



INCLUSION NEWSLETTER

Summer 2 2025



Welcome to the final half of the summer term! How has the year gone by so quickly!

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

Don't forget to take a look at the parent's section of the Special Educational Needs area on the school website. This can be found by following the link below:

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

This half term information PDA, ODD and OCD have been added. You will also find the previous leaflets on supporting dyslexia, anxiety, after school meltdowns, autism, masking and stimming.

The website and advice sheets are there to offer support to you and your children so please take a look.

SUPPORTING YOUR CHILD'S MENTAL HEALTH – whole school update

Next year we will be introducing Wellbeing Ambassadors. These will be children training to support others and will combine the roles of the Anti-Bullying Ambassadors and Peer Mediators. At Eureka, we are lucky to have accessed lots of training to support children with their mental health and the Well-being Ambassadors will be the latest addition to support pupils with their mental health and wellbeing.

SUPPORTING YOUR CHILD'S MENTAL HEALTH – ways to help at home

Whilst we are all looking forward to the six weeks holidays and some time to relax after the academic year, for some children this will be a time when they struggle with the changes in routine and also with the transition to a new class and teacher. Here are some tips that might help with anxiety over the summer:

ANXIETY

Anxiety is part of the brain's self-defence system and whether real or imaginary, anxious children are reacting to a perceived danger. This is why tough love, punishment or negotiation just won't work.

Instead, help your child understand why they are feeling anxious and what they can do to help themselves.

The moment your child starts feeling anxious, tell them to breathe in through their nose, then out again, for three counts. Even very young children can master this relaxation technique, and it instructs the brain to slow down.

If your child has worked themselves into a state, they have triggered their fight or flight response. This is their body's way of preparing to escape. A few minutes of vigorous exercise is a good way to get rid of this nervous energy and helps them calm down.

Organisation can help to reduce nerves. When you feel in charge of your life, you automatically feel better about things. Help your child make a checklist of things they need each day. When preparing for coming back to school ensure they are happy with their uniform, and allow them choices about the way they wish to look, which water bottle they would like etc.

A good sleep routine is essential to reduce anxiety, and spending time outdoors in nature has also been shown to boost mood.

Foster an attitude of gratitude by helping your child think of three things they are grateful for each day, and one thing they struggled with but learnt from. This activates positive thinking and encourages the brain to re-frame challenges into valuable experiences. If things go wrong -talk about what happened but also the good things that took place in their day -this way you can help your child focus on the positives and not just the bad things about their day.

For some children, anxiety is a debilitating condition that requires extra support. Should your child refuse to attend school, appear very depressed and withdrawn, or tell you that they are finding school life very tough, see a GP. When it comes to mental health, the earlier you get help, the better the outcome.