

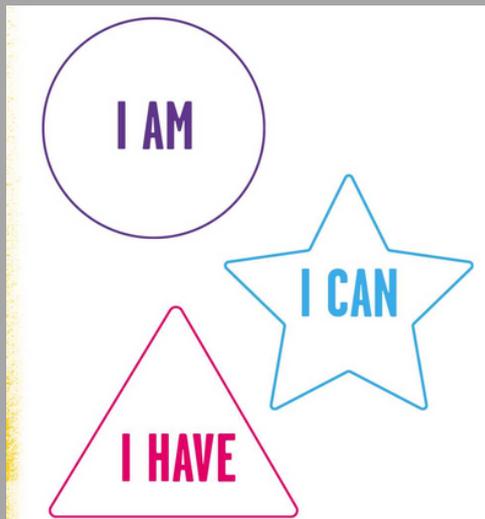
# INCLUSION UPDATE

SEND, WELLBEING and BEHAVIOUR

Keeping you in the loop with our current school priorities

## MENTAL WELLBEING TIP

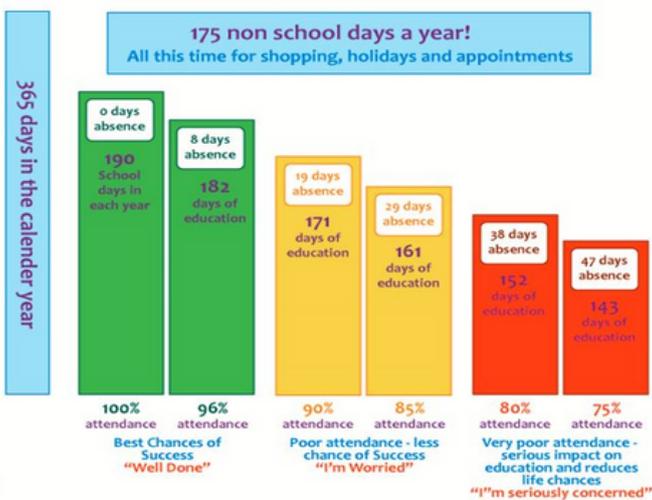
Sometimes we get stuck in a negative thought cycle. Regular negative thoughts can become a habit and can affect our overall mood and happiness. These 3 phases are useful to help pupils visualise and recognise the positive features in themselves. A great self esteem boosting exercise. Try modelling to your child.



**Attendance** - the HUB team are here to help with attendance please see Mr Smart, Mr Hind or Mrs Tasker if you would like more support.

### Good Attendance Means...

being in school at least 96% of the time. This means 8 Days Off!



### ZONES OF REGULATION

Here are some strategies to try at school or home:

<p><b>Blue Zone</b> Tools: Rest/Stop</p> <ul style="list-style-type: none"> <li>Take a break.</li> <li>Think happy thoughts.</li> <li>Talk about your feelings.</li> <li>Ask for a hug.</li> <li>Draw a picture.</li> </ul>	<p><b>Green Zone</b> Tools: Go Time</p> <ul style="list-style-type: none"> <li>Complete your work.</li> <li>Listen to the teacher.</li> <li>Remember your daily goal.</li> <li>Think happy thoughts.</li> <li>Help others.</li> </ul>
<p><b>Yellow Zone</b> Tools: Slow Down</p> <ul style="list-style-type: none"> <li>Take a break.</li> <li>Talk to the teacher.</li> <li>Squeeze my stress ball.</li> <li>Go for a walk.</li> <li>Take three deep breaths.</li> </ul>	<p><b>Red Zone</b> Tools: Stop</p> <ul style="list-style-type: none"> <li>Take a break.</li> <li>Squeeze my stress ball.</li> <li>Take three deep breaths.</li> <li>Count to ten.</li> <li>Talk about my problem.</li> </ul>



### MEET A MEMBER OF THE HUB TEAM

NAME: MR SMART

#### PERSONAL BEHAVIOUR AND WELFARE LEAD:

MR SMART IS PASSIONATE ABOUT MAKING SURE ALL CHILDREN FEEL SAFE AND SECURE IN OUR SCHOOL. HE IS BASED IN THE HUB AND IS ON HAND TO SUPPORT EMOTIONAL AND WELLBEING NEEDS. MR SMART IS ALWAYS ON HAND TO SUPPORT PARENTS/CARERS AND CAN POINT YOU IN THE DIRECTION OF SOMEONE WHO CAN HELP IF HE CAN'T. HE CHECK'S IN REGULARLY ON THE CHILDREN IN CLASS AND ALSO SUPPORTS PSHE LESSONS. **MORE ABOUT MR SMART:** MR SMART IS A HUGE FOOTBALL FAN. HE IS OFTEN FOUND TRANSPORTING HIS BOYS TO THEIR FOOTBALL MATCHES OR WATCHING SPURS - HIS FOOTBALL TEAM!

### HAVE YOUR SAY...

## GET INVOLVED

City of York Council and the NHSVale of York Clinical Commissioning Group are working together to improve services for children and young people with special education needs and disabilities, and their families, in York.

Email [jointpartnership@york.gov.uk](mailto:jointpartnership@york.gov.uk) to get involved

For more information visit [www.yor-ok.org.uk/send-updates.htm](http://www.yor-ok.org.uk/send-updates.htm)