

I hope that you and your families are all well and looking forward to the Christmas holiday. This month's SEND and Wellbeing newsletter will focus on **Winter Wellbeing** and **Reading Support**. After Christmas, I will be in school again on **Wednesdays and Fridays** and I am happy to meet with you during these times to discuss any questions or concerns you may have. If you would like to get in touch at another time, please feel free to **email me at [adodd@gretton.gloucs.sch.uk](mailto:adodd@gretton.gloucs.sch.uk)** or call the school. I will also be running SENDCo surgery on **Wednesday 23<sup>rd</sup> January** and appointments can be booked through the office.

Wishing you all a wonderful Christmas! **Best wishes,** Mrs Dodd SENDCo

## Supporting Your Child with Reading at Home

Reading is at the heart of what we do here at Gretton and supporting your child's reading at home is invaluable. I have put together some tips to support reading with your child.



1. **Short, positive sessions** – 5–10 minutes is enough; keep it fun and low-pressure.
2. **Quiet, consistent space** – A calm area with minimal distractions helps focus.
3. **Choice matters** – Let your child pick books that interest them, including comics or picture books. A visit to the library or a book shop is also a fun experience too.
4. **Read together** – Take turns, read aloud, or follow along together. Discuss books, articles, texts that you have read with your child too. It's great for them to see you enjoying reading too.
5. **Use visuals and tracking** – Point to words, use a ruler, piece of card or your finger. If your child is struggling with tracking words and letters, please do let us know.
6. **Focus on understanding** – Pause to discuss pictures, characters, or events rather than rushing to complete the story. Children gain so much from discussing texts.
7. **Pre-teach tricky words** – Introduce difficult words before reading to boost confidence. We have lists of Common exception words on the school website.
8. **Praise all effort** – Celebrate trying, joining in and persistence, not just accuracy.
9. **Repeat familiar books** – Re-reading a familiar text helps memory, comprehension and confidence.
10. **Communicate with us** – Please do talk to us if you would like support with reading strategies, resources or any support your child may need.

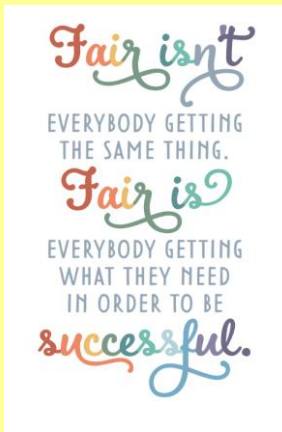
Finally, if you are need of a little inspiration or are unsure as to which books may be suitable for your child, we have added list of books for each year group on class pages on the [school website](#). Please do have a look.



We are proud to be a myHappyMind School! This term, the children have learned about their brains, how to use Happy Breathing to manage emotions, and how learning affects the brain. They have also explored Character Strengths—what they are, how to recognise them in themselves, and how they can make us feel.



As we come to the end of the year, it's a great opportunity to celebrate our character strengths and appreciate all that we are grateful for. I have attached some fun myHappyMind themed craft activities which the children may like to try. If you complete them with your child, we would love to see their creations in school!



Here at Gretton, we recognise that every child is unique and we celebrate our similarities and differences. When thinking about support for children, we recognise that it's not about every child having the same resources but about each child having what they need to be successful. For some children, this might include adapted tasks, alternative seating, extra movement breaks, or sensory regulation tools. Our aim is to ensure all children have the right support to thrive.

Next term, we will be exploring these ideas with the children further through activities that help them understand differences in needs, build empathy and celebrate the many ways everyone can succeed.



Recommended by  
**NICE** National Institute for Health and Care Excellence

**LUMI NOVA**  
TALES OF COURAGE

A fun way to support your child's worries over the winter holidays

- ✓ For 7-12 year olds
- ✓ Free instant access

Get access:  
[luminova.app/glos](https://luminova.app/glos)

### Mental Health Support

**Where to go for help for adults:**

- **Be Well Gloucestershire** aimed at promoting health and wellbeing support - [www.bewellglos.org.uk](http://www.bewellglos.org.uk)
- **Mental Health Crisis team** - call NHS 111 or use NHS111 online ([www.111.nhs.uk](http://www.111.nhs.uk)) available 24 hours a day, 7 days a week. If you are hearing impaired, please TEXT: **07775 510 693** 7am - 9.30pm or **07768 776 863** 9.30pm - 7am.
- **Samaritans**, if someone is experiencing feelings of distress or despair call **116 123**.
- **The Stay Alive App** ([www.stayalive.app](http://www.stayalive.app)), packed full of useful information and tools to help you stay safe in crisis.
- **Gloucestershire Connect and Offload Helpline** ([www.gloucestershirecando.org](http://www.gloucestershirecando.org)) - supports adults living in Gloucestershire who are experiencing mild to moderate wellbeing difficulties, such as anxiety, low mood or depression, including support for self-harm. Telephone: **0808 801 0606** Text: **07537 410 022**.
- **Shout** - 24/7 text service for anyone in crisis - text **85258**.
- **The Silver Line** (supporting older people) - **0800 470 8990**.
- Some GP surgeries work with dedicated primary care Mental Health workers.
- **The Cavern** (Gloucester) - mental health drop in (18+) and is open 6pm - 10pm 365 days a year.

**For children and young people:**

- **On Your Mind Glos** - [www.onyourmindglos.nhs.uk](http://www.onyourmindglos.nhs.uk)
- **Childline** - **0800 11 11** (free)
- **Let's Talk Well** - provides confidential counselling, support and care for young people and their families. [www.letstalkwell.org.uk](http://www.letstalkwell.org.uk) or call **01594 372777**
- **Talkwell chat** anonymous, safe, confidential 1-2-1 live message chat support service for young people aged 9-25 living in the county. Sunday - Thursday 5pm - 9pm access via [www.letstalkwell.org.uk/talkwellchat](http://www.letstalkwell.org.uk/talkwellchat) or by calling **0300 303 8080**.
- **Lets Talk Well Parent and Carer support** including support groups, family counselling information and online chat service is available [www.letstalkwell.org.uk](http://www.letstalkwell.org.uk) or by calling **0800 6525675**
- **The Cavern** (Gloucester) - mental health drop in (under 18s) open 5pm - 9pm, 365 days a year

**One Gloucestershire**

### Useful links

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

- [Gretton SEND Information report](#) – outlines how we support children with SEND at Gretton
- [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.
- [Early Help](#) – provide further details about support for families including parenting courses
- [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.
- [Gloucestershire County Council SEND](#) – details about EHCPs, webinars and alternate provision