEND Coffee Morning

15th July 10-11:30am—Buntingford First School, Buntingford

### Active8 Multi-Sports Holiday Club

Active8 is a new Multi-Sport Holiday Club for 8 –11 year olds to build skills and confidence through sport before starting secondary school. Set within the grounds of Amwell View School the club will benefit from all of the amazing facilities including auto-belay climbing wall, soft play, dance studio, sports hall and sports fields.

The club will be run by qualified secondary PE teachers and coaches. Active8 will provide opportunities to play and learn skills in a full range of sports from tag-rugby, cricket, basketball, netball, football to tennis, volleyball, rounders, dodgeball and many more.

Website and booking system is now live. and can be found [here](#).

### SEND Chat and Play

Thursday 23rd April 9:30am-10:30am—Selections Family Centre, Hertford, SG14 2DG

Friday 1st May 1:30pm-2:30pm—Little Squirrels Family Centre, Bishops Stortford, CM23 2NL

Monday 15th June 10am-11am-Creswich Family Centre, WGC, AL7 4FL

Thursday 18th June 1:30pm-2:30pm—Allsorts Family Centre, Lieutenant Way, Cheshunt, Herts, EN7 5F

Please come along to one of the above sessions to meet with professionals from the Early Years SEND team, Public Health Nursing team and the Family Support Service.





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## DSPL3 parent newsletter

**Information on financial support available to families of children and young people with SEND.**



The Money section of the Hertfordshire SEND Local Offer website provides essential information and guidance to help you navigate the financial aspects of caring for a child with SEND. You can visit 'Money' on the SEND Local Offer website [here](#).

### Angels Autism and ADHD Support

Weekly online workshop and support 10am-12pm every Tuesday during term time.

Topic list:

- 5th May—Speakers: HPCI - Kate Hudson and Lynn Turnball— White Paper Consultation
- 12th May—EBSA—Emotionally Based School Absence
- 19th May—Executive Function Dysfunction

**Angels**  
AUTISM & ADHD SUPPORT

**WEEKLY ONLINE WORKSHOP AND SUPPORT**  
10AM-12PM EVERY TUESDAY DURING TERM TIME

FREE Workshop topic presentation opening to online support on any topic

**Topic List:**  
28 April- Speaker: Charley Crowe SASS: Transitions – Between school years and phase transfers  
5 May - Speakers: HPCI - Kate Hudson & Lynn Turnball - White Paper Consultation  
12 May - EBSA - Emotionally Based School Absence  
19 May - Executive Function Dysfunction

Scan this QR code to access our support and zoom links  
[www.angelsupportgroup.org.uk](http://www.angelsupportgroup.org.uk)

**DSPL3**

Delivering Special Provision Locally (DSPL)  
Bishop's Stortford, Sawbridgeworth, Buntingford, Watton-at-Stone, Hertford, and Ware

**DSPL 3 Area Manager: Katie Algate**  
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**DSPL3 Admin**  
[dspl3admin@amwell.herts.sch.uk](mailto:dspl3admin@amwell.herts.sch.uk)



Scan the AR Code to access the zoom links.



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## Dexter the Inclusion Bear

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

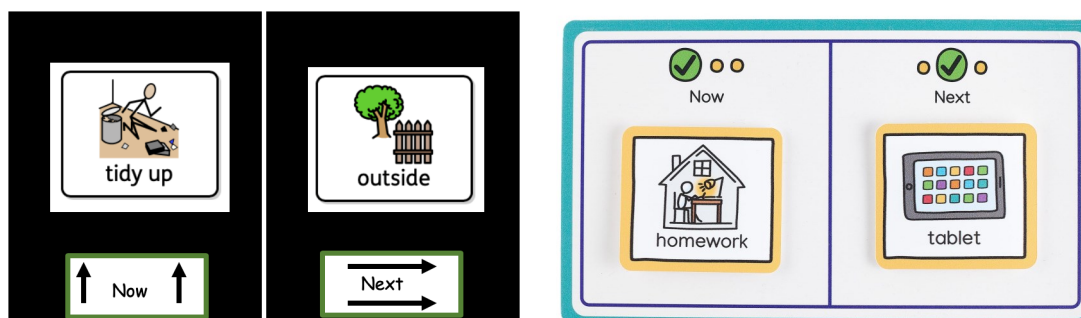
Now and next boards can help to overcome communication challenges as they use visual information, rather than just speaking. They are also very simple boards that make clear what is happening now and what is going to happen, without adding confusion with unnecessary information.

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!