



# Wrockwardine Wood C of E Junior School

## SEND Newsletter

'Love, Laugh and Learn'

Summer 2023



Hello and welcome to our Summer Term Newsletter. We've had a busy term welcoming lots of our Year 2s for transition and visiting Secondary Schools for our Year 6s.

By the end of this term you will receive an evaluated provision map showing your child's year of progress. We have already begun working with their new class teachers to ensure a smooth start to their provision in September.

If you have any questions about these, or anything else SEND, please don't hesitate to get in touch on the contact details below. I have also set up a Dojo group, so if you don't have me as a contact on there, please let me know if you would like to.

SEND Contact Details: 01952 387880 [alison.williams3@taw.org.uk](mailto:alison.williams3@taw.org.uk)

I wish you all a lovely summer and I look forward to welcoming you back in September.

### Managing our Worries



Sarah Rushton, our Mental Health Practitioner, delivered an assembly to the whole school about worries. She helped the children to understand how normal the feeling is, especially at this time of year! She also shared some wonderful strategies that the children had an opportunity to practise. See the last page of the newsletter for some of these strategies that the children felt were really useful.

### **What is worry?**

**Worry is a normal emotion that everyone will feel at some point in their lives. It usually involves thinking that something negative is going to happen. This can become a problem when it interferes with everyday life. For example, it might start to negatively impact our social life, academic performance, sleep and mood. This is when we might need some extra help.**

### Transition

We put a lot of thought into the transition package we offer, especially for our children with SEND. Various activities have taken place such as walks around the new classrooms, photos of the new adults, games with the new adults and small group sessions with Sarah Rushton, our Mental Health Practitioner. If you have any feedback on the transition your child has received, please get in touch through email, Dojo or in person. We hope the children are excited to start their new year groups in September.

### Training

In 2023 so far we have received training on:

Emotion Coaching

Direct Instruction

Precision Reading



Information Advice and Support Service  
**SENDIASS**  
TELFORD & WREKIN

**TALKING SEND  
SUMMER  
FAMILY  
Session**

AGES 0-25

REFRESHMENTS

ARTS AND CRAFTS

26TH JULY & 30TH  
AUGUST  
10.AM-12PM

COME ALONG AND MEET THE  
SENDIASS TEAM

TELFORD AND WREKIN CVS,  
SUITE 12 & 15 HAZELDINE HOUSE,  
CENTRAL SQUARE, TELFORD  
CENTRE.  
TF34JL

Book your place: SENDIASS

info@iass.org.uk  
01952457176

**DO YOU HAVE ANY QUESTIONS RELATING TO:**

Transition  
Graduated Approach  
Educational Health and Care Plan  
Early Years  
Post 16  
SEN Support

SEND Local Offer

Inspiring  
CVS  
Telford and Wrekin

## Holiday Activities and Food funded by the DfE for Telford and Wrekin Families.

Happy Healthy Active Holidays runs holiday clubs during the Easter, Summer and Christmas school holidays. There are funded spaces available to children in reception through to year 11 who receive benefit-related free school meals.

The [Department for Education](#) (HAF Programme) funds each place you book. And so it won't cost anything to attend. Each club will have a range of fun activities such as sports, cooking, dance, music, arts and crafts, and a nutritious meal each day.

[Bookings are now open for summer 2023 holiday clubs!](#)

To make a booking, you will first need to [register](#). Once you have registered you will be notified that your eligibility has been confirmed and you will be able to go ahead and book activities taking place from 24 July to 3 September 2023.



## WORRY MANAGEMENT



## Things you can do to refocus your mind...

What things do you enjoy doing? What makes you feel happy?

- Throw your worries in the bin.
- Do some drawing.
- Play a game.
- Watch TV.
- Write a story.
- Read a book or look at the pictures.
- Eat or drink something you like.
- Talk to your family.
- Hug a toy or pet.
- Listen to music and dance or sing.
- Have a bath.
- Run around outside.



## Progressive Muscle Relaxation Whole Body Script

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- 1 Forehead**  
Scrunch up your forehead like you are thinking hard! Squeeze it tighter, tighter! Now you can relax. (hold for around 10 seconds)
  - 2 Eyes**  
Squeeze your eyes tight like you are about to blow out the candles on your cake and make a wright! No peeking! (10 seconds)
  - 3 Cheeks**  
Puff your cheeks out as far as you can! Make them bigger, like you have a mouth full of food! Now, relax. (10 seconds)
  - 4 Mouth**  
I want you to pretend you are chewing a really big piece of gum! It's really hard to chew, but keep chewing! (10 seconds)
  - 5 Shoulders**  
I want you to try and touch your shoulder blades together! Squeeze tighter, you're almost there! Now you can relax. (10 seconds)
  - 6 Arms**  
I want you to make your arms as straight and stiff as possible! Pretend you are frozen! Now you can relax. (10 seconds)
  - 7 Lower Back**  
Sit up super straight and try to be as tall as you can! Taller! Taller! And now relax. (10 seconds)
  - 8 Legs**  
I want you to make your legs as straight as you can! Pretend you are frozen again! Now you can relax. (10 seconds)
  - 9 Feet**  
I want you to press your feet into the ground as hard as you can! Push, Push! And now relax. (10 seconds)
  - 10 Toes**  
Pretend you are at the beach, and squish your toes in the sand! So squishy! And now relax. (10 seconds)



Telford and Wrekin produce their own SEND newsletter on their local offer. It is full of updates, useful training and links to other agencies.

[SEND News \(telfordsend.org.uk\)](http://telfordsend.org.uk)

Follow the link to read this month's update. If you register you can receive the newsletters straight to your inbox.

It has been lovely to see so many parents attending the coffee mornings, parent workshops and parent shadowing. Please let me know if there is anything else you would like to see in school that we are not currently offering.

Have a lovely summer break.

