



A positive difference, everyday, everyone

Welcome to our first ever termly SEND newsletter! A newsletter to address all things related to SEND (Special Educational Needs and Disabilities). **In this issue** find out ways to save money, a wellbeing challenge for all and videos to explain ASC, EHCP and keeping well.

IMPORTANT DATES

22 October

Stammering
awareness day

31 October

Secondary School
Application deadline

14 November

World Diabetes Day

16 November

International
tolerance day

16-20 November

Anti Bullying Week

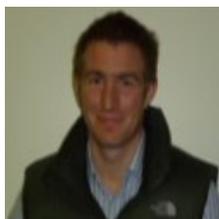
13 November

BBC Children in Need
Appeal

3 December

International Day of
Persons with
Disabilities

At St Martins Garden Primary School, our children are at the centre of everything we do. We aim to identify the needs of all pupils as early as possible. This is part of our graduated approach, in which we Assess, Plan, Do, Review. This ongoing cycle ensures that effective provision is put in place and also removes barriers to learning. We have a range of interventions taking place daily in our school to meet the needs of all of our children. We believe in inclusivity for all and strive to make this a reality for all our pupils.



Margaret Coates Centre Lead Mr Michael Bogg



SENDCO
Mrs Angela Horn

TOP TIPS AND IDEAS TO HELP YOU AND YOUR FAMILY

FREE CINEMA TICKETS FOR CARERS

•Did you know that if you are in receipt of DLA for your child or PIP that you maybe entitle to a CEA Cinema card which allows the accompanying carer a free ticket .

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

DISCOUNTS ON TOP

ATTRACTIONS IN BATH

If your child has SEND they may be eligible for a Rainbow Resource card if they meet any of the following criteria:

- Diagnosed condition;
- Has an Education, Health and/or Care Plan (EHCP);
- In receipt of Disabled Living Allowance (DLA);
- Receives Band C Inclusion Support Funding.

Upon showing your card at venues and attractions signed up the scheme you will receive a discount.

See the website below for how to apply:

[https://
www.rainbowresource.org.
uk/pages/rainbow-resource
-scheme](https://www.rainbowresource.org.uk/pages/rainbow-resource-scheme)

If you have concerns about your child and think that they may need to be considered as having Special Educational Needs or a Disability please see our school website for a parental concern form or ask to discuss with your class teacher.

MORE INFORMATION ON SECONDARY SCHOOL APPLICATIONS

<https://beta.bathnes.gov.uk/policy-and-documents-library/secondary-admissions-booklet>

USEFUL CONTACTS

- SEND Partnership Service

Tel: 01225 394382

Text: 07530 263401

- Special Educational Needs
BANES

Tel: 01225 394306

- Admissions & Transport
Tel: 01225 394312

VIDEOS TO EXPLAIN MORE



<https://youtu.be/RbwRrVw-CRo>

A lovely video from the NAS explaining Autism to children and adults alike



<https://youtu.be/ughC-a5RhAc>

A helpful video explaining the Educational, Health and Care Plan



<https://youtu.be/LCA4EEyCBCE>

Video all about the 5 steps to mental wellbeing—Why not try them out as a family and see the difference today?

*“Since Lockdown family life has felt different, it was fine for the first few weeks but now I’m stuck feeling like it’s a real slog!”
How many of us does this ring true with?
The guide below we hope can help out...*

THE FIVE STEPS TO WELL-BEING

After the year we have shared together lots of families are facing difficult times and whether you have a child with SEND or not, all of us, young and old, can benefit from these 5 steps to improving our well-being. Check out <https://wellbeingcollegebanes.co.uk/> for courses & activities that promote wellbeing in Bath

Build in the following 5 actions into your families day-to-day lives to improve mental well-being:

CONNECT With the people around you. With family, friends, colleagues and neighbours. At home, work, school or in your local community. Think of these as the cornerstones of your life and invest time in developing them. Building these connections will support and enrich you every day.

BE ACTIVE Go for a walk or run. Step outside. Cycle. Play a game. Garden. Dance. Exercising makes you feel good. Most importantly, discover a physical activity you enjoy and that suits your level of mobility and fitness.

TAKE NOTICE Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are walking to work, eating lunch or talking to friends. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.

KEEP LEARNING Try something new. Rediscover an old interest. Sign up for that course. Take on a different responsibility at work. Fix a bike. Learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy achieving. Learning new things will make you more confident as well as being fun.

GIVE Do something nice for a friend, or a stranger. Thank someone. Smile. Volunteer your time. Join a community group. Look out, as well as in. Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and creates connections with the people around you.

As a school we are challenging ourselves to try and do each of these 5 steps to wellbeing each week. If you try them out at home let us know how you get on...we'd love to see pictures!