



# ST. ANNE'S CATHOLIC PRIMARY SCHOOL

HEADTEACHER: Mr D Linehan

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Website: <http://www.stannessolihull.co.uk> Follow us on Twitter: @StAnnesCP



**St. Anne's Mission Statement:** "Each one of us is unique, each one of us is special, because we are created by God's love. May God's love shine on our lives as we care and share and learn together."

## Inclusion Newsletter

Autumn term

*"Today you are you. That is truer than true. There is no one alive who is you-er than you!"? Dr. Seuss*

### MEET THE TEAM



**Mrs S Mansell**

Assistant Headteacher/  
SENCo/DSL



**Mr J Busst**

Assistant SENCo/DSL



**Mrs T Morton**

Inclusion Support Assistant

### OCCUPATIONAL THERAPY

#### **What is Occupational Therapy?**

Occupational therapy aims to improve your ability to do everyday tasks if you're having difficulties. For example, support with independent skills, getting dressed, cleaning teeth, using cutlery, toileting and sleeping. They also complete motor assessments, to inform provision and intervention where there are difficulties. Occupational Therapists can also provide advice on sensory needs.

#### **Occupational Therapy at St Anne's**

St Anne's have been very fortunate to work alongside WMSLT who have audited the school environment, provided training for two occupational therapy champions within school. They have modelled completing motor skills screeners and sensory circuits. They have also offered two parents workshops, one in the autumn term for sensory needs and one coming up in the spring term, for independent skills.

For children who need motor assessments or advice linked to sensory needs we can also refer to the NHS Occupational therapists.

### COFFEE MORNINGS

We are very fortunate at St Anne's to have good relationships with many different agencies, who have offered coffee mornings to our parents. These are always shared via the newsletter and flyers around school.

We would like as many parents as possible to attend these coffee mornings as they are so informative. It is a good chance for a coffee and a chat with professionals who will be able to offer advice where needed. We are always reflecting on the best time to offer coffee mornings, please look out for a Microsoft form in the new year, auditing when the best time and content for our mornings will be for you.

## SENSORY CIRCUITS

### How do Sensory Circuits Work?

The sensory circuit's structure is simple. A circuit runs in three sections based on theories of sensory processing and sensory integration.

In school we use sensory circuits to support our children when they need refocusing or additional movement linked to their sensory needs. There are 3 sections to sensory circuits and we would choose 3 activities from each section. Very little to no equipment is needed and this can be done in a small space.

The 3 sections are:

- Alerting
- Organising
- Calming

These strategies may be useful for you to do with your child at home, over the Christmas break.

Please see NHS attachment which lists activities for each section of sensory circuits.

## UNIFORM DONATIONS

In the New Year St Anne's would like to promote our commitment to Catholic Social Teaching and our roles as 'Stewards of Creation.' As such, we would like to encourage reusing uniform whilst also raising money for the children at school.

If you have any uniform, school shoes, PE kit, coats, gloves, hats and scarves that could be reused by someone else and you are happy to donate to school we will gratefully receive it.

All uniform donated will be washed and ironed and hung in the meeting room by the entrance for families to access at any time. If families would like to make a small donation to school this will go towards additional resources for inclusion however there is no obligation. We would like to both exercise our catholic virtues of helping others and also support the environment by reusing items to reduce waste.

We are also trying to improve our stock of spare clothes in school so some of the uniform donated may replenish this too.

Thank you all for your support with this, we hope it will be a great addition to the offer at St Anne's.

## PARENT CARER VOICE

Parent carer voice are independent parents and carers working together to raise awareness and improve outcomes for all children with Special Educational Needs and/or Disabilities (SEND 0-25).

They work with organisations that provide services for our families and are completely independent of the Local Council and Health services which lets them share the experiences and ideas of parent carers, giving them a voice and effect positive change.

While the forum is not a support group, they want to work with all support groups across Solihull to ensure the voice of their members is heard. The forum is passionate that the collective voice of all families is being heard.

They welcome any parent, grandparent, carer or foster parent with a child or young person regardless of their disabilities, these may range from complex medical needs to challenging behaviour, learning or physical difficulties to join the forum.

The forum does not require a diagnosis for you to become a member. The forum is open to all families living in Solihull or those living outside accessing schools and services within health, education and social care that are provided within Solihull.

More information can be found:

<https://spcv.org.uk/>

They can be contacted on:

[enquiries@spcv.org.uk](mailto:enquiries@spcv.org.uk)

All age autism is a free service funded by Birmingham and Solihull council aiming to:

- Increase access to appropriate and timely support.
- Improve the understanding of Autism and enhance the support offer.
- Encourage the development of self-management skills
- Increase capacity and innovation in the local market
- Reduce reliance on secondary care services and reduce the need for hospital admission
- Be a single point of access for autism support.

The service also has developed a service directory where parents can look for support and advice.

They also award grants to bring new autistic support services onto the market to enhance support and encourage innovation and creativity and, to reflect local issues and need.

More information can be found:

<https://allageautism.co.uk/>

#### SUPPORT FOR FAMILIES OVER THE CHRISTMAS HOLIDAYS

##### *Household support for Christmas holiday 2023*

A payment of £15 per child will be provided as food support for families in receipt of benefits-related free school meals, for the Christmas holiday period. Vouchers will be issued by the start of the holiday. Solihull Council's Here2Help pages - <https://www.solihull.gov.uk/sites/default/files/2023-11/h2h-Preparing-for-Winter-2023.pdf> provide details of additional food provision and essential utilities to support families with children, other vulnerable households and individuals.

For more information, please contact  
Education Free School Meals Team [edfreesm@solihull.gov.uk](mailto:edfreesm@solihull.gov.uk).

##### Holiday activity and food (HAF) programme

The full range of holiday activity and food (HAF) programme activities can be found on our website [Activities \(solihull.gov.uk\)](https://www.solihull.gov.uk/activities). This includes family access to North Solihull Sports Centre, Tudor Grange Leisure Centre and Solihull Ice Rink.

For more information, please contact  
Tom Eley [tom.eley@solihull.gov.uk](mailto:tom.eley@solihull.gov.uk) or 07554 306 645.

#### INCLUSION DATES FOR YOUR DIARY

Friday 22<sup>nd</sup> December - Last Day of Term - Winter Well-being day/Christmas jumper day

##### **Monday 25<sup>th</sup> December – Friday 5<sup>th</sup> January – Christmas Holidays**

Monday 8<sup>th</sup> January - Start of Spring Term 1 – All children return to school

Wednesday 31<sup>st</sup> January - Occupational Therapy workshop- Independence skills

Thursday 1<sup>st</sup> February - Time to talk day

5<sup>th</sup> to 9<sup>th</sup> February - Children's Mental Health Awareness Week



**PUSH ON WELLBEING**  
#wellbeing4life SUPPORTIVE • HELP • FRIENDLY

**Lily's Tea Parlour Community run project**  
Chelmsley Wood shopping centre

Delicious Homemade Cakes to eat-in or takeaway

Afternoon Tea & Cream Tea Please pre-book

Meal deal Adults £5, Kids £4 sandwich, drink & cake

**WEEKLY GROUPS**

|           |                |                                          |
|-----------|----------------|------------------------------------------|
| Monday    | 3pm till 4pm   | Arts & Crafts                            |
| Monday    | 4pm till 5pm   | P.A.M (positive Action4Mental Wellbeing) |
| Wednesday | 11am till 12pm | Knit & Natta                             |
| Thursday  | 10am till 11am | Parents Chatta Natta                     |

Tel: 07541 395 656 [www.powcic.webs.com](http://www.powcic.webs.com)   

**W2**

## Cheap eats during the Christmas holidays

**Asda** Kids eat for **£1** all day at Asda Cafés, with no adult spend required.

**Ikea** Kids eat from **95p** in Ikea restaurants. Available every day from 11am.

**Morrisons** Kids eat free when an adult spends **£4.49** or more on a meal.

**Sainsbury's** Kids eat for **£1** with the purchase of an adult hot meal from the café, from **11.30am** every day.

| Autumn Timetable                                                                                                                                                                                                                                                                                                                                                                                                                                   | Monday                                                        | Tuesday                                                       | Wednesday                                                                          | Thursday                                                      | Friday                                                        |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------|---------------------------------------------------------------|------------------------------------------------------------------------------------|---------------------------------------------------------------|---------------------------------------------------------------|
| <br>(Formerly Capitol House)<br>42 Kingshurst Way,<br>Kingshurst, Solihull.<br>B37 6DX<br>07442 550 818<br><a href="mailto:evergreen@colebridge.org">evergreen@colebridge.org</a><br>Facebook:<br>Evergreen Family Hub<br>Kingshurst<br>Instagram:<br>@evergreenfamilyhub<br> | 9 am - 12 pm<br>Community Advice Drop In                      | NHS Solihull Health Visiting Team<br>(Appointment Only)       | 9 am - 1 pm<br>Health and Wellbeing Support<br><br>10:30 am - 12 pm<br>Social Café | 9 am - 4 pm<br>Employment and Skills Support Available        | 10 am - 12 pm<br>Stay and Play Group for 0-4 year olds        |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                    | 1:30 pm - 3:30 pm<br>Stay and Play Group for 0-4 year olds    | 10 am - 11:30 am<br>Solihull Infant Feeding Team              | 3:30 pm - 4:30 pm<br>Male Parent/Carer Family Activities                           | NHS Solihull Health Visiting Team<br>(Appointment Only)       | 1:30 pm - 4 pm<br>Family Fun Activities                       |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                    | 9 am - 4 pm<br>'Swap Shop' open<br>Community Fridge available | 9 am - 4 pm<br>'Swap Shop' open<br>Community Fridge available | 9 am - 4 pm<br>'Swap Shop' open<br>Community Fridge available                      | 9 am - 4 pm<br>'Swap Shop' open<br>Community Fridge available | 9 am - 4 pm<br>'Swap Shop' open<br>Community Fridge available |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                    | All Day<br>Community support available                        | All Day<br>Community support available                        | All Day<br>Community support available                                             | All Day<br>Community support available                        | All Day<br>Community support available                        |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                               |                                                               |                                                                                    |                                                               |                                                               |

## USEFUL PROFESSIONAL CONTACTS FOR SUPPORT

|                                               |                                             |
|-----------------------------------------------|---------------------------------------------|
| Solar crisis team                             | 0121 301 2750/ 0121 301 5500 (out of hours) |
| Solihull mash                                 | 0121 788 4300                               |
| Women's aid                                   | 0808 800 0028                               |
| Mankind                                       | 01823 334 244                               |
| Birmingham mind                               | 0121 608 8001                               |
| Birmingham Childrens services                 | 0121 303 1888                               |
| Warwickshire Childrens services               | 01926 414 144                               |
| Childline                                     | 0800 1111                                   |
| NHS 111                                       | 111                                         |
| Refuge national domestic abuse helpline       | 0808 2000 247                               |
| SIAS (Solihull integrated addiction services) | 0121 301 4141                               |
| Foodbank contact                              | 0121 704 8001                               |

## DIRECTORY OF SUPPORT

If you need any further help or support, that is not listed above. Please see the Solihull Here 2 Help directory on the following link - <https://www.solihull.gov.uk/sites/default/files/2023-11/h2h-Preparing-for-Winter-2023.pdf>