



# F&B INCLUSION NEWSLETTER

Issue 1 September / October 2021

## Welcome

Hello! My name is Mrs Jones and I am the Inclusion Leader (formerly the SENCo role).

I am delighted to be joining the teaching team here at F&B and cannot wait to spend the next year supporting the children and school community. For the last 10 years I worked as a teacher and member of the leadership team at another Hertfordshire School, and prior to that as an Early Years Teacher in London. Teaching is my absolute passion and I do not know what I would do without it, so I am thrilled to be back in a school doing what I know best!

## Contact Details

The school contact details relating to SEND have now changed. To contact the Inclusion Leader please use the following email:

**[inco@fandb.herts.sch.uk](mailto:inco@fandb.herts.sch.uk)**

## Newsletter

The Inclusion Newsletter will be published each half term. The aim is to keep parents up to date with relevant local and national information, and also to share all of the amazing things we are doing here at F&B.

## What is an Inclusion Leader?

My role is to advise and lead on inclusive practice, pedagogy and culture within F&B. I work collaboratively with the classroom staff, school leaders, and external agencies, but most importantly with pupils and their parents. This role has previously focused on children who have Special Educational Needs, however as it is evolving it now includes progress of all children with an identified need— this may be children who are functioning above age related expectations. children who are multi-lingual or children with a specific barrier to learning.

## Did you know?

All documents relating to Inclusion and SEND at Fawbert and Baranrd can be found on our school website, at the following link: <https://www.fandb.herts.sch.uk/send>



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## 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'.

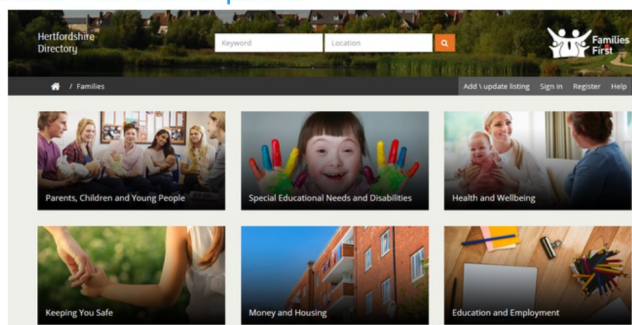
The Hertfordshire Local Offer can be found here:

<https://hertfordshire.gov.uk/microsites/Local-Offer/The-Hertfordshire-Local-Offer.aspx>

In addition to information on SEND, the Herts Local Offer also provides training and courses for parents on a wide range of topics.

For example, there is an online 6 week course beginning on 1st November at 8pm called 'Talking Families', which looks at managing challenging behaviour, encouraging positive behaviour and responding to tantrums and difficult feelings in children.

## Families First Portal for parents



## Local Services and Support

Within Hertfordshire we are fortunate to also have a directory of every organisation, service or group that you could possibly need!

This is called the **Families First Portal**.

Families First is a service that provides Early Help to families who need it, however in addition to this their website identifies everything that is going on in Hertfordshire for children and young people, including Holiday Clubs and childcare, local projects, library challenges, online family challenges, parent and baby groups and many more.

The Families First Portal can be found at this link:

***[https://  
directory.hertfordshire.gov.uk/  
Categories/29](https://directory.hertfordshire.gov.uk/Categories/29)***

Do also take a look at the specific area newsletter as it shows in greater detail things happening within Sawbridgeworth and the surrounding towns.



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## **Spotlight on.... Dyspraxia**

Dyspraxia, also known as developmental co-ordination disorder (DCD) is a condition that affects fine and / or gross motor coordination. It may also affect speech.

Dyspraxia is considered significant when it interferes with the normal range of activities a child is expected to achieve.

Boys are 4 times more likely to be affected by Dyspraxia than girls. Dyspraxia is thought to affect around 10% of the UK population, with 2% being severely affected.

### **How Dyspraxia may present:**

- Difficulties with self care;
- Handwriting difficulties;
- Not being able to run in a straight line, or alter your path to avoid objects;
- Poor hand / eye coordination;
- Poor organisation;
- Difficulty understanding prepositions such as 'in', 'on', or 'in front of'.
- Poor attention span;
- Difficulty using tools and cutlery.

Often children with a Dyspraxia diagnosis will be supported by a community Occupational Therapist to help them with specific strategies to support their learning.

*Did you know...Daniel Radcliffe (the Harry Potter actor) has Dyspraxia.*

### **How Dyspraxia is diagnosed:**

DCD is diagnosed by a paediatrician, who will consider evidence from home, school & medical tests to confirm the diagnosis.

### **Strategies to support Dyspraxia:**

- Extra processing time to complete activities, particularly those which are physical in nature;
- Visual supports such as word mats, sentence starters and writing frames;
- Use of recording devices to aid working memory;
- A non slip mat to go under books;
- Simple, step by step instructions;
- Specialist equipment advised by an Occupational Therapist.



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## Qube Kindness Challenge

Introducing the Qube Kindness Challenge! Can you complete the below act of kindness every day for a month?

Come and let Mrs Jones know how you found it!

The challenges are on display in The Qube too.

**The Qube**  
**Kindness Challenge**  
**2021 - 2022**

Can you achieve

**The Qube**  
**Kindness Challenge**

by completing the below act of  
kindness every day of the  
month?

## September

Say hello and  
introduce yourself  
to someone who is  
new to our school.

## October

Help someone  
before they ask you  
to.





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## Issue 2...

Issue 2 will focus on Inclusion within our school community, specifically celebrating all of the different languages that are part of our school.

## Wellbeing Challenge

This half terms wellbeing challenge is.....**Star Breathing**

Next time you feel upset, anxious, scared, worried, annoyed, nervous or angry, try following the instructions on the star: breathe in—hold—breathe out. Try breathing in for 4 seconds and out for 10 seconds.

