



SEND and Wellbeing
Newsletter
Spring 1 2026

Gretton Primary School

I hope that you and your families are all well and looking forward to the half term holiday. It's been a fantastic half term and it's been lovely welcoming so many parents into school for our SENDco surgery and My Plan reviews. This month's SEND and Wellbeing newsletter will focus on **Mental Health and Wellbeing**. I continue to be in school on **Wednesdays and Fridays** after half term and I am happy to arrange 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** or call the school. Wishing you all a wonderful half term break! **Best wishes, Mrs Dodd**

Talk Well Gloucestershire



If you're looking for additional support around emotional wellbeing, Talk Well Gloucestershire (previously TIC+) is a fantastic local resource for children, young people and families.

They offer:

- Clear information about children and young people's mental health
- Advice and self-help resources for parents and carers
- Guidance on where and how to access further support if needed

Find out more here: [Talk Well Gloucestershire](#)

Children's Mental Health week 2026



Mental Health Week was a wonderful success. We began with 'Come As Yourself' Day, where children and staff wore outfits that made them feel comfortable, confident, and truly themselves. On Tuesday, Mandy Johnson led calming mindfulness and wellbeing sessions for children and staff. Throughout the week, children explored their sense of belonging creating their own 'My Happy Place Map'. We ended with a joyful SCARF Day today, with scarves showcasing warmth, individuality, and the message that everyone has a place in our school community.

Five Ways to Wellbeing



Supporting children's mental health and wellbeing doesn't need to be fancy or an extra chore, just full of happy moments. The NHS suggest a 5 step approach to support both children's and adults mental health and wellbeing. Here's some ideas you may like to try:

- Connect** - chatting about your child's interests, building blanket forts, or having a "no screens" hot chocolate night.
- Be active** - racing to the front door, having living-room dance-offs, or trying a new park adventure.
- Keep learning** - experimenting in the kitchen, discovering new creatures outside, or asking each other funny "what if" questions.
- Give** - sharing toys, helping someone smile, or making surprise kindness notes.
- Take notice** - spotting strange shaped clouds, listen to the birds, or celebrating tiny wins in their day.

Further details about 5 ways to wellbeing can be found [here](#).



We currently have 27 families signed up to our myHappyMind parent app.

The app has a range of resources that can be accessed online on your computer, or through the app on your phone. The resources allow children to continue to practise some of the habits they have developed at school, such as Happy Breathing, for you to learn more about what they are learning in the programme. Also included are optional activities for you to do together at home, to complement the in-school lessons.

To access these materials just go to <https://myhappymind.org/parent-resources> and enter your name, email, and authentication code.

Your authentication code is **137854**

Parents SEND Survey Results

Thank you to all the parents who took the time to complete our SEND parent survey this term. The results were overwhelmingly positive. Please find a summary of the results below. I have highlighted both our areas of strength and our next steps for development.



SEND Parent Questionnaire

Areas of Strength

- Parents feel well informed. Comments include 'Communication is fantastic' 'inclusion is at the heart of the school' and 'Newsletters have lots of ideas and useful tips.'
- Staff are seen as supportive and approachable. Comments include 'I have such faith in the staff, they go above and beyond' 'they have your child's best interest at heart.'
- Children feel safe and happy
- SEND provision is viewed very positively.

Areas for Development

There were a few suggestions for improvement. These were:

- Developing the awareness of SEN needs amongst non-SEND parents. **Classes are having lessons about equity and equality. Our focus for Neurodiversity week in March will be about this topic and I will be sharing ideas with parents too.**
- Ideas for parents to help support children with anxiety – **Young minds and Anna Freud have some great resources. Please do talk to myself or your child's class teacher as we may be able to support in school too.**
- Robins class accessing after school clubs – **Children in Robins will be able to access after school clubs in the Summer term.**

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