

Spring 2 Term 2026

SEND Newsletter



theplacetobe



A message from Mrs Hart

This term, our focus has been on inclusion and adaptive teaching. Following a whole-staff training session in January, teachers have been working hard to ensure that lessons are carefully planned with all learners in mind.

Our School Improvement Lead, Sarah Ryder, recently completed a learning walk across all classrooms and noted the high quality inclusive teaching practices in all classes. It is wonderful to see the positive impact of this work in action.

I have also attended further training in inclusive practice, and we are looking forward to working with the Special Partnership Trust to continue embedding inclusive approaches across the school.

In addition to inclusive classroom practice, we are equally passionate about ensuring every child has a strong sense of belonging. We are committed to making sure children feel happy, safe and heard.



Wellbeing Drop-in

All staff play an important role in this—whether through meeting and greeting children each day, checking in regularly, building positive relationships, or teaching children strategies to support their mental health and wellbeing.

At Eden Park, we are proud to nurture a community where every child feels they truly belong.

Wellbeing Drop-in

At Eden Park, we are very proud to offer our Parent/Carer Wellbeing Drop-ins each Wednesday afternoon at 2.15pm. These sessions provide a welcoming space to connect, share experiences and access support.

This term, the Wellbeing Team has delivered sessions focusing on ELSA, including anxiety, worries and emotionally based school avoidance. We were also delighted to welcome Naomi Hext, a Wellbeing Practitioner from Checkpoint, a charity specialising in mental health and wellbeing. Naomi shared a range of practical strategies to support children when they are feeling low, as well as ways to help reframe negative thoughts.

Looking ahead to next term, we have arranged for SENDIASS and the School Nurse to join us at upcoming drop-in sessions, offering further opportunities for advice and support.

We would love to see as many parents and carers as possible attend, so please do come along for a cup of tea and a chat—you will be very welcome.

WELLBEING WALL

How are you feeling today?

If you're not feeling yourself, we're here to help! You can...

5	Angry
4	Overwhelmed
3	Frustrated
2	Anxious
1	Happy

Talk to your parents
 Talk to your teacher
 Tell a trusted adult
 Talk to a Teaching Assistant or MDA
 Write or draw how you feel
 Ask a friend to help you tell an adult
 Ask to speak to the Wellbeing Team

How are you feeling today?

5-point Scale

How are you feeling today?

5	Angry	I've lost control. I'm not getting on. I could hit, kick or bite. I need a quiet space to calm down.
4	Overwhelmed	Everything is too hard. I'm being control and need to leave the environment I'm in. Give me space.
3	Frustrated	I'm not getting it. I'm missing out on things. I should take a break now.
2	Anxious	Things are being missed. Not having a hard time staying on task. Use calming strategies now.
1	Happy	Ready and willing to work.

Calm Corner

Breathe
Breathe in for 4 counts and out for 4 counts.
Squares Breathing

Move Your Body
Wall Push-ups, 10 Star Jumps, Squares & Bridges

Quiet Your Senses
Wear Ear Defenders, Close your eyes, Use a Fidget, Cover Your Ears with Bubbles

Back Your Drains
20-15...
Count backwards, 5 Things You See, Hear, Feel, Smell, Taste, Own Your Feelings

Ask for Help
I need a break!

Calm Corner

Star BREATHING

5-2-3-0-1 GROUNDING TECHNIQUE

5: I know my name
 2: I know my age
 3: I know my class
 0: I know my school
 1: I know my teacher

Rainbow GROUNDING TECHNIQUE

Take a deep breath, and count down to 10, and try to find an object for each letter of the Rainbow.

Calming STRATEGIES

These posters are displayed in every classroom. At the beginning of every term, all classes take part in a Personal Development day where we focus on how to manage big emotions and how to calm our body.

Mrs Hart
Inclusion Lead & SENDCo

FREE 8 week parent support course

Great News!
FREE 8 Week Support Courses
NOW AVAILABLE!

Secure Your Place Now

In person and online versions available.

 **COMMUNITY FUND**  **Therapeutic Support Services cic**  **People's Parkfield**

Eight-Week Parent Support Course

- In-person: Wednesdays, 11:30am-1:30pm at People's Parkfield
- Online: Tuesdays, 6:30pm-8:30pm via Zoom

Free support for parents, carers, and guardians of children age 8+ struggling with mental health

🤝 **Parent Support Hub – April Cohort Now Open for Referrals**
Therapeutic Support Services are really pleased to share that their next free Parent Support Course cohort begins on 28th April, and applications are now open.

The Parent Support Hub offers free mental health support for parents, carers, and guardians of children aged 8+ who may be experiencing emotional or mental health challenges. Support is available through:

**An Eight-Week Parent Support Course, or
Weekly Drop-In Support Sessions**

More information and referral links can be found here:

https://www.therapeuticsupportservices.com/parent_support_hub

Children, Young People and Families Neurodiversity Wellbeing Team

We offer a free, confidential advice line for children, young people and families on the Neurodiversity Pathway in Plymouth, Devon and Torbay.

Advice can include:

- Anxiety
- Diet
- Friendships
- Sleep
- Linking with other teams and services in your area
- School difficulties
- Support strategies



Contact us: 01752 435404 Monday - Friday, 09:00-17:00

Have your say:

Share feedback to help us improve our services. Use the QR code to complete the questionnaire.



We support people to lead independent, healthy lives

New Neurodiversity advice line

Livewell and CFHD are working together to provide a free, confidential advice line for children, young people and their families on the Neurodiversity Pathways in Plymouth and Devon.