



Wow –how is it half way through this academic year already!! Time really is flying by!

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

SCHOOL WEBSITE UPDATE

The parent's section on the school website Special Educational Needs section is now up and running. This can be found by following the link below:

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

In this section there will be handouts and information regarding how you can support your child with their needs. In addition to the leaflet explaining after school meltdowns that was uploaded last half term, there is now a handout on supporting anxiety in children.

The website and advice sheets will be updated half termly so please keep checking to see if there is anything relevant to you and your child.

PARENT SUPPORT MEETING

This term we held the first parent meeting for SEND alongside the Local Authority Advisory Support Teacher. Thank you for all those who attended and the feedback was that it was useful to see how we support pupils at Eureka and the resources we have available. Parents also had opportunity to ask questions and catch up with myself and the Local Authority Advisory teacher in an informal way.

I hope to run more of these throughout the year and may develop some drop in sessions for specific areas of SEND. If this is something you would like, or there is a specific area of SEND you would like to find out more about please catch me at the gate and let me know!



PARENT'S EVENING APPOINTMENTS

The next parents' evening is on Wednesday 2nd April. Mrs White (SENDCO) will have appointment slots available between 4pm and 6pm. If you would like to book an appointment with Mrs White, in addition to your class teacher appointment, please call the school office and they will arrange a time slot for you.

LISTENING – AN ARTICLE FROM THE SUPER NANNY

<https://www.supernanny.co.uk/Advice.aspx>

Communication is the foundation of good parenting but it's easy to forget that it is a two-way business. Here are a few tips on how we can all be better listeners.

Listen up

Good communication is all about listening. And that doesn't just mean using your ears. Learning to pick up signals that your child is happy, sad, tired, stressed, upset, angry or afraid is just as important as hearing the words they say. You may think you listen to your kids, but do you really? All too often we deny children's feelings, offer advice, distract or try to shut them up with phrases such as, 'There's no need to shout.' 'Here, stop crying, have a biscuit.' 'You don't really mean that. You're only saying it because you're angry.'

Such responses can make them even angrier, sadder, more afraid or upset, and undermine their confidence. This in turn can make them bottle up their feelings or express them in other ways, such as tantrums, sulking or rebellious behaviour.

Real listening means paying careful attention to what your kids are saying and showing them that you understand where they are coming from. The reward of what experts call 'reflective listening' is that your kids will feel listened to, accepted, understood and are more likely to open up, as it shows that you are on their side. It also helps them learn to deal with difficult feelings and in the long term, to communicate more effectively themselves right into adulthood.

Try reflective listening. If your child wants to tell you something, practise reflective listening using the following approach:

Stop what you're doing.

Be it preparing the dinner, watching TV, making a 'phone call or reading the paper, show them you are listening by looking at them. One of the recommendations of Supernanny is that when children are small you should get down to their level so you can look them in the eye. It may help to find somewhere quiet where you can talk away from interruptions or distractions. If this isn't possible, tell your child a time when you will be available to give them your full attention. This shows them you value what they say.

Acknowledge it

There's no need for a long sentence, a simple but empathetic 'Mmm', 'Oh,' or 'I see'. You don't even have to say anything at all. Using body language such as a hug, a touch on the arm or a nod can be just as effective.

Reflect it

Repeat what your child has said in your own words. This helps to show that you have heard, enables you to check that you have heard correctly and encourages your child to keep on talking.

Name it

Show your child you have understood their feelings by naming the emotion that lies behind the words, such as: 'I can see you're really angry/sad/frightened/frustrated.' This can be hard sometimes as your child may cry when he is angry or laugh when he is afraid. But don't worry about making a mistake. If you've got it wrong, they will soon put you right.

This kind of listening may make you feel awkward when you first start doing it, but you'll soon get into it when you see for yourself how well it really works.