



# The Parkland Federation

Aim High, Work Hard, Dream Big



## Inclusion Newsletter



Welcome to the final Inclusion Newsletter of 2021! It has been a busy but successful term at The Parkland Federation and we would like to take this opportunity to thank you for all of your support this term - and to wish you a **very Merry Christmas and a happy and healthy 2022!**



Thank you to those who attended our Coffee Morning last month. The feedback has been really positive and attendees found the session, led by CLASS+, extremely informative. We are hoping to run another Coffee Morning in Term 4 - if it is safe to do so.

After the Coffee Morning, we sent out a questionnaire to attendees. We were thrilled that **100%** of respondents found the discussions on anxiety, led by CLASS+, helpful. **All** respondents found the opportunity to talk to the SEND team useful. If there is anything specific that you would like covered in future meetings, please let us know!

As discussed during the Coffee Morning, here is the contact information for Therapy One Point Service.

Phone: 0300 123 2650

Website: [Click here](#)

### CLASS+

#### CLASS + Contact Details

**Email:** [CLASS@eastsussex.gov.uk](mailto:CLASS@eastsussex.gov.uk)

**Phone:** 01273 336887

**Facebook:**

<https://www.facebook.com/CLASSPlusEastSussex/>





## Tips for the holiday season



Whilst Christmas time may be a time of excitement and enjoyment for some children, there are some children that find this quite overwhelming. Here are some top tips to help.

- ★ Check in with your child - ask them how they are feeling about Christmas, have they got any worries?
- ★ Plan ahead. Make them aware of the plans for Christmas. Try a visual calendar so they can see what will happen on each day.
- ★ Understand your child's thoughts and feelings. Does the thought of large gatherings fill them with terror? Do they need some time out on their own away from the noise?
- ★ Get out of the house. Go for a walk and make it an adventure, see who can find the most decorated house. Enjoy the fresh air and exercise together.



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## Open for parents

If you live in East Sussex and you're worried about managing your child's behaviour, supporting their development or their emotional wellbeing or you want support and advice to help build a positive relationship with your child, we can help.

Open for parents offer online support and online webinars on a variety of topics from school transitions, managing behaviour to e-safety.

Take a look at their website [www.openforparents.org.uk](http://www.openforparents.org.uk) and look for their what's on guide.



East Sussex County Council have just updated their Local Offer website to make it more accessible for parents to navigate and find the information they need.

The website is currently at test stage but take a look and see what you think.

<https://isend.eastsussex.gov.uk/send-information-and-services/isend/east-sussex-local-offer/testing-the-east-sussex-local-offer/>

Have you heard about the East Sussex Parent Carer Forum? They are the new forum for parents & carers of children and young people with special educational needs and disabilities (SEND) in East Sussex.

[Become a member here.](#)

