

Hove Junior School

Inclusion Newsletter – 15th March 2021



Welcome Back!

It has been a great week at Hove Juniors – we have really enjoyed seeing all of the children again. We really missed you all. We hope you have found the transition back to full time school a positive experience. Please do contact us if you have any concerns or worries.



Digital Parenting

Last week parent Gym and Digital Awareness UK held a free webinar on keeping children safe online. I hope that those of you who accessed this found it useful and informative. Digital Awareness UK have now partnered with Area9 Lyceum to provide an online course, to help you stay ahead of the curve and feel confident talking to your children about the risks and opportunities of being online. Modules include Posture Wellness, Digital Eye Strain, Sleep and Screens, Finding Balance and a general Social Media Crash Course for Parents and Carers. The course isn't free, but we wanted to share it with you as some of you might be interested.

https://offers.area9lyceum.com/digital-wellbeing?utm_campaign=Digital%20Awareness&utm_content=152626971&utm_medium=social&utm_source=linkedin&hss_channel=lcp-27192957

For those of you who were unable to join the free webinar, here is a link to the presentation slides. We will let you know if another opportunity to watch the Webinar becomes available.

https://clicks.eventbrite.com/f/a/j0DnwQbnLtik_Ue0iXHeeg~~/AAQxAQA~/RgRillxTP0QWwHR0cHM6Ly9iaXQubHkvMIBEaE83UFcDc3BiQgpgQdMoQWAUSEHmUihuYW9taW1pbGxlckBob3ZlanVuLmJyaWdodG9uLWVhdmUuc2NoLnVrWAQAAAAA

World Down Syndrome Day – 21st March 2021



www.worlddownsyndromeday.org

Sunday 21st March is World Down Syndrome Day. It is a global awareness event, and they are hoping people will join in and spread the word by wearing #lotsofsocks! They are asking that people wear their official #lotsofsocks (bought from their website

www.worlddownsyndromeday.org) or other brightly coloured, mis-matched socks – wherever you are,

whatever you're doing on 21st March. Then take a photo and share on social media with the hashtags #lotsofsocks, #WorldDownSyndromeDay and #WDSD21.

Did you know?

It is generally accepted that both Down's syndrome and Down syndrome can be used interchangeably. At the Down Syndrome Association, they say the most important thing is the use of personal first terminology (e.g. "person with Down's syndrome", not "Down's syndrome person"). Their website (<https://www.downs-syndrome.org.uk/families-and-carers/>) can offer information,



support and advice on any question or concern you have related to Down's syndrome. They have specialist advisers who can provide you with information and support on issues such as health, social care, benefits and education for people with Down's syndrome. They can help you access local support and may be able to direct you to other sources of information. You can also contact them on +44 (0)333 1212 300 or email them at info@downs-syndrome.org.uk.

Please don't forget that you can contact us anytime via the email address inclusionteam@hovejun.brighton-hove.sch.uk

Have a great week.

Your Inclusion Team

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