

INCLUSION NEWSLETTER



Merley First School

send@merleyfirstschool.org

School Representatives



Miss Leftwich

Inclusion Lead
Special Educational Needs
Co-ordinator (SENCO)
Senior Mental Health Lead
(SMHL)



Mrs Waldron

Designated Safeguarding Lead
(DSL)
Pupil Premium Lead
Designated Teacher

Mrs Butler

Wellbeing Lead



Miss Legge

Young Carers Lead



Anxiety Workshop led by ReWellness Counselling

Tuesday 10th February 6.30-7.00pm

Merley First School will be hosting an information session for parents and carers focused on supporting children with anxiety. ReWellness Counselling in Broadstone specialise in supporting children and teenagers, offering expert private therapy tailored to younger minds.



Click [here](#) to access the guide below:



WELLBEING

Children's Mental Health Week

Next week, we will be celebrating Children's Mental Health Week (9th–15th February). This year's theme, 'This is My Place', focuses on helping children and young people feel a strong sense of belonging.

At school, we believe it is vital that every child feels accepted for who they are and knows that they are a valued member of our community. Through a range of class activities and discussions, pupils will be encouraged to share their thoughts and feelings, build positive relationships, and understand that everyone deserves to feel connected, supported, and included.

Keep an eye on the school newsletter to see what the children got up to during this week.

Tips for Supporting Wellbeing at Home

- ♥ Reading books or sharing stories that explore feelings helps children understand emotions.
- ♥ Music and movement- Dance, sing, or create instruments from household items.
- ♥ Nature walks or scavenger hunts.
- ♥ Movement can boost your mood naturally.



Click [here](#) for access to the Thrive wellbeing toolkit for Reception to Year 2

Click [here](#) for access to the Thrive wellbeing toolkit for Year 3 and 4

☆ GET YOUR DAILY ☆

D O S E

DOPAMINE

OXYTOCIN

SEROTONIN

ENDORPHINS



THE REWARD CHEMICAL

THE LOVE HORMONE

THE MOOD STABILISER

THE PAIN KILLER

- ☆ Create something
- ☆ Achieve a goal
- ☆ Complete a task
- ☆ Self-care activities

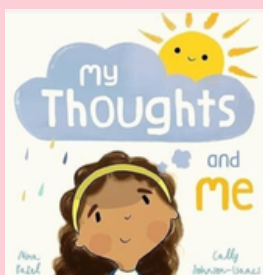
- ☆ Socialise
- ☆ Hug a family member, friend or your pet
- ☆ Help others

- ☆ Get out in sunlight
- ☆ Try mindfulness
- ☆ Be with nature
- ☆ Try meditation

- ☆ Exercise
- ☆ Listen to music
- ☆ Watch a movie
- ☆ Have a laugh with friends

©DORSETHST

Book Corner



My thoughts and me
by Nima Patel



Rain before rainbows
by Smriti Halls

Click [here](#) to access our school website wellbeing page for more information.



SEN SUPPORT

Sensory Processing Needs

Sensory processing is how the brain receives information from the senses and makes sense of it so the body knows what to do.

For many children, this system works smoothly. For others, the brain may take in too much, too little, or mixed-up sensory information.

Sensory differences can change with age, environment, and stress. A child may be sensitive in one area and seek input in another—and that's normal.

Sensory difficulties are part of normal development for many kids, especially under age 7. By 8–9, most children manage sensory input fairly well, but differences can still exist—and support can make a big positive difference.



Further Resources:



- [NHS Advice - Sensory Strategies for Parents](#)
- [Auditory Sensitivity Patient Information Leaflet](#)
- [Sensory Sensitivity Patient Information Leaflet](#)
- [Alerting and Calming Strategies Patient Information Leaflet](#)

Children use more than just the five senses:

- Sight (seeing)
- Hearing (sounds)
- Touch (how things feel)
- Taste
- Smell
- Body awareness (knowing where their body is and how it's moving)
- Balance and movement (feeling steady, spinning, jumping)

Parent Support



Please find the link below to a list of meeting dates and coffee mornings of The Umbrella group which supports parents and carers of children/young people with Autism.

[Umbrella Group - Autism Parenting Support Group](#)

Please find the link below to WPNSG Facebook page for further details:

[Wimborne Parents Neurodivergence Support Group - WPNSG](#)



Click [here](#) to access our school website SEND page for more information

