

ALLINGTON PRIMARY SCHOOL

A member of the Orchard Academy Trust family of schools

Inclusion Team Newsletter

Issue 1

What is Inclusion?

At Allington, we are committed to ensuring that all children have equal access to a broad and balanced curriculum and an inspiring education. We recognise that some children have additional needs or circumstances outside of school which may impact on their ability to access this curriculum. That's where we come in! We work collaboratively with our children, families and APS staff to ensure that all children have access to high quality learning and are happy at school. We will send home newsletters periodically with information about our department and any resources or services we think might be of use to you. We hope you find these newsletters informative!

Meet our Newest Member!

This academic year, we have added a new member to our Inclusion Team. Meet Mrs Hughes, our new Family Liaison Officer, who will be working alongside Mrs Burton-Grange to ensure all our families are well-supported.



"I am here to help you and your family when you need support, both practically and emotionally. I can help with concerns relating to your children both at home and at school. I'm here to listen without judgement and help you find a way forward, working with external agencies where this will be of benefit.

It's essential a strong partnership exists between the school and your home environment to help children feel happy, content and able to thrive in their primary school journey.

I look forward to meeting all our new families starting this year and continuing to support our existing families at Allington Primary School. I am here for you so please do get in touch."

A Welcome Back

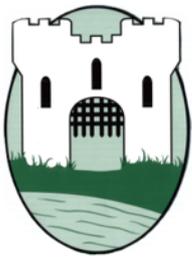
Mrs Burton-Grange has now returned from maternity leave and is back in her role as Inclusion Manager. The Inclusion Team would like to say a huge thank you to Mrs Arterton who covered Mrs Burton-Grange's role whilst she was away – some of you will have had contact with her over the last year, and we're sure you will agree, she did an excellent job of keeping things running in what was a very strange year. Mrs Burton-Grange is looking forward to working with you all again and to getting to know our new parents and children.

Contact Us

If you have any concerns about your child's academic progress, social or emotional wellbeing, or are struggling with anything at home which may be impacting on your child and would like to discuss it with us, please call the office on 01622 757350 or send an email to office@allington.kent.sch.uk, with the FAO: Inclusion Team and one of us will get back to you as soon as we can.

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Upcoming Courses

We are pleased to share with you some free online courses which are being offered to children and parents over the next few months.

Bounce Back – Maidstone Mind

Courses Available For Ages 9 through to 18 (Funded By Kent County Council & The National Lottery Community Fund)

Bounce Back is a 6 week, youth emotional resilience course for ages 9-18.

The course teaches young people how they can combat stress, deal with emotions and reduce anxiety so they can 'bounce back' from the challenges they face in life.

The course includes:

- An introduction to emotional resilience, get to know you games and activities
- Identifying support networks and understanding the importance of having a support network
- Understanding anxiety and how it can impact on you
- Understanding stress and how to tackle it
- The impact of relaxation on wellbeing & de-stress techniques
- Understanding decision making and how to make emotionally intelligent decisions

ZOOM Sessions | 14th of September – 19th of October 2021 | 4pm – 5pm | Funded as part of the Reaching Communities Programme | Open to all with priority access for young people in Maidstone

To sign up – please visit this link or call us and we can book you a space.

<https://www.maidstonemind.org/virtual-bounce-back-courses/>

Kent Adult Education – Parenting Courses FREE!

These courses are all delivered online and open to all so please take a look..

Building Family Resilience

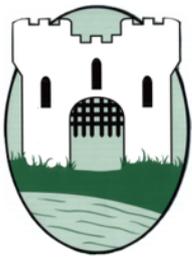
Monday 20 September 2021. Time 9.30am – 11.30am. 4 weeks

Autism Awareness

Tuesday 21 September 2021. Time 9.30am – 11.30am. 4 weeks

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Exploring Behaviour Strategies

Tuesday 21 September 2021. Time 9.30am – 11.30am. 1 week

Wednesday 17 November 2021. Time 9.30am – 11.30am. 1 week

Confident Parent Confident Child

Monday 8 November 2021. Time 9.30am – 11.30am. 5 weeks

Managing Children's Behaviour

Monday 8 November 2021. Time 9.30am – 11.30am. 5 weeks

Monday 8 November 2021. Time 19.00pm – 21.00pm. 5 week

To sign up – please visit this link or call us and we can book you a space.

<https://www.kentadulthoodeducation.co.uk/course-areas/family-courses/parenting/?pageNumber=1&pageSize=10&sortOrder=StartingSoonest&alreadyStarted=No&category=Family%20Courses&subCategory=Parenting>

Virtual Adult Recovery Plans

Mid Kent Mind are delighted to share that they have received funding to provide Virtual Adult Recovery Action Plans.

Adult RAPs are being offered to increase the wellbeing and improve the mental health of those who have been adversely affected by the pandemic. These one-on-one sessions with Mid Kent Mind's wellbeing workers will provide people with structured support as they begin to return to life under the 'New Normal'.

Over the course of a Recovery Action Plan, people will have the opportunity to identify areas where they may have struggled during the pandemic, and will be encouraged and supported as they take proactively steps to manage those areas in the future.

The Recovery Action Plan consists of the ten following areas:

- Managing Mental Health
- Life Skills
- Physical Health and Self-care
- Relationships
- Social Networks
- Aspirations
- Responsibilities
- Addictive / Challenging Behaviour
- Identity
- Self-esteem

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Sessions will take place on Zoom and will be one hour a week for six weeks.

To sign up – please visit this link or call us and we can book you a space.

<https://www.maidstonemind.org/virtual-recovery-action-plans/>

If you take part in a course, please feel free to feedback to us - we would love to know your thoughts and if you found the course beneficial. Thank you.

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