



# PASTORAL SUPPORT



# NEWSLETTER



Hello to all of our lovely BRPA families!

We are just a couple of weeks away from the Summer Holidays – how crazy is that?! I wanted to touch base with you all before then and to share some things that I hope will be of some use to you.

It's been great to speak to some parents and find out how you have been managing with the home learning during lockdown – there's been stumbling blocks along the way from technology hiccups to unmotivated children, but you've all adapted and done the best you can in your individual circumstances. I appreciate however that lockdown is tiring and you may well be feeling desperate for a break from home learning. Interestingly, Oxford University have been carrying out some research on the impact of the lockdown on children. For primary school aged children parents/carers reported "an increase in emotional, behavioural and...attentional difficulties", so if you can relate, be assured you're not alone! It's really important that you look after the wellbeing of your children and yourselves and **find the balance that works for you**. I would encourage you to keep the routine going a little longer as structure and expectation is good for children, they really need boundaries and measurable parameters of achievement. Try to keep going for this final stretch and it'll make the summer holidays all the sweeter! 😊

## Wellbeing Matters

### Return to School

The transition back to school after the holidays is likely to be difficult and draining for the children. As a school we will of course have wellbeing on our minds as the returns take place. In the meantime, here are some things that you can do at home to help:

Have an open dialogue about returning, try to make it a positive and even an exciting thing.

Let your children know that they are allowed to be worried about it, take time to address the worries together, reminding them that it will be ok.

Remind your child that there are always adults at school that they can talk to about any worries they may have.

Use the information on the school website to familiarise yourselves with any changes they should expect.

Drive or walk by occasionally so it's not just a place you talk about.

# SEND Resources & Info

If you are struggling at home with a child with Special Educational Needs or Disabilities, I wanted to remind you of some websites that may be able to offer some support.

**Sharing Parenting** are on a mission to normalise parenting support. Their courses are not about being a good parent (which suggests you must be a 'bad' parent to need them) but are about being a *better* parent. Their team of professionals run courses on a range of topics. One course is called "Outside The Box", which specifically supports parents of children with SEND. The course is highly rated and was developed with input from children with SEND. Here is a link with more information:

<https://www.sharingparenting.com/for-parents/sharing-parenting-courses/outside-the-box/>

**Suffolk Family Carers** is a fantastic charity that supports parents that care for children as well as children that may have to help care for adults or even siblings in their homes. The link below takes you to a page called "A Space For Parents" and lists some fantastic resources for supporting SEND children. It is well worth exploring the whole website though if you are a carer in your home.

<https://suffolkfamilycarers.org/category/a-space-for-parents/>

**Suffolk SENDIASS** is the Special Educational Needs and Disabilities Information, Advice and Support Service for this area. It is an impartial support service to assist and aid families needing SEND support, including getting a diagnosis. The following link will take you to their page for wellbeing support for children and young people:

<https://www.suffolksendiass.co.uk/young-people/wellbeing-support-and-advice-for-young-people>

## SEN Resources

This website has some fantastic social stories for younger children, which address what coronavirus is, worries about going back to school and missing family and friends. There are free resources as well as some that you pay a small fee for that address emotions, routines and academic topics. It's worth a look to see if there's anything you could use:

<https://www.senresourcesource.co.uk/>

### ***How to get in touch:***

❖ ***Tel: 01638 713001***

❖ ***Email: [Claire.harmsworth@beckrow.attrust.org.uk](mailto:Claire.harmsworth@beckrow.attrust.org.uk)***

***Monday & Wednesday 8.30am to 2.30pm***

***Friday 8.30am to 3.30pm***