



# F&B INCLUSION NEWSLETTER

Issue 2 December 2023

## 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 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.

### 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 has been updated over the last two weeks 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 Jones know.*



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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 (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 four times already this academic year, and every single time we come away having smiled and laughed so much.

We are also very fortunate that Mrs Crowhurst (James, Yr 2), has kindly donated her time to join us on each trip, meaning it does not disrupt the staffing in school. Thank you!

See below some of the highlights including our Pudsey Bear Chatterboxes!



## SEND Provision Feedback

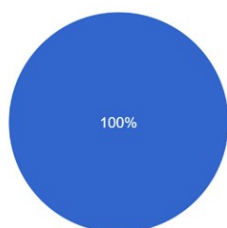
We recently went out to parents of all children who are in receipt of SEN Support here at F&B to formally collect their views.

Please see some of the highlights below.

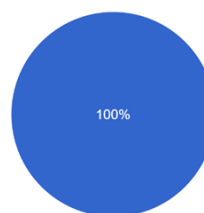
The full questionnaire and feedback can be found on the website.

- Agree
- Disagree
- Not sure

My child is making progress  
3 responses

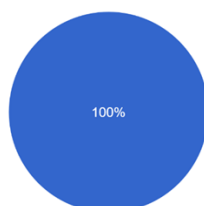


Teachers and support staff have high aspirations for my child



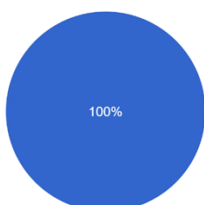
The school values my views, wishes and feelings with regards to the provision for my child

*'The SEN team have great understanding and empathy for parents and the children'.*



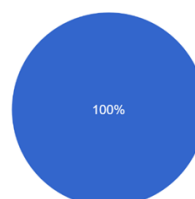
*'My child's needs and support have always been put first & not what is best for anyone else!'*

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



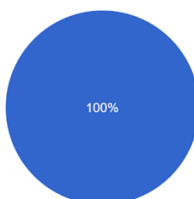
I believe my child is fully included in all aspects of school life

*'The best thing about the SEN Provision is how parents are kept informed'.*



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

*'Measures in place are communicated to the whole team so there have been no misunderstandings or deviations from the plan'.*



*'We're very pleased with the SEN Provision provided'.*

## 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.

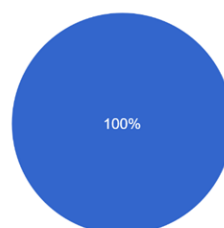
The full questionnaire and feedback can be found on the website.

- Agree
- Disagree
- Not sure

My child is happy at school

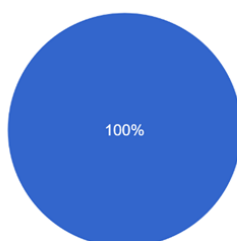


Teachers and Support Staff have high aspirations for my child



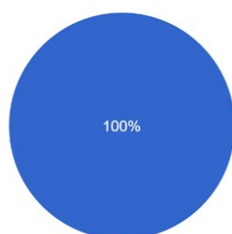
The school involves my child in decisions about their pupil premium funding (pupil voice, talking to my child, knowing my child's strengths etc)

*'I am so grateful my child can now attend X. He loves it'.*

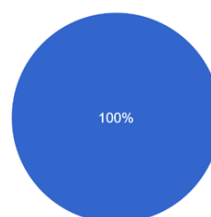


*My children have both enjoyed the resources they were given.*

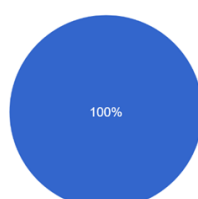
My child is making good progress at school



The school involves me in decisions about my child's pupil premium funding



If applicable, when I have requested support relating to the Pupil Premium Funding, this has been managed well





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## Mental Health & Wellbeing Update

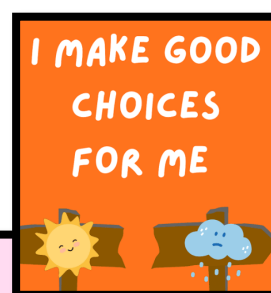
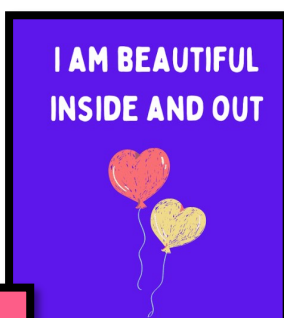
### Positive Affirmations

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*

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, or stick them up on the wall as a visual reminder.







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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 2023

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 2024

ACTION FOR HAPPINESS

Happier · Kinder · Together

