

SENCO Newsletter

Specialist Teaching & Learning Service
Folkestone and Hythe



Happy New Year!
Welcome back to term 3...
Russell and the STLS Team

Happier January 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Find three things to look forward to this year	2 Make time today to do something kind for yourself	3 Do a kind act for someone else to help brighten their day	4 Write a list of things you feel grateful for and why	5 Look for the good in others and notice their strengths	6 Take five minutes to sit still and just breathe	7 Learn something new and share it with others
8 Say positive things to the people you meet today	9 Get moving. Do something active (ideally outdoors)	10 Thank someone you're grateful to and tell them why	11 Switch off all your tech at least an hour before bedtime	12 Connect with someone near you - share a smile or chat	13 Take a different route today and see what you notice	14 Eat healthy food which really nourishes you today
15 Get outside and notice five things that are beautiful	16 Contribute positively to your local community	17 Be gentle with yourself when you make mistakes	18 Get back in contact with an old friend	19 Focus on what's good, even if today feels tough	20 Go to bed in good time and allow yourself to recharge	21 Try out something new to get out of your comfort zone
22 Plan something fun and invite others to join you	23 Put away digital devices and focus on being in the moment	24 Take a small step towards an important goal	25 Decide to lift people up rather than put them down	26 Choose one of your strengths and find a way to use it today	27 Challenge your negative thoughts and look for the upside	28 Ask other people about things they've enjoyed recently
29 Say hello to a neighbour and get to know them better	30 See how many people you can smile at today	31 Write down your hopes or plans for the future				

ACTION FOR HAPPINESS **Happier · Kinder · Together**

Term 3 —Dates for your Diary

Primary / Secondary :

- **LIFT Group 1**—12 JAN 2023 MS Teams 1pm
- **LIFT Group 2**—19 JAN 2023 MS Teams 1pm
- **LIFT Group 3**—16 JAN 2023 The Beacon 9.30am
- **LIFT Group 4**—23 JAN 2023 MS Teams 8.30am
- **LIFT Group 5**—26 JAN 2023 MS Teams 1pm
- **LIFT Group 6**—30 JAN 2023 MS Teams 8.30am
- **LIFT Group 7**—02 FEB 2023 MS Teams 1pm
- **SENCO Forum**—31 JAN 2023 The Beacon 08.30am

Early Years Settings :

- **EYS LIFT 1**—17 JAN 2023 The Beacon 1pm
- **EYS LIFT 2**—24 JAN 2023 MS Teams 1pm
- **EYS LIFT 3**—31 JAN 2023 The Beacon 1pm
- **SENCO Forum**—10 JAN 2023 The Beacon 1pm

Beacon Wood & Beyond!

Here is the link to the newest addition of the STLS outdoor learning blog by Andy Young...

<https://sway.office.com/J3y26YwMoi0CtDJI>



SENCO Wellbeing Coffee Morning Term 3 24th January 2023 9.30—11am The Beacon Folkestone



Join us for an informal meet for all SENCOs. 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!

Training—Term 3

To book a place on any SMILE course, please contact:
Stephanie.Crane@thebeacon.kent.sch.uk

SMILE TRAINING

Differentiation – One Size Doesn't Fit All

Presented by Claire Garrett — C&I Specialist Teacher
& Julie Pout — C&I Specialist Teacher

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

Date: 17th January 2023

Time: 08.30 – 11.30

Cost: £37.00 per person

Target Audience: Educational Staff/ SENCOS and Professionals

This course looks at abstract and concrete strategies that can support differentiation across the SEND dimensions of cognition and learning, communication and interaction, and SEMH. We consider how abstract strategies such as questioning, spoken language and sensory environment impact upon pupils. The concrete strategies include the use of resources such as Language through Colour, vocabulary support, task boards, scaffolding and manipulatives to support children across the above three SEND dimensions



SMILE TRAINING

Cygnets—PSR

Presented by Morag Hards — C&I Specialist Teacher

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

Date: 25th January 2023

Time: 10.00—14.00

Cost: £15.00 per person



Target Audience: Parents

Barnardos Cygnets PSR aims and sessional learning outcomes:

- For parents to develop their understanding and confidence relating to puberty, sexual wellbeing and relationships and how they may impact on children on the autistic spectrum.
- To offer parents the opportunity to participate in activities that they could use to explore puberty, sexual wellbeing and relationships with their children at home

General principles of the sessions:

Why it is so important to support young people on the autistic spectrum with issues relating to puberty, sexual wellbeing and relationships. Sexuality is a central aspect of being human throughout life and is experienced and expressed in thoughts, desires, beliefs, attitudes, values, behaviours, practices, roles and relationships.

SMILE TRAINING

Autism Awareness for EYS (2 Part)

Presented by Lisa Ellis & Amber Mallet — EYS Specialist Teachers, Rachel Campbell – KEPS and Claire Metais SALT



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

Date: 07th and 08th February 2023

Time: 09.30 – 14.30

Cost: £45.00 per person

Target Audience: EYS Settings Staff/ SENCOS and Professionals

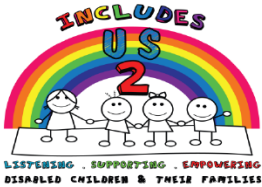
The certificated Early Years ASD awareness course is for people with little or no previous knowledge of ASD and those supporting a child with a diagnosis of ASD. The course is not open to parents/carers. Kent Education Psychology and Speech and Language Therapy will support the course.

- To understand what it means to have Autism Spectrum Disorder and how it can affect children with that diagnosis.
- The impact that ASD has on an individual's communication, language and play skills.
- To understand and manage challenging behaviour and identify practical strategies to support children with ASD.

Includes Us 2 My Time Groups

For parents & carers of children with a disability or additional needs (no diagnosis needed) 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 January – March 2023

January meetings

Thursday 12th - Zoom 10am-12pm

Wednesday 18th - Dover Whitfield Aspen Smile Centre, Mayfield Road, CT16 3LJ 10am-12pm

Monday 23rd - Zoom 8pm-10pm

February Meetings

Friday 3rd - Zoom 10am-12pm

Wednesday 8th - Ashford St. Mary's CoE Primary School, Western Avenue, TN23 1ND 10am-12pm

Tuesday 21st - Zoom 8pm-10pm

March Meetings

Tuesday 7th - Zoom 10am-12pm

Wednesday 15th - Folkestone The Village Children Centre, Denmark Street, CT19 6EQ 10-12pm

Thursday 23rd - Zoom 8-10pm

To book a place at any of our meetings you will need to become a free member of Includes Us 2, you can join by using this link - [Membership Application Form \(iotform.com\)](https://forms.office.com/r/uGvwMi79HX)

If you feel you need one to one support you can refer to our family support service here -

<https://forms.office.com/r/uGvwMi79HX>



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



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Core Training Offer Survey

Strategic Commissioning and Virtual School Kent are conducting a survey to understand the training needs of Kent schools and settings.

We are specifically interested in the training that schools require to implement the Mainstream Core Standards and to embed Inclusive practices within the Early Years and Mainstream School settings.

The purpose of the survey is to understand the challenges and barriers and identify what else your school or setting needs to inform our planning and future training offer that Kent County Council provides.

[Please answer a short survey to help us evaluate the service](#)

The survey is live until Tuesday 31 January 2023.



the **national** sleep helpline

Want to know more about sleep?

ASK US THE QUESTIONS YOU WANT ANSWERS TO

03303 530 541
Sunday - Tuesday & Thursday 7pm - 9pm
Wednesday 9am - 11am



Around 50% of children will have a sleep issue at some point*

WHAT IS THE NATIONAL SLEEP HELPLINE?

In partnership with Furniture Village, The Sleep Charity has launched a brand new National Sleep Helpline to ensure that everyone has access to high quality, evidence-based advice.

HOW CAN THE NATIONAL SLEEP HELPLINE HELP ME?

- Run by a team of specialist trained sleep advisors
- Offer you some practical strategies and recommend services that could help
- Ensuring you understand how sleep plays an important part in mental health wellbeing
- Listen without judgement and help you decide what next steps are right for you
- Empower you with sleep knowledge so you can understand why you might not be sleeping well and how that can change

03303 530 541
Sunday - Tuesday & Thursday 7pm - 9pm
Wednesday 9am - 11am

POWERED BY  the sleep charity

IN PARTNERSHIP WITH  Furniture Village

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*Survey of 2,000 adults by OnePoll, Aug 2021

FREE Youth Suicide Prevention & Awareness Training

Do you want to learn more about how to support young people who may be struggling? This free course gives you the tools and the knowledge to make a difference.

For more details, visit:
<https://www.maidstonemind.org/free-youth-suicide-prevention-training/>



2022-2023

STLS Ashford Inclusion Annual Training Programme

SENSORY CLINIC

with Stella Parkinson and Sara Cave

Do you want to know where
to go next after completing
a Sensory Checklist?

Do you have any
questions about Sensory
Circuits?

Do you have any queries on how
to support young people who are
showing difficulties with sensory
processing?

Friday 20th January 2023

10am to 11am

This is a free termly virtual Q and A session around Sensory Processing difficulties and strategies to support. When you book on to the session, you will also receive a copy of virtual training around Sensory Processing to access in advance of the Q and A session.



Email sara.cave@goldwyn.kent.sch.uk for virtual meeting link and access to pre-session materials.



NHS