



## Inclusion Newsletter

Welcome to the fifth newsletter of the year! We cannot believe that we are approaching the last term of the year! We are sure that the children are looking forward to a half term break after a very busy term. Next term is a longer term and there will be a focus on transition to support the children moving up to the next year group or school. As always, we want to thank you for your continued support.

### Inclusion Coffee Morning

On Thursday 4th May, we welcomed representatives from the East Sussex Parent and Carer Forum (ESPCF) who gave an introduction to the services and support they can offer to parents and families.



It was an informative event which was appreciated by the parents that attended.

The ESPCF are often asked by ESCC to give their views on new policies and procedures so that the parent voice is heard within the Local Authority. In addition they offer coffee mornings, training sessions, information and advice.

For more information, please contact ESPCF.

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



### Term 6 - Structured Conversations

You should have received a letter with the date and time for your Structured Conversation. During this meeting with your child's teacher, you will discuss your child's progress, provision in school and new targets. These extended meetings will be 20 minutes long. Dates are below:

**EYFS** -12.06.23

**Yr1 Blake** - 14.06.23

**Yr1 Donaldson** - 19.06.23

**Yr2 Beaty** - 16.06.23

**Y2 Santat** - 13.06.23 and  
15.06.23

**Year 3** - 12.06.23

**Yr4 Blackman** - 19.06.23

**Yr4 Walliams** - 22.06.23

**Yr5 Zephaniah** - 16.06.23

**Yr5 Wilson** - 15.06.23

**Yr6 Mian** - 13.06.23

**Yr6 Rosen** - 14.06.23





# The Parkland Federation

Aim High, Work Hard, Dream Big

## Anxiety in children

Just like adults, children and young people feel worried and anxious at times. But if your child's anxiety is starting to affect their wellbeing, they may need some help and support.

### What makes children anxious?

Children can feel anxious about different things at different ages. Many of these worries expected, common and understandable part of growing up.

There may also be 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 an issue for children?

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

If you go into any school at exam time, many children may be feeling anxious or worried, but some may be so anxious that they do not manage to get to school that morning.

Severe anxiety like this can harm children's mental and emotional wellbeing, affecting their self-esteem and confidence. They may become withdrawn and go to great lengths to avoid things or situations that make them feel anxious.

### What are the signs of anxiety in children?

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 in the night
- start [wetting the bed](#)
- have bad dreams



More information and support can be found at <https://www.youngminds.org.uk/> and <https://www.sussexcamhs.nhs.uk/>





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## Transition

Change is a common part of life and can provide opportunities for children and young people to develop their resilience. All transitions (e.g. between year groups, key stages, schools) need to be carefully managed. If a child struggles with a transition, it can have a negative impact on their wellbeing and learning. During any transition period, it is important that children and young people can express their concerns and are supported to cope with any readjustments. Some children, for example those with SEND or those who have experienced trauma, may find transition more difficult and will need enhanced support at these times.

At The Parkland Federation, we aim to support our children to manage moving to a new year group or school as much as possible. In Term 6, we arrange moving up sessions, additional transition activities and videos of their new classroom and teacher that can be accessed over the summer. To support our more vulnerable children, we also offer:

- Additional visits to their new classroom/school
- Additional meeting with their new teacher and teaching assistant
- One page profiles introducing their new teacher
- Additional visit in September if required

If you have any concerns about our transition support, please speak with your child's current class teacher.

For more information about transition please see the ESCC Local offer pages <https://localoffer.eastsussex.gov.uk/send-information-and-services/transition-planning>

## Inclusion Conference

We are planning to run our own Parkland Inclusion Conference at the beginning of the next academic year. This will be an exciting day, filled with talks and information from a variety of agencies and sources. Watch this space!

