

Happy New Year

Happy new year to all our lovely Sydenham families!

We hope you had a restful break and remain in good spirits despite the current difficult circumstances. The Sydenham team were so looking forward to welcoming all pupils back to school after the Christmas break. Although this hasn't been possible, we remain committed to providing the best possible education within our means for every single child in our care. Whether you're learning at home or in school, we hope all your hopes and dreams for 2021 come true. For those of you feeling down in the dumps, maybe the following inspirational words from Chloe in Year 2 might help:

MAGICS
IN YOU!

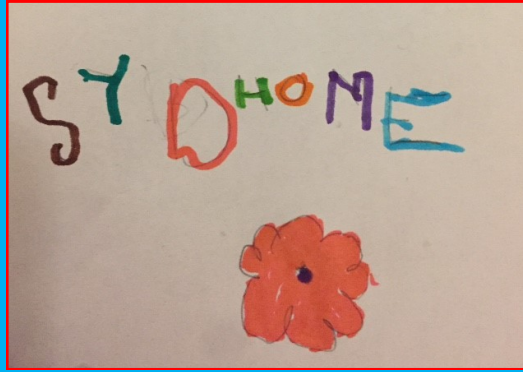
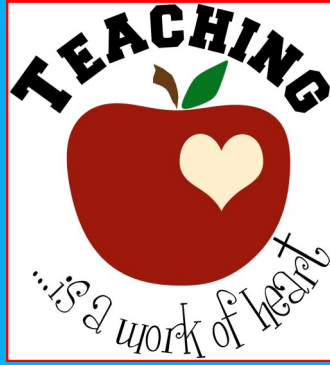
belive in
you're self!

Truly
AWESOME!



cool doo!
oh yea!
AWESOME
EPIC!
doo!

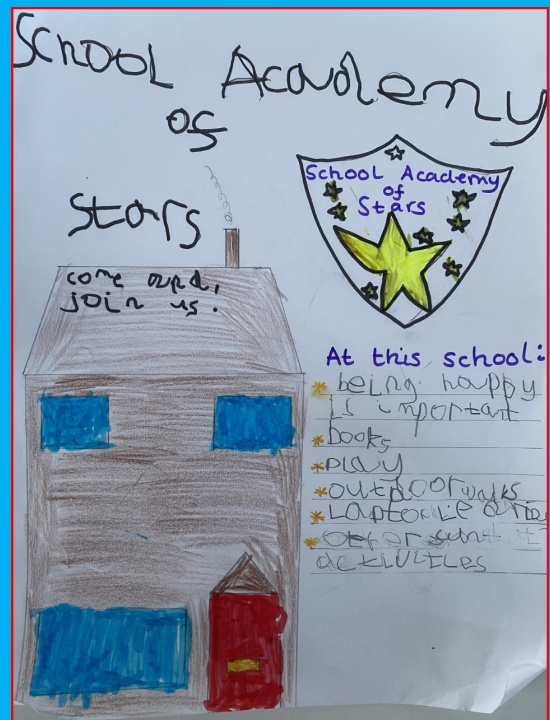




Home School

Best wishes to all our families who are, once more, educating their children at home. Please rest assured that we will support you with home schooling as much as possible by the delivery of live and recorded lessons via Microsoft Teams, paper learning packs, free access to online platforms such as Mathletics and regular email contact. You are very much in our thoughts!

Please get in touch if you are struggling in any way and we'll do our very best to help.



Open Once Again

Accessing Microsoft Teams on a Playstation or X Box

Staff have seen online posts indicating that Microsoft Teams can be accessed on Playstation 4 and X Box consoles. This may be useful if you don't have a laptop at home but your child needs to join online lessons.

A useful video guide can be found at:

<https://www.youtube.com/watch?v=mfrSCeedsmE>

We haven't tried this ourselves but would be interested to hear if any families have successfully connected to Microsoft Teams this way.

Introducing a New Member of the Team

We're thrilled to introduce a new member of staff—Mrs Karen Pressey.



Mrs Pressey is an experienced teacher and Special Educational Needs Coordinator (SENDCo) who will be working in partnership with Mrs Manley for three days a week, supporting pupils with additional needs.

Mrs Pressey has worked in a range of schools, teaching a variety of year groups. She gained her National SENDCo Award 4 years ago and has been a serving Special Educational Needs Coordinator since then.

Mrs Pressey will be making contact with families who have a child on the Special Educational Needs Register from next week.

Wellbeing

If your child is experiencing problems with their mental health and you need advice and support, please read the information on the next couple of pages from the NHS service, RISE

Take care, Everyone.

Best wishes from Miss Glenny (Associate Headteacher)

Primary Mental Health Team Consultations and Parent Information Sessions

Parent 1:1 Consultations

Are you a parent or carer of a child/young person living in Warwickshire?

Would you like the opportunity to speak in confidence with one of our Primary Mental Health Practitioners about your child/young person?

We offer one-off 45min 1:1 consultations where you are able to discuss your child/young person's current difficulties with a professional!

We use a solution-focussed framework to explore strategies and ways to help you better support them.

You will be asked to complete the Dimensions tool and forward to us prior to your attendance.



You are welcome to book onto ONE consultation and booking is ESSENTIAL! Please email risecommunityoffer@covwarkpt.nhs.uk or call 07917 504682 to book your time slot. Please DO NOT call the Rise Navigation Hub. These consultations are for parents/carers ONLY. Please DO NOT bring children to the appointment.

We also offer FREE Parent Information Sessions, during the current restrictions these will be delivered via the online platform ZOOM. At these sessions you will have the opportunity to meet other parents and learn about common emotional wellbeing concerns in children/young people and find out what you can do to help!

Parent Information Sessions are structured sessions on a particular topic.

| TOPIC | DATES AND TIMES |
|---|--|
| <p>Understanding and supporting children aged 3-11 years with Anxiety</p> <p>You will learn about anxiety and how we can help our children manage their worries. You will learn to identify the signs and symptoms of anxiety and how it might present in children of different ages.</p> <p>You will learn to differentiate between the usual stresses of childhood and anxiety that may be more problematic for your child.</p> <p>You will learn practical strategies and techniques you can do at home to support your child when they are feeling anxious. You will also find out where you can access local support if you are worried about your child's emotional wellbeing.</p> | <p>20th January 2021 @ 10am – 11.30am</p> <p>15th February 2021 @ 10am – 11.30am</p> <p>17th March 2021 @ 1pm – 2.30pm</p> |
| <p>Understanding and supporting children aged 12+ with Anxiety</p> <p>Similar to the above topic, you will learn about anxiety in relation to young people aged 12+ years.</p> <p>You will learn some new strategies to support a young person within this age group.</p> <p>You will also find out where you can access local support if you are worried about your child's emotional wellbeing.</p> | <p>20th January 2021 @ 1pm – 2.30pm</p> <p>15th February 2021 @ 1.30pm – 3pm</p> |
| <p>Understanding Sensory Needs in school aged children</p> <p>You will learn about sensory processing in children/young people and gain an understanding of how it affects them in their day to day life.</p> <p>You will learn about your child's sensory needs and how you can support them to better manage their anxiety, low mood and other common mental health difficulties. You will learn practical strategies and techniques to try at home to manage your child/young person's sensory needs and will also find out where you can access local support if you are worried about your child's emotional wellbeing.</p> | <p>21st January 2021 @ 6pm – 7.30pm</p> <p>16th February 2021 @ 10am – 11.30am</p> <p>18th June 2021 @ 10am – 11.30am</p> |

| TOPIC | DATES AND TIMES |
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| <p>Understanding and supporting children and young people with School Refusal</p> <p>You will gain an understanding of what school refusal is, who it affects and why. You will learn practical strategies and techniques you can do at home to support your child who may be refusing to attend school. You will learn about developing an action plan to support your child to improve school attendance.</p> <p>You will also find out where you can access local support if you are worried about your child's emotional wellbeing.</p> | <p>16th February 2021 @ 1.30pm - 3pm</p> |
| <p>Understanding and Supporting children back to school with anxiety following COVID-19</p> <p>To understand the complexities of returning back to school following COVID 19.</p> <p>To understand different types of anxiety such as generalised anxiety, separation anxiety and panic.</p> <p>To explore the symptoms of the different types of anxiety-what do they look like? What are the warning signs?</p> <p>To explore risk and protective factors which may impact upon anxiety and low mood.</p> <p>To introduce a cognitive behavioural model of how anxiety difficulties may be maintained over time.</p> <p>To introduce strategies that can be used to support a child or adolescent with anxiety.</p> <p>To understand when & how to access specialist services in relation to anxiety.</p> | <p>No current dates available</p> |
| <p>Understanding Self-Esteem in children and young people</p> <p>To understand the definition of self-esteem and development of self-esteem in childhood.</p> <p>To identify and understand what healthy and low self-esteem might look like in a child or young person.</p> <p>To consider and understand the link between self-esteem and mental health.</p> <p>To explore the risk and protective factors which may impact upon anxiety and low mood.</p> <p>To introduce strategies that can be used to support a child or adolescent experiencing and low self-esteem.</p> <p>To understand when & how to access specialist services in relation to self-esteem.</p> | <p>19th February 2021 @ 10am - 11.30am</p> <p>12th May 2021 @ 1pm – 2.30pm</p> |

| TOPIC | DATES AND TIMES |
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| <p>Understanding and supporting Siblings</p> <p>You will understand how siblings can be affected by the difficulties of their sibling. You will learn strategies and techniques to support siblings to better understand each other and support each other in the home environment.</p> <p>You will also find out where you can access local support if you are worried about your child's emotional wellbeing.</p> | <p>27th January 2021 @10am – 11.30am</p> |

Please note these sessions are for **parents/ carers ONLY** and **booking is ESSENTIAL**

Please do NOT bring children to these sessions

Please email
risecommunityoffer@covwarkpt.nhs.uk
 or call 07917 504682
 to book your place

Please DO NOT call the Rise Navigation Hub