



Inclusion at Pitton

Family, Friendship and Fulfilment

Autumn Edition



Welcome to the Autumn Term Inclusion at Pitton. As we approach the end of the autumn term, we are all beginning to feel festive with the upcoming holidays.

This term has given us a chance to settle into our classes after transitioning but just as we get comfortable, the excitement of the holidays kicks in. Along with this joy comes changes to our routines, traditions, expectations, and a flurry of activity as we prepare for the celebrations that are at the heart of the season.

While this time of year is particularly special for the young people in our lives, the festive buzz can build resilience in some children, helping them thrive. However, it can also lead to increased tiredness and emotional dysregulation in many children, causing highs and lows as well as additional anxiety alongside the excitement. This doesn't mean they aren't enjoying the season, rather, it's one of the biggest events of the year for them and with that comes a mix of feelings they may struggle to manage and express. For some children and families, transitions and changes can be even more challenging to navigate.

This year, I have designed the Autumn Inclusion at Pitton with a greater focus on these concerns. The inclusion at Pitton Padlet offers support for parents and children, helping your child make the most of the holiday season.

The Padlet also contains various information, including links to other agencies, supporting websites across different areas, pre-recorded webinars, and local support such as those found within the Local Offer.

Please remember that each edition of our newsletters focuses on different topics, so feel free to look back through them to find information on subjects you may want to know more about!

Warmest wishes for this holiday season to all our families,



Suze Pearce
SENCO



Christmas Holidays: Navigating the Festive Season

Christmas is a magical time filled with joy, laughter, and love. However, for many children and adults, it can also be a source of stress and anxiety. Some of the common reasons why children can become dysregulated, stressed or overstimulated are:

Overwhelming Excitement

The festive season is often a whirlwind of activity, with bright lights, loud noises, and bustling crowds. This sensory overload can be overwhelming for some children, especially those with sensory sensitivities. Disrupted routines, from irregular mealtimes to altered sleep schedules, can also contribute to feelings of anxiety and irritability for many.

Social Pressure

Family gatherings, while often filled with love, can also be a source of stress for children. Unfamiliar faces, social expectations, and the pressure to behave perfectly can be daunting.

Unrealistic Expectations

Media and advertising often portray idyllic Christmases, filled with extravagant gifts and perfect family moments. These unrealistic expectations can lead to disappointment and frustration for children who may not receive everything they desire.

Adult Stress

While we may try our best to shield our children from our worries, getting everything ready in time, making everything 'perfect', our own social and family pressure and at times potential financial stressors. Despite our best efforts, children know their parents better than anyone else and can often sense underlying tension and stress. This can lead to anxiety about the holidays.

Suggestions on how to navigate the Festive Season

To help your child enjoy the holiday season, consider these tips:

Create a Calm Environment: a peaceful space where your child can retreat and relax

Set Realistic Expectations: Avoid overpromising and focus on quality time together

Prioritize Sleep: Ensure your child gets enough sleep to manage stress and stay calm

Practice Mindfulness: Simple relaxation techniques like deep breathing or meditation

Take a break: While being engaged with all the events and traditions around Christmas, having time out as a family, a 'home day', can make all the difference for both your children and you too!

Go visual: For some children a visual time table or a social story can help to reduce overstimulation and related anxiety. Time can be a tricky concept when you are excited!

Remember, you're not alone.

For additional resources and advice, check out our Padlet. It offers a variety of tips and strategies to help you and your child navigate the holiday season.

Local support



<https://www.pitton.wilts.sch.uk/>

Wiltshire childrens services

<https://wiltshirechildrensservices.co.uk>

Wiltshire Local Offer

<https://localoffer.wiltshire.gov.uk/>



<https://www.wiltshireparentcarercouncil.co.uk/en/Home-Page>



<https://www.familyaction.org.uk/what-we-do/children-families/wiltshire-sendiass/>



"High quality teaching differentiated for individual pupils, is the first step in responding to pupils who have or may have SEN. Additional intervention and support cannot compensate for a lack of good quality teaching." SEND Code of Practice 2014

At Pitton we know that the best support for children is through high quality teaching. We strive to ensure class teachers know their pupils' individual needs to support effective learning. This support is for everyone. Inclusive practice ensures that every child gets the support they need within lessons to build independence, resilience and learn effectively. The longer a pupil is out of class for interventions, the more of this high quality teaching they miss and is proven to hinder learning which is why we always aim to provide support through differentiation in the first instance, such as resources and group work in class, and ensure any interventions are carefully planned into the school day to limit the time pupils are away from the classroom. Staff at Pitton also use research carried out by organisations such as the EEF to ensure we use the most effective methods to support pupils' needs.



Happy Holidays!

I would like to wish all our amazing staff team at Pitton Primary School a wonderful holiday season.

Your passion for inclusive practice truly shines, creating a warm and supportive environment for every child.

A holistic whole school approach, which can be seen by all who enter our school.



Worry Worms

When starting at Pitton, new Reception pupils receive a little woolly friend in their house color.

This 'Worry Worm' is a comforting companion who can live in your pocket and provide a little squeeze when you're feeling a bit uneasy about the transition to school.

It's common for children to experience periods of worry or anxiety as they grow and develop. Between the ages of 6 and 11, (varies by individual) children's adrenal glands start to mature, which can lead to changes in mood and heightened emotional responses. Additionally, children may be more prone to worry during times of stress, such as winter months (physical illness), the end of school terms, or special events that disrupt their routine.

Worry Worms can be brought to school and kept in pockets or Hawks, they can also be borrowed from the Worry Worm house. These cuddly companions can help children focus and regulate their emotions.

"The Worry Worm helps children to personify their concerns and feel more able to tackle them. It helps them to learn to manage their worries in a healthy way, rather than suppressing them, helping children to feel more in control of their emotions and less overwhelmed by them." NHS 17/04/2024

If your child is experiencing significant worry or anxiety, please first reach out to their Class teaching team. These are the adults at school who know your child best at this current time and see them most regularly. They should always be the first port of call if you have any concerns. They can provide additional support and guidance, such as:

Class-based support: Teachers/ TAs can monitor children's behaviour daily and offer reassurance. In some instances whole class focuses on strategies in PSHE.

Home-based strategies: Suggestions for activities and techniques to practice at home.

Check in ELSA sessions: An opportunity for a check in with the school ELSA who will remind them of some of our other OPAL strategies such as the worry monster in the Hub and her availability at some playtimes for a chat.

Keeping the school informed allows us to monitor the situation and follow a graduated response tailored to the support for the individual needed in the school environment as well as being able to provide strategies which can be carried across to home which they have learned how to use at school. This could include group sessions such as those around emotions or social skills.

The Padlet resource offers a variety of videos and books to help parents and families understand and support their child's emotional well-being.

Great on phones and tablets too!



I'm your little... **Worry Worm**

Keep me near & squeeze me tight. Tell me your worries and everything will be alright.

Guides, Resources videos and links on one easy to scroll page!

Link on Dojo and the website!

