



Inclusion Bulletin

Issue 6 February 2024

Asthma Training



On 7th of February, we offered an Asthma training for all the parents. Thank you to those who took time out of their busy schedules to come and learn more about supporting children with Asthma.

NSPCC

The NSPCC provide help and support for children and families and work closely with schools and professionals. If you would like help, advice or general information, you can access their website by clicking the link below:

<https://www.nspcc.org.uk/>



Action for Happiness

Action for Happiness brings people together and provides practical resources. We help each other learn evidence-based skills for happier living, feel a sense of belonging and commit to personal action to create more happiness, for ourselves and others. Take a look at their amazing website for lots of

happy information, advice and resources by clicking on the Happiness link below.

<https://actionforhappiness.org/>

Dates for your Diary	
January to February	SEN Pupil progress meetings (Parents and Class Teachers)
12 th February	International Epilepsy Day
29 th February	Rare Disease Day
3 rd March	World Hearing Day
18 th March	Neurodiversity Celebration Week
21 st March	Down Syndrome Day
30 th March	World Bipolar Day

Beyond Fussy Eating Online Programme

Refusing known and new foods is a normal stage of a child's development, often starting between 18 and 30 months of age and with most children growing out of it by 5 years-old. But for some children, feeding becomes a persistent and serious problem which, if ignored, can lead to serious weight loss and nutritional deficiencies. These problems can include eating a very restrictive diet made up of a small number of foods, only eating foods which are a certain colour – for example 'beige foods' like cheese and pasta, chicken nuggets, chips and white bread – or food with a certain texture, or eating very small volumes of foods. It can also involve becoming highly anxious when asked to try new foods, and showing disgust or fear when presented with new foods.

Research shows that children on the autistic spectrum and those with developmental disabilities are much more likely to experience these problems. But help is at hand! There are tried and tested methods which can help children start to make steps in the right direction and these are presented in a new Beyond Fussy Eating programme, designed for parents and carers dealing with children who are extremely selective eaters and/or

who may have little interest in food and eating. The programme will also help health, education and care staff who work with these children.



Beyond Fussy Eating consists of five modules covering: exploring feeding difficulties; mealtime strategies; learning about new foods; planning for changes; and a parent's perspective (video). It was developed by children's speech and language therapists at Your Healthcare CIC, whose expertise covers speech, language, communication and swallowing problems. Take a look at the new programme using this link:

<https://kr.afcinfo.org.uk/pages/local-offer/information-and-advice/parenting-courses/beyond-fussy-eating>

A Nice Holiday Walk

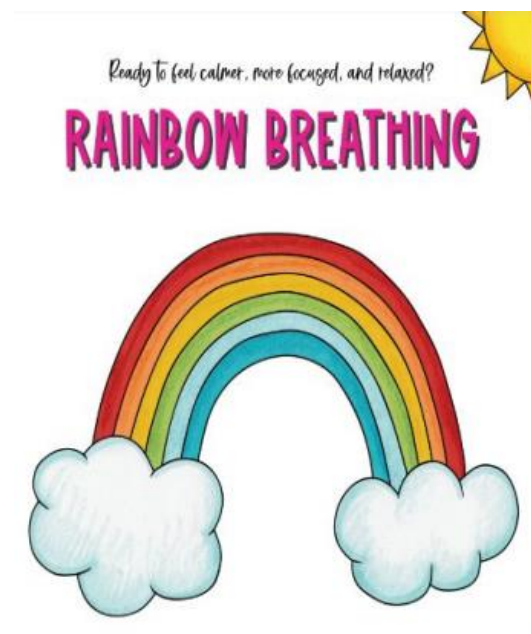


Research has shown that walking on a daily basis can help lessen symptoms associated with chronic mental illnesses such as anxiety and depression. Walking is free and you can walk everywhere without any additional equipment. Why is walking so good for anxiety?

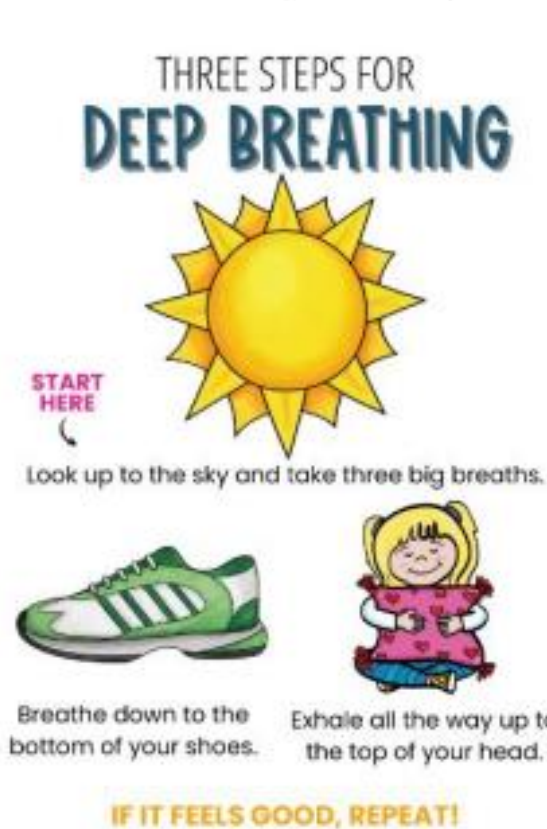
Physical activity causes changes in the brain chemicals that affect mood. Exercise increases blood flow and oxygen to the brain, triggering the release of endorphins and serotonin, the "feel good" hormones – especially if walking at a brisk pace to get your heart rate up.

Mental Health Awareness Month - February 2024: Just Breathe!

A nice way to keep children (and adults!) calm over the festive period is with guided meditation.



Trace up and around one side of the rainbow while breathing in. trace up and back down the next side of the rainbow, while breathing i and



Breathing exercises are helpful to alleviate feelings of stress, anxiety and anger.

Have a great half-term!

Best wishes,
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