



SEND Newsletter

Welcome Back!



Dear St Barnabas Families,

We are very excited to introduce our very first half-termly SEND newsletter.

My name is Mrs Parveen and I would like to introduce myself as the new SENCO. I am an experienced KS1 teacher and have worked at St Barnabas for a number of years.

As SENCO, I will work closely with teachers, support staff and external agencies to determine the most effective strategies and interventions to ensure high quality provision and the best possible outcomes for your child. We believe in inclusivity for all and strive to make this a reality for all pupils.

I feel very privileged to be able to take on this role and I look forward to meeting you, listening to your views and developing a shared understanding about what is best for your child.

The SEND team are now based in the Shining Stars building.



Upcoming Events

10th October - World mental health day.

7th November- Parents' Evening: There will be an opportunity to meet with the SEND team in the school hall.

9th November - Coffee Morning: Staff introductions - SEND Support.

Look out for SEND review meeting dates in the next newsletter.

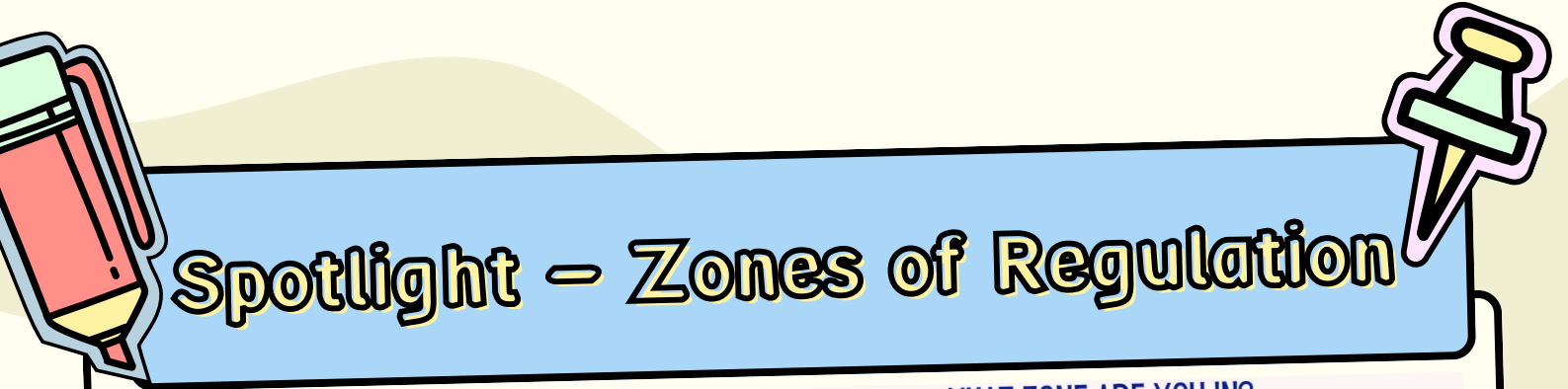
Local Offer

Please use the link below to access the Birmingham Local Offer:

<https://www.localofferbirmingham.co.uk>

Here you can find help, advice and information available for your child or young person from birth to 25 years with a Special Educational Need or Disability (SEND). This is also

SEND
BIRMINGHAM



Spotlight – Zones of Regulation

We have been focusing on the development of a shared language and understanding of emotion in school; called 'Zones of Regulation'.

We are using this supportive tool to develop children's understanding of their emotions and the strategies they can use to support optimal emotional self-regulation.

For More information please visit:
<https://zonesofregulation.com/how-it-works>

WHAT ZONE ARE YOU IN?

BLUE ZONE	GREEN ZONE	YELLOW ZONE	RED ZONE
SAD HURTING SICK TIRED	HAPPY FOCUSED CALM EXCITED	SURPRISED CONFUSED WORRIED SILLY	ANGRY RAGING TERRIFIED ANNOYED
WHAT CAN I DO?	WHAT CAN I DO?	WHAT CAN I DO?	WHAT CAN I DO?
REST	GO	SLOW DOWN	STOP
DRINK SOME WATER GO FOR A WALK TALK TO SOMEONE STRETCH I CAN ALSO...	PLAY AND LEARN HELP A FRIEND TRY NEW THINGS PRACTISE CALMING STRATEGIES I CAN ALSO...	TAKE DEEP BREATHS TALK TO SOMEONE SQUEEZE A STRESS BALL COUNT TO TEN -10 I CAN ALSO...	TAKE A TIME OUT WALK AWAY ASK FOR A BREAK STOP WHAT I'M DOING I CAN ALSO...

Message from the Team

Please feel free to contact any member of the SEND team via the school office.

Mrs Parveen will also be available at the school gate on Thursdays for informal chats.

We look forward to hearing from you



Useful Links

- [Birmingham Local Offer](#)
- [Young Minds](#)
- [Zones of Regulation](#)
- [Family Action](#)
- [School Website](#)

Meet The Team



Mrs Parveen
SENCO



Mrs Hulin
Autism Lead and
SEND assistant



Miss Hall
Speech and Language
Champion SEND assistant

Nurturing ADHD kids

This online 6 week course is free for Birmingham parents and carers of children and young people with ADHD or suspected ADHD



Nurturing ADHD kids

LED BY ADULTS WITH ADHD



NEW GROUPS STARTING SOON!

Free online 6 week course for parents and carers

Mondays 7-8 pm

starting September 18th, 2023

Register here:

<https://www.eventbrite.co.uk/e/619052963077>



Wednesdays 10.00-11.00 am

starting September 20th, 2023

Register here:

<https://www.eventbrite.co.uk/e/619098910507>



More courses starting in
November.

Follow BREWS CIC on Facebook
and Eventbrite or call

us on

0731 116 7485



Supported by

**forward
carers**



Very informative, friendly, no pressure, enjoyable sessions

Essential course for any parent of a child with ADHD. It changed the way I see my son and my ability to respond to his needs effectively.

This course is literally game-changing for parents, caregivers, teachers and anyone living with a child (or adult) with ADHD. So much misunderstanding, frustration and worry could be prevented if everyone had access to this amazing resource.

What parents have said about this course

LED BY ADULTS WITH ADHD

Does your child have ADHD or suspected ADHD?

Are you trying to support them but find that everyone gives you different advice?

In this 6 week course, you will

- learn about ADHD
- Understand the effect on our mental health
- Understand the reasons behind behaviours
- Gain confidence in advocating for our children
- Learn new strategies
- Help our kids be confident, resilient and be their best selves

Contact us for details:

Phone: 0731 116 7485

Email: contactus@brewseducation.org

Birmingham Resilience Education and Wellbeing Services CIC

CIC Business Registration: 13240865