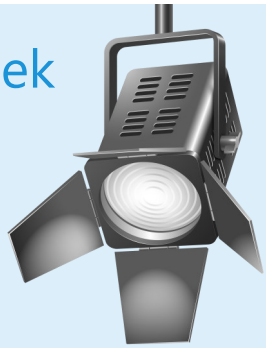
Archbishop Holgate's School

Inclusion Corner

SUMMER NEWSLETTER: May 2024

Welcome to our 'Inclusion Corner' newsletter feature - we hope you find this newsletter both an informative, entertaining and uplifting read.

SEND SPOTLIGHT: Mental Health Awareness Week
#Movement: Moving more for our mental health



MENTAL HEALTH FOUNDATION
MENTAL HEALTH AWARENESS WEEK

Movement is important for our mental health. But so many of us struggle to move enough. We know there are many different reasons for this, so this Mental Health Awareness Week we want to help people to find moments for movement in their daily routines. Going for a walk in your neighbourhood, putting on your favourite music and dancing around the living room, chair exercises when you're watching television – it all counts!

One of the most important things we can do to help protect our mental health is regular movement. Our bodies and our minds are connected. Looking after ourselves physically also helps us prevent problems with our mental health.

Movement is a great way to enhance our wellbeing. Even a short burst of 10 minutes' brisk walking can boost our mood and increase our mental alertness and energy. Movement helps us feel better about our bodies and improve self-esteem. It can also help reduce stress and anxiety and help us to sleep better.

If you'd like to get moving more, this guide will give you some ideas to get started as well as tips on how to get the best mental health benefit from the movement you're doing.

https://www.mentalhealth.org.uk/our-work/public-engagement/mental-health-awareness-week/boost-your-mental-health-moving-more

What are we doing to celebrate Mental Health Awareness Week in school?

Miss Stocks is our Student Wellbeing Worker. She would like to signpost parents and students to some excellent resources:

Our Wellbeing Website: https://sites.google.com/archbishopholgates.org/4steps2wellbeing/home

Wellbeing Twitter handle: @AHS_Wellbeing

Archbishop Holgate's School has teamed up with Worth-it Positive Education, a Community Interest Company supporting schools, colleges and organisations to promote Emotional Mental Health and Wellbeing in children and young people.

Our Wellbeing Ambassador Programme aims to empower young people (Year 7 - Year 13) to support peer Emotional Mental Health and Wellbeing.

This is the first batch of Wellbeing Ambassadors since this project started in school (October 2021)

BECOME A WELLBEING AMBASSADOR

Becoming a Wellbeing Ambassador is an important opportunity for YOU to help improve the mental health and wellbeing of other young people in school and you, yourself.

Want some help with how to look after your wellbeing and strategies to reduce stress?

Learn how to manage your own Wellbeing and get trained on how to help others!

What is a Wellbeing Ambassador?

Wellbeing Ambassadors are pupils who have shown a real interest in championing positive mental health and wellbeing. These pupils are keen to share their learning around mental health and advertise the importance of self-care. The Ambassadors have a responsibility for leading and promoting wellbeing throughout school, they drive the message forward and release the stigma around talking about challenging feelings and encourage people to talk. Wellbeing Ambassadors provide feedback on what's working well and highlight any gaps in whole-school approaches to wellbeing.

Some useful websites to signpost you to

- https://www.annafreud.org
- https://www.charliewaller.org
- https://www.mind.org.uk
- https://www.youngminds.org.uk
- https://www.themix.org.uk
- https://giveusashout.org
- https://www.yormind.org.uk (ChatChit Podcast)

The importance of talking to your child

YOUNGMINDS

Giving our children and young people opportunities to open up is one of the biggest things we can do as parents and carers to support their wellbeing. It can be easy to forget the simple power of sharing what we're going through and feeling heard. But even though you can't fix everything when your child is struggling, you can make them feel seen and understood – and this in itself can make them feel more able to cope.

Talking about how they are, how their day has been and what's on their mind as part of everyday family life shows your child that you're interested in them and want to listen. It also supports them to practise thinking and talking about their feelings, helping them to get to know themselves and what they need.

But talking isn't always easy. You might feel like you don't know where to start, when a 'good time' is, or how your young person will react. Or, you might be worried about making things worse or saying the wrong thing. If this is the case, try to remember that your child doesn't need you to always get it right - they just need to know you're there. Here, you can find lots of ideas, conversation starters and advice for making talking easier.

https://www.youngminds.org.uk/parent/how-to-talk-to-your-child-about-mental-health/

Ms Burns

What is an ELSA and how am I supporting students in school?

Hello,

Shelly Burns here, Send Champion, Autism and Additional Needs Specialist, ELSA provider and student whisperer.

So, what do I actually do?

My role is to support students to feel safe and nurtured at school by providing a safe, calm space for them to be themselves, to self-reflect and open up about anything that is bothering them. As an ELSA (Emotional Literacy Support Assistant), I empower students to find solutions to the challenges they face while championing the greatness of their additional needs i.e. Awesome Autism. We all do a happy dance when finding out about a diagnosis such as Autism or ADHD, we celebrate these Superpowers (Cringe, as one student said to me, hiding a little smile!). At the same time, I am aware of the potential daily challenges faced by additional needs students and support them by putting practical measures in place and teaching them life skills to remove any barriers to learning and enjoying school. The sessions are not limited to additional needs students as they also include students who are struggling with emotional issues such as anxiety, self-esteem, anger or school avoidance.

Being an empath, my approach is warm and caring. While offering practical tools to navigate challenges at school, I always focus on the positive, add a healthy dose of laughter and begin each session with an Attitude of Gratitude! Helpful life skills which can be used beyond school.

I believe my ability to quickly build relationships with students lies in the fact that I am both a trained professional as well as being a mother of an additional need's child. My son, diagnosed Autistic, ADHD, Dyspraxic, Dysgraphic and Sensory Processing Disorder is now 19 years old and thriving at York St Johns, studying a BSC Computer Science. From the get go I made myself understand the difference between his behaviour and his additional needs which meant no use of additional needs as an excuse for bad behaviour! This was a game changer. No student can pull the wool over my eyes here. Firm, fair, clear boundaries are KEY.

I have over 30 years' experience (oh dear, admitting my age here) in the Health and Wellbeing sector, having run my own private practices in South Africa, The UK and more recently in France. I am happily in my second term as the SEND Champion at Archies.

Thank you to all of you for making me feel so welcome here. So what's next? Watch this space. Plenty more to come!

Deaf Awareness Week: 6-12 May

How did we celebrate in school this year?

National Deaf Children's Society

The 6-12 May was Deaf Awareness Week and there was loads going on around school to celebrate and raise awareness of our Deaf and Hearing-Impaired students within school.

Deaf Awareness Week video

Our students are passionate about sign language and enjoy teaching each other and staff new signs. This year they wrote a speech about all the different things going on in school throughout the week and how everyone can work together to support our Deaf and Hearing-Impaired students in school. They then split this up into sections, taught staff the signs to accompany it and recorded everyone doing their section. It was so lovely to see so many people wanting to get involved, from our School Assistant team to Mr Daly and everyone did a great job of their performance. The staff and students have been so positive about the video, so a huge thank you to Hannah Wray (Yr8), Phoebe Rankin (Yr8), Brooke Farrell (Yr7) and Oscar East (Yr8) for dreaming up and executing the idea!

Bake sale

On Tuesday break time we held a bake sale for staff to raise money for Lollipop, a charity that supports deaf children in York lollipopyork.org.uk. Staff were so generous with their time and baking skills and we managed to raise **£118.45** for Lollipop which is an amazing effort.

Deaf Awareness Week Trip

Our Deaf and Hearing-Impaired students can sometimes lack confidence when speaking to members of the public. To try to help them feel more assertive and confident when out and about, we ran a trip into town during the week to build their communication skills. The students had to speak to a bus driver to buy a ticket into town, speak to a shop assistant to buy a sandwich and speak to a waiter to order an ice-cream – all valuable life skills! Although they found this a little tricky and a bit embarrassing at first, with a gentle bit of cajoling they absolutely smashed it and felt so much more confident by the end. We were very lucky with the weather too!

On Thursday and Friday of Deaf Awareness Week, students sold lollipops in the school hall at break to raise money for Lollipop. The students really enjoyed doing this last year, so much so that they asked to bring it back again this year too. They raised **£29** for Lollipop from the lollipop sales, and thoroughly enjoyed sampling the produce as well!

AHS SEND Coffee Morning

We are delighted to invite our SEND parents to our Summer Term SEND coffee morning. This is for both parents/carers and students and will be held in our Library and Resource Centre on **Saturday 15 June.**

During the morning, you will get a chance to:

- Meet with many of the staff who are part of our inclusion and intervention team.
- Chat with other parents of SEND students.
- Access important resources about our SEND offer at AHS and find out how you can support students outside of school too.
- Enjoy refreshments.
- Ask any questions you might have about SEND at AHS.

We would love to see as many of you there as possible! Peer support is so important for parents and carers of young people with SEND needs, it's a great way to gain and offer support in the community.

Post 16 Corner

We are incredibly proud of the AHS Sixth Form's flexible, innovative and aspirational curriculum. The curriculum is reviewed each year with the incoming cohort in-mind. Due to the nature of our curriculum, we are able to accommodate most students who wish to attend.

We offer the widest range of vocational qualifications outside of York College, alongside a broad range of A Levels. Almost half of our students take a mixed curriculum and many students have very personal timetables to accommodate their needs and aspirations. We truly are an inclusive Sixth Form, and although we will certainly not be the right environment for every young person, we endeavour to accommodate as many young people as we can.

Having special educational needs is not a barrier to Post-16 provision and at AHS we have a broad range of needs within our cohorts and each student is supported in their Post-18 planning by ensuring they have an ambitious and accessible curriculum.

Pathway A	**A Level**	**A Level**	**A Level**	**A Level**
Pathway B	**A Level**	**A Level**	**A Level**	**BTEC**
Pathway C	**A Level**	**BTEC**	**BTEC**	**BTEC**
Pathway D	**BTEC**	**BTEC**	**BTEC**	**BTEC**
Pathway E	**L2 Next Steps Pathway**			

All students that apply to AHS Sixth Form will have a one-to-one meeting following GCSE results with a member of the Sixth Form team. Guidance will be given on what is the most appropriate curriculum to support career aspirations in-line with academic strengths. Destinations are as aspirational and appropriate as any of our Post-16 students. It is important to us that students remain aspirational, ambitious and engaged despite the challenges they may have. **The examples of students below are from a sample with a wide range of educational needs.**

Student	Curriculum	Secured Destination
Y12	Level 2 Next Steps Pathway	Construction - York College
Y13	Level 2 Next Steps Pathway	Creative Media - York College
Y13	BTEC Business Diploma, Engineering and A Level Geography	Geography – Manchester University
Y13	BTEC Applied Law, Uniformed Protective Services & Applied Psychology	Armed Forces
Y13	A Level RE, Psychology and Theatre Studies with an Extended Project Qualification	Drama and Theatre - Lincoln University
Y13	Level 2 Next Steps Pathway	Apprenticeship in Carpentry
Y13	A Level Psychology, English Language and BTEC Health & Social Care	Psychology – Bath Spa University
Y13	A Level Biology, Psychology & RE with an Extended Project Qualification	Biology – Manchester University

For further information and advice regarding Special Educational Needs in York

York SEND Local Offer

Every term, the City of York Council send out a calendar listing all training and advice opportunities available to families and professionals known as the 'Universal Offer'. This includes on-line, telephone, and in person drop-in sessions on areas of SEND including autism, ADHD, neurodiversity, cognition and learning, early years SEND and early years social and communication needs.

Events taking place this term include workshops on topics such as:

- sleep difficulties
- understanding and supporting sensory integration
- anxiety
- managing meltdowns
- understanding and supporting ADHD
- understanding your child's early development (7 and under)
- transitions
- understanding and supporting emotional regulation
- successful trips out
- diet and nutrition
- online safety

Other opportunities include for example, the parent autism telephone line sessions or parent drop-ins for autism advice and support.

For all events this term for parents and carers, please click on the link below. Please note, that some sessions have deadlines for booking; parents/carers are advised to look ahead and book as early as possible to avoid missing out.

https://www.yorksend.org/learning-support-hub/universal-offer/2

You can find more information about the City of York's Local Offer by clicking on the link below:

https://www.yorksend.org/

You can contact the SEN team by either email or phone. To ensure your questions or feedback can be directed to the correct team, parents need to choose from the following options:

- get in touch about the offer that is available or how to use the website,
  please email: yorklocaloffer@york.gov.uk
  or telephone: 07983 951277
- talk to one of the Special Educational Needs (SEN) Team,
  please email: sendept@york.gov.uk
  or telephone: 01904 554336
- share your views or be involved in shaping the offer for children and young people in York,
  please email: jointpartnership@york.gov.uk

York Inspirational Kids

York Inspirational Kids (YIKS) is a group for parents/families of children with a disability and/ or additional need, offering support, friendship, activities, training and outings for both children and their families who live in the York area. (www.yiks.co.uk)

What do they offer?

Support: for one another online; signposting to relevant support/services; social events so that families can meet informally.

Activities: designed for disabled young people, their siblings and families in York such as arts, theatre, puppets, film, craft, family bowling and more…

Help: YIKS has more sub-groups in York such as York Ausome Kids (for parents/carers of children with Autism, Aspergers and/or PDA), York Hemi Kids (for parents of children with hemiplegia), plus many other groups (covering education, health, and care to ensure we're meeting the needs of all our children with disabilities and/or additional needs. Parent carer forum coming soon.

Care: we are all families who have a child with a disability and / or additional need and have a greater understanding of what families go through.

You can find a calendar of events and support opportunities by pressing the link here:

https://www.yormind.org.uk/support-safe-spaces/disability-and-additional-needs-support/

Who else can help me with SEND support for my child?

- **The Local Authority:** https://www.yorksend.org/
- **CAMHS:** https://www.valeofyorkccg.nhs.uk/rss/home/mental-health/children-and-young-people/
- **Your local GP:** Initial concerns about behaviour, not meeting age-expected milestones, sleeping patterns, energy levels (both low and high), diet, mood swings
- **SENDIASS:** https://www.yorksendiass.org.uk/
- **Mental Health:** https://archbishopholgates.academy/supporting-our-students-emotional-health/
- **York Inspirational Kids:** https://www.yiks.co.uk/
- **Young Carers:** https://yorkcarerscentre.co.uk/young-carers/
- **Disability Living Allowance:** https://www.gov.uk/dla-disability-living-allowance-benefit
- **Family Fund:** https://www.familyfund.org.uk/
- **Short Breaks provision:** https://www.york.gov.uk/ShortBreaks
- **Applying for Transport:** https://www.york.gov.uk/TransportToSchoolOrCollege
- **Family Action:** https://www.family-action.org.uk/what-we-do/children-families/send/send-info/
- **SENDIAS and IPSEA** - These two services offer free, independent advice. Their websites are below: https://www.ipsea.org.uk/ https://www.kids.org.uk/sendiass