

SENCO Newsletter

Specialist Teaching &
Learning Service
Folkestone and Hythe



Hello!

Welcome back to the start of another new year! We hope you have managed to enjoy the break and are feeling ready for action... We will be working to support you the best we can and look forward to getting back out across the District and being part of the fantastic work you do!

As part of our STLS review, my District Lead role is now shared between Folkestone & Hythe and Ashford, but Claire Garrett has been promoted within the team and will be covering when I am not around (congratulations Claire!)

Thank you for all your support,
Russell

SENCO Wellbeing Coffee Morning Term 1 04th October 2022 9.30—11am The Beacon Folkestone



Join us for an informal meet, chat and coffee for all SENCos especially those that are new to role. Chat with some of our STLS team, catch up with SENCo colleagues and share any questions or updates. No agenda, just a drink and a friendly face!

Term 1 —Dates for your Diary

Primary / Secondary :

- **LIFT Group 1**—15 Sept 2022 MS Teams 1pm
- **LIFT Group 2**—22 Sept 2022 MS Teams 1pm
- **LIFT Group 3**—19 Sept 2022 MS Teams 9.30am
- **LIFT Group 4**—26 Sept 2022 MS Teams 8.30am
- **LIFT Group 5**— To join any other group for term 1
- **LIFT Group 6**—03 Oct 2022 MS Teams 8.30am
- **LIFT Group 7**—06 Oct 2022 The Beacon 1pm
- **SENCO Forum**—11 Oct 2022 The Beacon 8.30am

Early Years Settings :

- **EYS LIFT 1**— 20 Sept 2022 The Beacon 1pm
- **EYS LIFT 2**—04 Oct 2022 The Beacon 1pm
- **EYS LIFT 3**— 11 Oct 2022 Zoom 1pm
- **SENCO Forum**—27 Sept 2022 The Beacon 1pm

* NEW *

All About Me Training

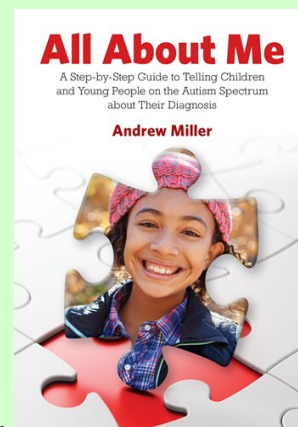


Venue: The Beacon, Park Farm Road,
Folkestone, Kent. CT19 5DN
Date: Weds 14th September 2022
Time: 3.30pm—5pm



A focus on delivering the All About Me Programme.

- Who is it for?
- What does it intend to do?
- An outline of how the programme works, delivery methods and implementation.
- Resources needed and timescales.
- Any follow up work that may be needed.



Training—Term 1

To book a place, please contact SMILE Training Coordinator:
Stephanie.Crane@thebeacon.kent.sch.uk

SMILE TRAINING

Autism and Girls

Presented by Claire Garrett —

C&I Specialist Teacher

Venue: The Beacon, Park Farm Road,
Folkestone, Kent, CT19 5DN

Date: 14th September 2022

Time: 09.00 – 11.30

Cost: £37.00 per person

This course will provide an understanding of Autism and the differences between the male and female presentation.

We will consider the impact of these characteristics on diagnosis and the risk factors that are experienced in daily life for girls with ASC. Strategies to support girls in education from Early Years to Secondary will be introduced with time given for discussion and supportive conversations.



SMILE TRAINING

Demand Avoidant Profiles—PDA

Presented by Claire Garrett —

C&I Specialist Teacher

Venue: The Beacon, Park Farm Road,
Folkestone, Kent, CT19 5DN

Date: 05th October 2022

Time: 09.00 – 11.30

Cost: £37.00 per person

This course looks at Pathological Demand Avoidance in detail. Focussing on presentation, impact in the classroom and practical strategies that can be implemented to support our students in coping in our educational settings, where demands are considerable and continuous.



SMILE TRAINING

Youth Mental Health First Aid (2 Part)

Presented by Ellie Garrett —

The Beacon Mental Health Lead

Venue: The Beacon, Park Farm Road,
Folkestone, Kent, CT19 5DN

Date: 10th and 14th October 2022

Time: 09.00 – 17.00

Cost: £150.00 per person

This two-day Mental Health First Aid course provides a more in depth understanding of specific mental health issues and is delivered in four manageable chunks:

What is mental health?

Depression and anxiety

Suicide and psychosis

Self-harm and eating disorders.



It focuses on the issues faced by young people today, such as cyber bullying and substance misuse and teaches how to promote protective factors and good parenting.

SMILE TRAINING

Attachment

Presented by Andy Young —

SEMH Specialist Teacher

Venue: The Beacon, Park Farm Road,
Folkestone, Kent, CT19 5DN

Date: 17th October 2022

Time: 09.30 – 12.00

Cost: £37.00 per person

The session will cover the intricate way in which we develop relationships with others, the effects when we are not given the opportunity to develop positive relationships with carers and the effects this can have on behaviour and the ability to develop positive social skills.

A detailed exploration of the psychological underpinnings are given along with some strategies to manage the challenges faced by such young people.



Includes Us 2 My Time Groups

For parents & carers of children with a disability or any additional needs living in Ashford, Dover, Folkestone and Hythe

Our "My Time" Groups provide a relaxed and informal space for parents & carers to get together and access support. Speakers are regularly invited to these sessions to provide information and advice about specialist services. Please email familysupport@includesus2.org.uk to book a free space at our face to face meetings

Meeting Dates September-December 2022

September meetings

Wednesday 14th – Zoom 10am-12pm

Wednesday 21st – Folkestone The Beacon school Park Farm Road, CT19 5DN 9.30am-11.30am

Wednesday 28th – Zoom 10am-12pm

October Meetings

Wednesday 5th – Zoom 10am-12pm

Wednesday 12th – Dover Whitfield Aspen Smile centre Mayfield road, CT16 3LJ 10am-12pm

Wednesday 19th – Zoom 10am-12pm

November Meetings

Wednesday 9th – Zoom 10am-12pm

Wednesday 16th – Ashford St. Mary's C of E Primary School, Western Avenue TN23 1ND 10am-12pm

Wednesday 23rd – Zoom 10am-12pm

December Meetings

Wednesday 7th – Zoom 10am-12pm

Monday 12th – Folkestone The Beacon school Park Farm Road, CT19 5DN 10am-12pm

To log into the Zoom meetings, please use the following Zoom access code;

Meeting ID: 965 565 7908

Passcode: 8KxrrE

One to one appointments can be provided at designated times. For further information please call Nicola (term time) on 07525 589321 or email familysupport@includesus2.org.uk



You can find us on
Twitter:
[@Folk_HytheSTLS](https://twitter.com/Folk_HytheSTLS)
Follow us for
updates!



The Beacon
Folkestone
Park Farm Road
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CT19 5DN
01303 847 555

Term 1 —Useful Links and Resources

Tics and Tourette's

Digital resources pack for professionals

Including instructional videos, visual supports and guidance document, can be found at the link below.

<https://www.meadowfield.kent.sch.uk/midas-and-stls/stls-resources/stls-school-digital-transition-pack/positive-transitions-digital-resources-pack-for-professionals/>

Digital resources pack for parents

A parent friendly package of resources can be found at the link below:

<https://www.meadowfield.kent.sch.uk/midas-and-stls/stls-resources/stls-school-digital-transition-pack/positive-transitions-digital-resources-pack-for-parents/>

This includes the instructional videos and accompanying resources available to professionals as well as a guidance document for using the resources.

Tics and Anxiety: <https://www.youtube.com/watch?v=rvvQ9dYLEAw>

Tics and Transition: <https://www.youtube.com/watch?v=P9mMZC9T8dI>





STLS Physical Disability Surgery – SOUTH AREA

This free virtual session provides an opportunity to have an anonymised discussion about children who are not already open to STLS PD, where you have a concern about them. The surgery is made up of the specialist teachers for physical disability and/or complex medical needs who work in Ashford, Dover and Folkestone and Hythe districts and the Professional Lead.

Our aim is to support SENDCos with including children and young people with physical or medical needs impacting on their progress. We can provide advice and support for interventions, transitions, care planning – or just a general discussion around inclusion for individual students.

Target Audience	Date & Time	Venue
SENCOs and Inclusion Managers across all age groups & phases	15 SEPTEMBER 2022 09.00—12.00	Remotely via MS TEAMS EMAIL: stlspd@valence.kent.sch.uk



INFORMATION: Support and Resources for Ukrainian Pupils



- **The Equality Diversity Inclusion Team (EDIT)** provide specialist consultancy, support, training, advice, 1-1 and group pupil support, coaching and mentoring to promote equality and inclusion in schools and EYS settings: <https://www.theeducationpeople.org/our-expertise/equality-inclusion/english-as-an-additional-language-eal-pedagogy-and-practice/new-arrivals-unaccompanied-asylum-seekers-and-refugees/>
- **Welcoming, Inducting and Supporting New Arrivals with English as an Additional Language**—E-learning for staff who are involved in settling in and supporting the learning of pupils who have newly arrived in the UK: <https://www.theeducationpeople.org/products/204784>
- **EAL Funding in Kent:** <https://www.theeducationpeople.org/our-expertise/equality-inclusion/english-as-an-additional-language-eal-pedagogy-and-practice/eal-funding-in-kent/>
- **Government Guidance:** <https://www.gov.uk/government/publications/helping-ukrainian-students-in-schools/resources-to-help-support-children-and-young-people-arriving-from-ukraine>
- **Useful Translation and Interpreting service:** <https://www.languageine.com/uk>
- **KELSI Supporting New Arrivals:** <https://www.kelsi.org.uk/support-for-children-and-young-people/inclusion-support-service-kent/support-for-eal-new-arrivals,-refugees-and-unaccompanied-asylum-seeking-children>
- **Migration Awareness Workshops for schools in Kent.** The Schools of Sanctuary Kent project aims at raising awareness among primary and secondary school pupils on the issues surrounding migration and refugees: <https://www.samphireproject.org.uk/kent-school-of-sanctuary/>

Self-Care September 2022

MONDAY



5 Forgive yourself when things go wrong. Everyone makes mistakes

12 Get active outside and give your mind and body a natural boost

19 Notice what you are feeling, without any judgement

26 Find a new way to use one of your strengths or talents

TUESDAY



6 Focus on the basics: eat well, exercise and go to bed on time

13 Be as kind to yourself as you would to a loved one

20 Enjoy photos from a time with happy memories

27 Free up time by cancelling any unnecessary plans

WEDNESDAY



7 Give yourself permission to say 'no'

14 If you're busy, allow yourself to pause and take a break

21 Don't compare how you feel inside to how others appear outside

28 Choose to see your mistakes as steps to help you learn

THURSDAY

1 Find time for self-care. It's not selfish, it's essential

8 Be willing to share how you feel and ask for help when needed

15 Find a caring, calming phrase to use when you feel low

22 Take your time. Make space to just breathe and be still

29 Write down three things you appreciate about yourself

FRIDAY

2 Notice the things you do well, however small

9 Aim to be good enough, rather than perfect

16 Leave positive messages for yourself to see regularly

23 Let go of other people's expectations of you

30 Remind yourself that you are enough, just as you are

SATURDAY

3 Let go of self-criticism and speak to yourself kindly

10 When you find things hard, remember it's ok not to be ok

17 No plans day. Make time to slow down and be kind to yourself

24 Accept yourself and remember that you are worthy of love

SUNDAY

4 Plan a fun or relaxing activity and make time for it

11 Make time to do something you really enjoy

18 Ask a trusted friend to tell you what strengths they see in you

25 Avoid saying 'I should' and make time to do nothing



ACTION FOR HAPPINESS

Happier · Kinder · Together



CHARITY FUNDRAISER

Children's Pre-Loved Clothes & Toys Sale

Saturday 12th November 2022

9:30am till 11:30am

Lympne Village Hall

Easily accessible
via A20 & M20



Sellers: Book a table for £10

Entrance fee a suggested donation of £1

To book a table please email: info@punch-and-judy.org.uk
or Whatsapp 07511503679

Deadline: Monday 31st October

All monies raised go 100% to the running and enrichment of activities at Punch and Judy Playgroup
(Registered Charity 1034104)

Parent ASD Coffee Morning Run by Shepway Autism Support Group

Monday 12th September

10-12pm

The Beacon

For parents and carers of children / young people on the autism spectrum. Come along for a coffee and a chat with other parents. All welcome, whether you have a child with a diagnosis, are waiting for a diagnosis or just want to learn more about autistic spectrum condition.

Any questions? Please ring us on 07773 708321

