



# F&B INCLUSION NEWSLETTER

Issue 1 October 2023

## Welcome

Dear Parents,

Welcome to the first edition of the 2023—2024 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 Jones, 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 8th November,  
10:45am

**Book via the Arbor App.**



### 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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## F&B Inclusion Team



**Mrs Jones, Inclusion Lead:** Special Educational Needs Coordinator (SENCo), Mental Health Lead, Designated Teacher for Looked After Children, Pupil Premium Lead, Deputy Designated Safeguarding Lead, Families First Practitioner, EAL & Equalities Lead, Pastoral Care Lead.

**Mrs Potma:** Mental Health & Wellbeing Team, Children & Young Persons Counsellor, PSHE Lead.



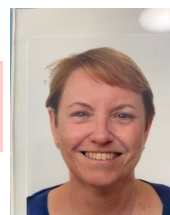
**Mrs Brooker, Deputy Head:** Families First Practitioner, Mental Health & Wellbeing Team, Counselling Lead (Safe Space)



**Mrs Duggan & Mrs Lockwood:**  
Inclusion Support Practitioners



**Mrs Craig & Mrs Shaw:** Inclusion Governors



## Facts & Figures

SEN Register: **8.3%**

SEN Monitoring: **12%**

EHCPs (including assessment stage): **2%**

Speech & Language Register: **8%**

Pastoral Register: **13%**

Multilingual Register (EAL): **6%**

Pupil Premium Register: **7%**

Medical Register: **11%**



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## Inclusion at F&B

At F&B we believe Inclusion isn't a word that we should have to talk about—it is instead something that is woven into every part of our school community.

All of the words below contribute towards what our whole team does to ensure F&B is a fully inclusive environment.

**Click here** to see an article from Mr Wells and Mrs Jones talking further about the Inclusive Practice across the school.







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## 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 **35 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!



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## Yellow Book Singing

On Wednesday 4th October some Year 2 Pupils at F&B joined forces with other local primary schools to become recording superstars!

As part of 'The Sawbridgeworth Primary School Yellow Book', a mental health & wellbeing initiative, 10 of our pupils learnt and performed a song alongside musicians and recording artists.



The majority of pupils taking part were in Year 6, but our Year 2s certainly brought their A-Game! Watch this space for the final music track & video!



## Inclusion Quality Mark Away Day

On Wednesday 11th October Mrs Jones visited Curwin Primary School, in Newham, along with other members of our IQM Cluster Group.

Since achieving the Inclusion Quality Mark—Centre of Excellence back in July, 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 Jones spent the day at the 4 Form Entry school, located close to West Ham, learning about their Inclusion Values as well as specific interventions they run, such as Elklan Speech & Language and their Inclusion Leaders Project.

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







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## Dexter the Inclusion Bear

In September 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.

### Dexter's Adventures

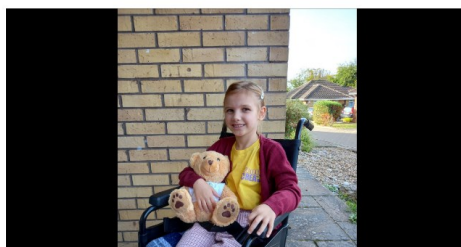
Thank you to all of the families who have looked after Dexter for the weekend. Well done to the children for displaying our School Values!

6th October 23 - Toby (Squirrel) - For persevering (to keep going in spite of obstacles) when joining his new class a little later in the year.

20th September 23 - Lydia (Kangaroo) - For showing perseverance at the start of Year 2, using her wheelchair and crutches to access the learning environment.

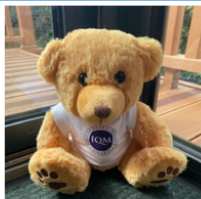
18th September 23 - Alfie H (Nursery) - For persevering (to keep going in spite of obstacles) all week in a new learning space.

14th September 23 - Charlie C (Year 1, Gecko) - For showing ambition (a desire to achieve your best) in every subject all week, even though you are in a new environment. Well done!



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 Jones ([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.*

## SEND & Inclusion Processes

## **SEN Information Report**

[Click here](#) to see our SEN Information Report, a parent friendly document outlining our whole school approach to supporting pupils with SEND.

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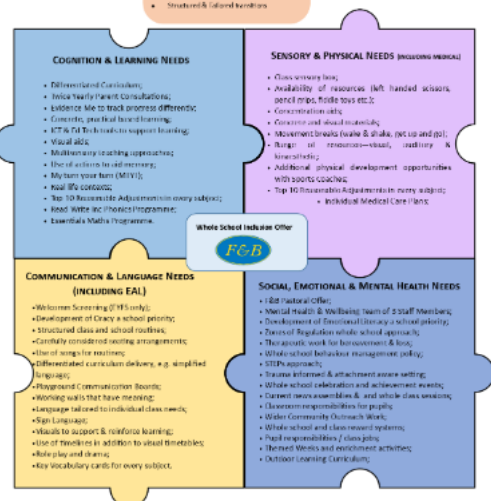
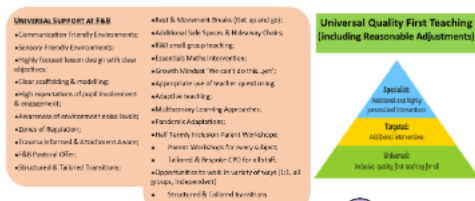


## SEN Information Report

<b>Policy Approval Level</b>	Governing Body
<b>Date of Approval</b>	September 2023
<b>Date of Next Review</b>	September 2024
<b>Status</b>	Statutory

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## Whole School SEND Support

[Click here](#) to see the flowchart of the steps we take from initial concern of presenting need through to Education, Health & Care Plan Reviews

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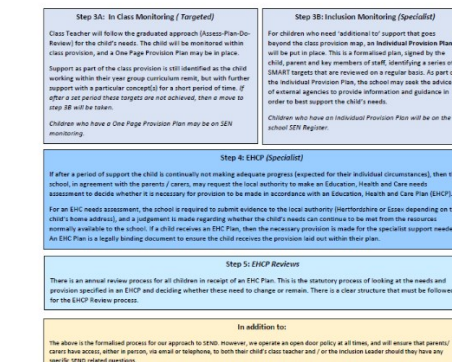


## **Whole School Inclusion Offer**

[Click here](#) to see our Whole School Provision Map (also known as our Inclusion Offer), which outlines the provision we provide across the school to ensure all children are fully supported in reaching their full potential.

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*This document should be read in conjunction with the: SEN Information Report, SEND Intent Statement, Inclusion Policy, Subject Roadmaps.*

At F&B we follow the graduated approach of 'assess, plan, do, review' for any pupils who have been identified as requiring additional support in order to meet the expectations of their age appropriate curriculum. The school process for this is outlined in the SEN Flowchart.

Progress is measured:

In relation to the **EYFS Early Learning Goals in Reception (2021)**.

In relation to the **National Curriculum End of KS1 expectations in Year 1 and Year 2.**

In relation to a **pupil's individual and highly personalised goals, not only academic, but also social and emotional.**

## Vulnerable Groups Assessment

[Click here](#) to see further information on how we track and monitor progress for children in receipt of additional support.

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## 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 8th November at 10:45am. 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.**



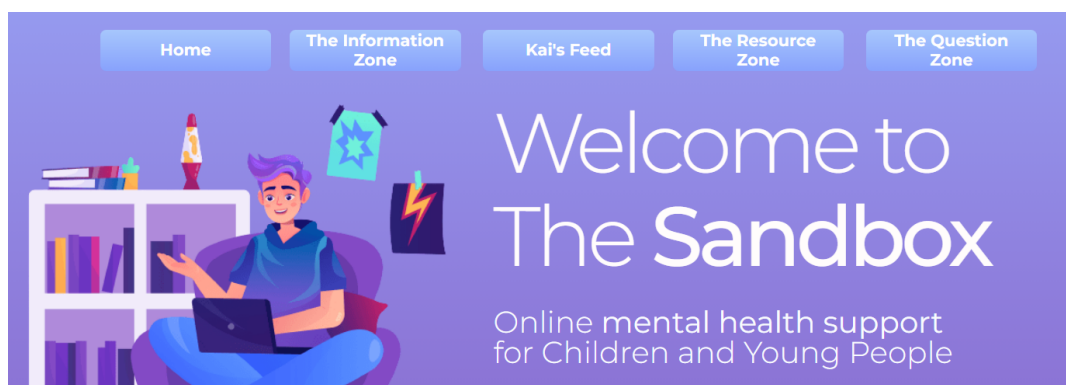
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## Mental Health & Wellbeing Update

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

You may be aware that Mrs Potma is training as a counsellor for children and young adults, and as a result is working at school in this role on a Wednesday afternoon. Mrs Potma's offer, in addition to the contract we already have with Safe Space Counselling, means that 5 children every week have the opportunity to access Play & Art Therapy & Counselling right here at F&B.



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.



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## Mental Health & Wellbeing Update

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

**Optimistic October!**

**Optimistic October 2023**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Write down three things you can look forward to this month	2 Find something to be optimistic about (even if it's a difficult time)	3 Take a small step towards a goal that really matters to you	4 Start your day with the most important thing on your to-do list	5 Be a realistic optimist. See life as it is, but focus on what's good	6 Remind yourself that things can change for the better	7 Look for the good in people around you today
8 Make some progress on a project or task you have been avoiding	9 Share an important goal with someone you trust	10 Take time to reflect on what you have accomplished recently	11 Avoid blaming yourself or others. Find a helpful way forward	12 Look out for positive news and reasons to be cheerful today	13 Ask for help to overcome an obstacle you are facing	14 Do something constructive to improve a difficult situation
15 Thank yourself for achieving the things you often take for granted	16 Put down your to-do list and do something fun or uplifting	17 Take a small step towards a positive change you want to see in society	18 Set hopeful but realistic goals for the days ahead	19 Identify one of your positive qualities that will be helpful in the future	20 Find joy in tackling a task you've put off for some time	21 Let go of the expectations of others and focus on what matters to you
22 Share a hopeful quote, picture or video with a friend or colleague	23 Recognise that you have a choice about what to prioritise	24 Write down three specific things that have gone well recently	25 You can't do everything! What are your three priorities right now?	26 Find a new perspective on a problem you face	27 Be kind to yourself today. Remember, progress takes time	28 Ask yourself, will this still matter a year from now?
29 Plan a fun or exciting activity to look forward to	30 Identify three things that give you hope for the future	31 Set a goal that brings a sense of purpose for the coming month				

**ACTION FOR HAPPINESS** **Happier · Kinder · Together**

Although the above 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.