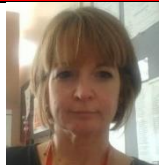




INCLUSION NEWSLETTER

Spring 1 2024



Happy new year and welcome back to the new term – I hope you all had a good break and are ready for the new term – I can't believe we are a third of the way through the year already!

Just a reminder that if you have any concerns about your child's progress or wish to discuss anything, please see the child's class teacher or make an appointment to see me. This can be done by either calling the school office on **01283 216451** or you can email me directly on white.j.01@eureka.derbyshire.sch.uk

Mrs White

PARENT CARER VOICE FORUM EMAILS via PARENTMAIL

We have begun forwarding information from the Parent carer Voice forum regarding workshops and sessions to support both yourselves and your children. These are externally run and if you are interested you can book onto the sessions following the links in the email.



SCHOOL WEBSITE UPDATE

There is now a new parent's section on the school website Special Educational Needs section. This can be found by following the link below:

<https://www.eurekaprimaryschool.co.uk/special-educational-needs-parent-information>

In this section there will handouts and information regarding how you can support your child with their needs. The first leaflet explains afterschool meltdowns and may be useful if this is something you and your child experience.

PARENT SUPPORT - DATE FOR DIARY REMINDER



This term we will be working closely with the Local Authority Advisory Support Teacher and will be holding a coffee session on the 30th January at 2pm. This is an opportunity to share your views on what is working well for the pupils at Eureka and what else you would like to see. It will also be an opportunity for us to show you the resources we have available and look at the school website resources, as this was an area for development that came out of the parent survey we carried out in the summer. The Advisory Teacher, Lynsey Sheehan, will

talk about the Local Offer and what is available in the Local Authority to support pupils with additional needs. This is a great opportunity to find out more about Derbyshire's offer to SEND pupils.

TEACHING OUR CHILDREN TO BE RESILIENT THROUGH DELAYED GRATIFICATION

Resilience means understanding you can't always have what you want as soon as you want it. It's an important concept to pass on in the age of Amazon Prime, Spotify, Netflix and Uber. Psychology teaches us that people who can accept delayed gratification lead happier, healthier lives. Without the ability to defer pleasure and reward, our children are losing an important skill for their wellbeing.

One of the best ways to teach it? Playing board games. These require impulse control, turn-taking, and mental flexibility. They exercise the prefrontal cortex, the rational part of the brain involved in decision-making, emotional regulation and, yes, resilience. Board games are also a good way for you to model resilience by being a good loser.

But there are no shortage of other ways to encourage delayed gratification: learning a musical instrument; listening to whole albums instead of skipping from track to track online; mastering a new sport; even watching a TV series together week by week, instead of bingeing in a couple of sittings.