

Hove Junior School

Inclusion Newsletter – 8th February 2021



Dear Parents and Carers,

We can't believe we're already at the end of term! We've been so proud of all the amazing work the children have been doing. We'd like to thank you all for all the support you've been giving to your children as they have been learning and getting used to being at home this half term. This week's newsletter we have a few different things we would like to signpost to you.

Consultation with children and young people with SEND

The National Children's Bureau is currently doing a national consultation to hear from children and young people with SEND, aged between 5-25, about the impact of the pandemic on them - how lockdown has impacted their support network, academic goals, and social and emotional wellbeing and what can be learned from this. The consultation is taking place between February-mid March. Each child and young person will receive a £15 voucher and certificate for taking part.

The findings will be given to the Department of Education and other key stakeholders to contribute to the national pandemic recovery discussion to support children and young people with SEND to grow their wellbeing and resilience, creating spaces for children and young people with SEND to influence decision making at a strategic level.

The full information about the consultation can be found by following this link [Participation Consultation Opportunity \(mailchi.mp\)](#) with contact nicki@kaizen.org.uk or 07939 040972 for interested schools

LOVE YOUR PET DAY - 20th February 2021

Did you know it is Love Your Pet Day on the 20th February? Pets can offer unconditional love to their owners and can also help us to reduce our anxiety and stress. It's only appropriate that owners take the time to show appreciation for them by celebrating on Love Your Pet Day.



Pets can instantly put a smile on anyone's face and bring joy to a household. Pet owners are busy people with jobs and families and may not always give a pet their full concentration. Love Your Pet Day is a chance to give love and attention to any pet in the house, such as a dog, cat, and guinea pig. One trait that makes us all human is the ability and desire to love our pets, so it makes sense that we should all come together to celebrate their existence.

What kind of pets do people have? Think along the lines of cats, dogs, birds, fish, and reptiles, for example. We would love to know what you have at home! We will put a question up in our

Inclusion Classroom on Google Classrooms next week so your children can tell us. Please refer to last week's newsletter for more info on how to join this classroom.

Did you know....?

Pets have been a part of human life for thousands of years, and it's only becoming more popular and common to own one. Animals have been right by our side ever since the first moment of civilization. Consider the fact that wolves lived among humans for centuries, and there's proof of humans and dogs and cats being together as long as 12,000 years ago.



In the 1600s, European royalty began keeping toy dog breeds. Pet birds were the pet of choice in Spain among all classes well into the 1960s. It may not be common knowledge regarding the person that started Love Your Pet Day, but the masses began celebrating it and bringing it to light on a wide scale in the early 2000s.

How do they help us?

Pets can be a great motivator for people. They can encourage us to get out an exercise - think taking your dog for a long walk along the seafront, or throwing toy fish around for your cat. Just by stroking or spending time with your pets gives us the chance to relax and calm our minds. Pets can help us feel valued and needed. Some people would feel lonely without their pets. They are part of our families!

Pets as Therapy



Some pets also work as therapy animals. This means they visit people in places like schools, hospitals and care homes. It's gives people the chance to spend time with a pet when they don't have one at home. Before the pandemic Hove Junior School had a therapy dog at each site - Charlie and Mr Wivs. More from Mr Wivs (Holland Road) coming up! Charlie and Mr Wivs would visit and the children would spend time with them, and also read to them. They loved hearing all the different stories the children chose to read. In turn, the children

benefitted by increased confidence, motivation and skills in their reading. To find out more about this, or if you think you have a pet who could volunteer as a therapy animal go to <https://petsastherapy.org/>

How to celebrate...

It might be nice to talk with your children about pets, animals in general and how they help us. If you have a pet maybe you can encourage your children to spend time with them - try going for a walk or hike, playing with them and their toys, and snuggling and cuddling with them. They could draw pictures of your pets and share them with your friends, family - and us too!

If you don't have a pet, don't worry, they can still join in with us thinking about pets. For example - think about what pet they would choose (if they could choose anything!). How do they think that animal would help with people's mental health? If your children choose to share their thoughts, drawing and ideas on our classroom we would love to see them, but this is optional.

For more information on pets and your mental health have a look at <https://www.mentalhealth.org.uk/a-to-z/p/pets-and-mental-health>

A message from Mr Wivs:



Hi everyone, Mr Wivs here. I am having a great time at the moment, because my human is at home more, and spending soooooo much time with me. We have been on so many long walks and in all weathers too. My eyes are still poorly but Tracey (my human) helps me so I don't bump into things. Here I am with Tracey on a walk - next to the sign for Wivelsfield - that's where I'm named after.

I also like to do Yoga with my human, every morning. Here I am on the yoga mat! Exercise is great for your mind as well as your body and I love a good stretch.



We hope you have a lovely week.

The Inclusion Team

Charlotte Wallace, Mandy Stewart, Kim Gregory, Elaine McMahon, Naomi Miller and Abi Roberts

8 WAYS TO HELP CHILDREN STRUGGLING DURING LOCKDOWN

1



Know how to spot the signs

If you notice your child is becoming withdrawn, that there's been a change in sleeping or eating habits, if they seem to lack confidence or get upset, it might be a sign they're struggling.



2



Talk to your child

If you spot signs your child might be struggling, it's important to talk to them. Keep talking and trying to communicate in any way you can - hugging, listening to them, texting them.



3



Create structure and routine

Try introducing a rota or loose timetable that includes fun things you're doing during the week. This can help to create a feeling of stability, which can alleviate anxiety.



4



Give children a sense of control through information

Look online with your children to find useful information and resources that help children feel they have control.



5



Keep children learning

Using fun and creative ways at home to learn alongside continued access to educational opportunities will support your children's development.



6



Limit screen time and mix up activities

As most socialising moves online, it's important to have conversations on how an increase in screen time can have an impact on everyone's mental health and self-esteem.



7



Help your child manage stress

If you spot signs your child might be struggling, it's important to talk to them. Keep talking and trying to communicate in any way you can - hugging, listening to them, texting them, etc.



8



Expressing feelings doesn't have to be face-to-face

Children might find it easier writing their thoughts down, so the whole family could do this and put them in a 'Feelings box' and then talk about their good, sad or difficult feelings at the end of the day.



**Are you worried about what's going on
with your child or teenager lately?**

You are not alone

**Exploitation could happen
to any child or young person**

- Need a safe space to talk?
- Want to talk to other parent /carers?
- Do you just want to know where to get help?

Please get in touch

e Claireburchell@trustdevcom.org.uk
For Brighton area

e helen.baxter@hkproject.org.uk
For Hove area



**The Hangleton
& Knoll Project**
Working for a better community