



# The Cathedral School

## SEND Newsletter

Issue: 4

Autumn Term 2020

Welcome to the latest issue of The Cathedral School SEND Newsletter. This newsletter is sent to all parents as hopefully some information will be useful to you even if your child is not on the school SEND Register. If you have any suggestions of what you would like in future SEND Newsletters then please let Mrs Truelove know.

### Meet our SENDCo



Our Special Educational Needs and Disabilities Co-ordinator (SENDCo) is Mrs Truelove. She is usually in school on Tuesdays, Wednesdays and Thursdays. If you have a SEND concern about your child then please do not hesitate to contact Mrs Truelove. She can be contacted either via the school office or by email at [truelove@cathedralschool.essex.sch.uk](mailto:truelove@cathedralschool.essex.sch.uk)

Hello to those families joining our school community and 'Welcome Back!' to everyone else. It is so fantastic to see the children back in school and settling into routines. This term, this SEND Newsletter will have a focus on Mental Health, which is very topical at the moment. As always, if you have any concerns regarding your child's mental health then please do not hesitate to speak to your child's class teacher or contact me.

Best wishes for the exciting term ahead!

Mrs Truelove

### One Plans Update

If your child had a One Plan during the last academic year (2019/2020) then your child's class teacher or myself will shortly be contacting you with regards to updating it. Thank you in advance for your support with this process.

### Mental Health

We want to help children understand and appreciate that, just like our physical health, we all have **mental health**. We can also help them to recognise that we all respond to experiences with our emotions, feelings, thoughts and behaviours.

It's important too that children understand how there can be changes in their bodies which are connected to their feelings and thoughts – for example, just as in PE, when our heart beats very quickly after we have been running, the same is true when we are nervous or scared.

By helping children with these concepts and getting them to think about how feelings and thoughts are linked to behaviour, we can then explain how a combination of all these elements affects our mental health.

It is World Mental Health Day on Saturday 10<sup>th</sup> October, 2020. As a family, challenge each other to a game of Wellbeing Bingo using the card below. Can your family think of any other activities to add to the bingo card? Have fun! Remember to share activities and ideas either via Tapestry or school's Twitter page @cathschool

# Wellbeing Bingo



Have a go at playing our wellbeing bingo and see if you can find people to play with you or try it later with your friends and/or family.

**In the past week I have...**

<p>Sung in the shower</p>	<p>Played with a furry friend</p>	<p>Had a good sleep</p>	<p>Spent some time with my family/friends</p>
<p>Listened to my favourite tune</p>	<p>Read a good book</p>	<p>Watched a great movie/TV show</p>	<p>Eaten something delicious</p>
<p>Done some exercise</p>	<p>Stayed hydrated</p>	<p>Drawn a picture</p>	<p>Laughed until my cheeks hurt</p>
<p>Spent some time in a park</p>	<p>Danced</p>	<p>Treated myself</p>	<p>Visited somewhere new</p>

Illustrations by Jen Springall

If you require further information about SEND services available in the local area then the Essex Local Offer could help.



For more information go to <http://www.essexlocaloffer.org.uk/>

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Special Needs  
And Parents

SNAP (Special Needs and Parents) is a local charity. For more information go to <https://www.snapcharity.org/>

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Essex Family Forum provides advice and support to local families.  
<https://essexfamilyforum.org>

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### Welcome to Essex Child and Family Wellbeing Service

On behalf of Essex County Council and the NHS, Virgin Care and Barnardo's provide a range of child and family services throughout Essex that are free at the point of delivery.

Staff are available to help you and can be contacted via:

Mid Essex Tel: 0300 247 0014

<https://essexfamilywellbeing.co.uk/>