

We are certainly racing through the Spring term and it has been lovely to enjoy the start of the longer days! Firstly, I would like to thank you all for the feedback that you kindly provided to the Ofsted inspectors, about SEND and Wellbeing at Gretton. We really do appreciate your feedback and support.

The focus of this month's SEND and wellbeing newsletter is supporting Mental Health.

I am in school on Wednesdays and Thursdays and I am always happy to meet with you during these times to discuss any questions or concerns you may have. If you wish to contact me at any other time, please feel free to do so, either by emailing me - adodd@gretton.gloucs.sch.uk or calling school.

Mrs Alison Dodd, SENDCo



We are still celebrating all of the fantastic opportunities that we participated in during Children's Mental Health Week.

It was a fantastic week and the children were extremely positive about the experiences. They were able to discuss the impact that the activities had on them and one child reflected at the end of the week by saying 'I know that it's ok if I am finding things tricky and I have lots of things to help me when I feel like that.'

We will of course continue with the My Happy Mind weekly lessons and please rest assured that the focus on mental health will remain as a priority throughout the school.

Support for families

Mental health doesn't mean being happy all the time and neither does it mean avoiding stresses altogether. One of the most important ways to help your child is to listen to them and take their feelings seriously.

In many instances, children and young people's negative feelings and worries usually pass with the support of their parents and families. It is helpful for the school to know what they are going through at these times, so that staff can be aware of the need and support this.

Coping and adjusting to setbacks are critical life skills for children, just as they are for adults, but it is important that they develop positive, rather than negative, coping skills.

Please click on these links for further support



18th - 22nd March 2024

I am delighted that we will be taking part in National Neurodiversity week which is running from 18th-24th March.

What is Neurodiversity?

To be neurodivergent means to think differently, or to have different neurocognitive abilities. This might sound a little confusing as we all have minds that think differently, but the term typically refers to people with profound differences. These differences might hold people back from doing certain things, but then allow them to shine through other talents. For example, someone may struggle with their reading and writing, but excel in creative tasks.

Children will be learning about Neurodiversity throughout the week and they will learn to recognise and celebrate the strengths of people who are neurodiverse, as well as challenge preconceptions of what they can or cannot achieve. We will also be running a competition for children to make a poster about a famous person who is neurodiverse. More details will follow about this.



Lumi Nova app

Lumi Nova provides instant access to a fun digital therapy app to help your child self-manage their worries. It is a free app for parents in Gloucestershire which is backed by the NHS.

Who is Lumi Nova for?

Lumi Nova is for 7-12 year olds facing difficulties with anxiety, including:

- Phobias e.g. Being afraid of spiders or insects, heights, being near dogs, or the dark.
- Social anxiety e.g. Feeling worried about making new friends, going to social events.
- Separation anxiety e.g. Unable to sleep alone, worried about being away from parents, going to school.

Lumi Nova provides Exposure Therapy and should not be used with children who have severe anxiety, are in crisis or are at risk of self-harm.

Science behind Lumi Nova

Lumi Nova includes two of the most effective parts of Cognitive Behavioural Therapy (CBT) that are proven to help treat fears, worries and anxiety. These two parts are psychoeducation - learning about worry, and exposure therapy - facing your fears.

You start by setting some goals for your child to work towards, and then they take on small steps, breaking down their worries and learning that they can face their fears and build their confidence.

To find out more or sign up for the free app, please click [here](#).

Useful links

Please see below for agencies and details of further support available to families.

- SEND Information report - <https://www.gretton.gloucs.sch.uk/wp-content/uploads/2023/10/SEND-Information-report-Sept-2023-1.pdf>
- SENDiass provide information, advice and support on matters relating to children and young people with special educational needs and disabilities. The service is offered to parents and carers of children and young people aged between 0 and 25 years old. <https://sendiassglos.org.uk/>
- Early Help - https://www.glofamiliesdirectory.org.uk/kb5/gloucs/glofamilies/family.page?familychannel=1_1
- Gloucestershire families directory - The Service offers a wide range of information to support families, children and young people from 0 – 19 years of age (25 for young people with additional needs) They can also provide information on family support, tax credits, benefits, funding and much, much more. <https://www.glofamiliesdirectory.org.uk/kb5/gloucs/glofamilies/home.page>
- Gloucestershire support for families with SEND - [Glofamilies Directory | Support for Families with SEND - Gloucestershire's Local Offer for Parent & Carers](#)