



Abbey Lane Primary School

SEND 2023-24 Newsletter, Spring 1

Hello everyone,

Welcome to a new term, we hope you are all keeping well and safe. In this newsletter, we will share with you: Emotional and Social Skills support, parent programmes, regulation strategies, our first coffee morning and updates on our memory tree.



Miss Bryan,



Miss Moralee,



Miss Hunt

Focus - Emotional and Social Skills support.

We are very lucky to have 2 members of staff who have been trained to deliver a variety of interventions to support your children's emotional wellbeing: Miss Moralee (Senior Mental Health Lead and Youth Mental Health First Aider) and Miss Hunt (ELSA - Emotional Literacy Support Assistant).

They are able to deliver sessions which support children

- to identify and name their feelings,
- to regulate their emotions,
- to recognise helpful and unhelpful actions,
- to develop problem solving skills to tackle life events,
- to develop social skills and build friendships.

Each programmed is tailored to the needs of the child or groups of children they work with. Through games, stories and discussion the children build self-esteem, develop strategies to challenge unhelpful feelings and behaviours and recognise people in school and at home, who can support them.

Fear-Less Triple P programme.

We're excited to announce that we will be hosting Sheffield Parenting Hub at School for their Fear-Less Triple P programme. Tuesday 20th February - Tuesday 26th March, 9 - 11.15am.

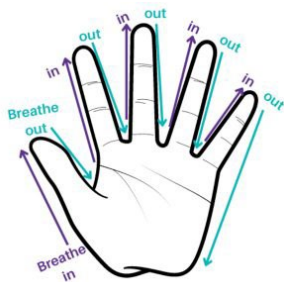
Fear-Less Triple P is a cognitive-behavioural parenting intervention that supports parents to help children manage their anxiety more effectively. The programme encourages parents to generalise strategies to all family members, not just the child of concern. Fear-Less Triple P aims to help parents to set a good example of coping with anxiety, coach their children to become more emotionally resilient, and develop a toolbox of strategies and choose the most effective to respond to their child's anxiety.

If you would like to attend the 6-week programme, please contact Miss Moralee via the school email: enquiries@abbeylane.sheffield.sch.uk

Support outside of school

Sheffield Parent Hub: Sheffield City Council's Parenting Specialists provide group based and one to one parenting support for parents and carers of children, from babies to teenagers. <https://www.eventbrite.co.uk/o/sheffield-parent-hub-17631456258>

Sheffield Parent Carer Forum: We are an independent group of parents and carers of children and young people (0-25) with special educational needs and disabilities. <https://sheffieldparentcarerforum.org.uk/>



Finger breathing.

One technique we teach the children to help with regulation is Finger Breathing.

Open up one hand. Use the index finger on the other hand and slowly trace it up and down each finger. As you move up the finger, breathe in, and as you move down the finger, breathe out.

Abbey Lane's memory tree

Thank you to everyone who sent a request for their child to create a star for our memory tree. We are waiting for the weather to warm up slightly and then we will be hanging the stars of the tree and planting some bulbs, which will hopefully come up in the spring time.

At anytime in the future, if your child has someone special they would like to remember, please let Miss Moralee know, so she can pass them a star to decorate.

Coffee Morning.

We will be holding our first SEND coffee morning on **Wednesday 21st**

February, 9am. You'll be able to meet the team and we can find out from you how we can best support you.

Please sign up on ParentPay.