



Mrs Henderson  
Deputy Head / SENDCO

## St John's C of E Academy SEND and Wellbeing Newsletter



Hello and welcome to our SEND and Wellbeing Newsletter from St John's. A termly instalment of information and updates on SEND and Wellbeing at St John's and in the local community. I hope you find them useful and informative! If you have any feedback, please contact me:

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We believe that every child at our academy is unique and special, so we aim to provide an inclusive and values driven curriculum, which has been designed specifically for our St John's children and families. We fully believe in equipping our children to **live life in all its fullness. (John 10:10).**



### Provision Reviews

At St John's, if you have a child on the SEND register, they will be having their Learning Journey targets reviewed this week. In other schools these are sometimes referred to as IEP's. The Learning Journey is reviewed termly with the child, parents / carers and the class teacher. The SENDCO will liaise closely with the class teacher and may sit in on some review meetings. These meetings will take place after Easter, look out for a letter containing your meeting date and time.

### Parent / Carer SEND / Wellbeing

Look out for the date of our next wellbeing and SEND drop on.

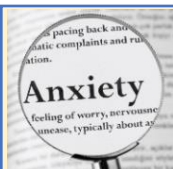
### Wellbeing and SEND Questionnaire for Parents and Carers

Provision for Mental Health and Wellbeing and SEND at St John's for our children and families is extremely important to us.

We are hoping to seek your views as parents / carers on our provision in our Children's Wellbeing and SEND Questionnaire. Please follow the link below to complete the short survey.

<https://forms.gle/YzKs9oTT8UedRCgme7>

Information gathered will help inform and improve our practice and in planning information sessions for parents and carers.



# Termly



## Anxiety

### What makes children anxious?

Just like adults, children can feel anxious about different things at different ages. Many of these worries are a normal part of growing up.

It is common for children to develop specific fears or phobias. Common fears in early childhood include animals, insects, storms, heights, water, blood, and the dark. These fears usually go away gradually on their own. There may also be other times in a child's life when they feel anxious. For example, many children feel anxious when going to a new school or before tests and exams. Some children feel shy in social situations and may need support with this.



### When is anxiety a problem for children?

Anxiety becomes a problem for children when it starts to get in the way of their everyday life.

When young children feel anxious, they cannot always understand or express what they are feeling. You may notice that they: become irritable, tearful or clingy, have difficulty sleeping, wake up in the night, start wetting the bed, have bad dreams.

In older children you may notice that they: lack confidence to try new things or seem unable to face simple, everyday challenges, find it hard to concentrate, have problems with eating or sleeping, have angry outbursts, have negative thoughts, or keep thinking bad things are going to happen, start avoiding everyday activities, such as seeing friends, going out in public or going to school.



### What can I do to support and help my child?

- Talk to your child and reassure them it is ok, and you understand how they feel
- Teach your child to begin to recognise signs of anxiety in themselves, talk about the physical effects it can have on our bodies.
- Encourage your child to ask for help
- Children like routines, try to stick to regular daily routines where possible
- Prepare your child for changes by talking to them and explaining what is going to happen
- Practise breathing exercises with your child – here are some ideas <https://cosmickids.com/five-fun-breathing-exercises-for-kids/>
- Distraction can sometimes be helpful for younger children
- Try to remain calm and not become anxious yourself – try these relaxation techniques with your child <https://www.savethechildren.org.uk/what-we-do/coronavirus-information-advice/relaxation-exercises-to-do-at-home-with-your-kids>
- If your child is anxious because of a distressing or traumatic event, look for books or films that will help them to understand their feelings



### Where else can I look for information and resources?

- <https://www.youngminds.org.uk/parent/a-z-guide/anxiety/>
- <https://childmind.org/article/what-to-do-and-not-do-when-children-are-anxious/>
- For older children /teens <https://www.youngvibes.co.uk/>
- <https://www.annafreud.org/schools-and-colleges/resources/helping-children-and-young-people-to-manage-anxiety/>
- <https://www.annafreud.org/schools-and-colleges/resources/7-ways-to-support-children-and-young-people-who-are-worried/>
- <https://www.coventry.gov.uk/coventry-send-support-service>

If you have tried some of these strategies and are worried about your child, please contact Mrs Henderson, SENDCO, who will be able to chat through next steps and help seek further advice from outside agencies where appropriate.