

Achievements this week ...



Nora and Keelia	Amazing walking in their walkers up and down the corridor
Hannah	Having fantastic interactions with a newer member of staff
Inci and Ellie	Working together and being creative in busy time
Eda	Being able to manage and regulate her emotions this week and for great enthusiasm to walk and explore in different areas of learning around the classroom
Anya	Good independent work and lovely singing all week
Reyon	Independently engaging in the good afternoon session
Mason	Being an excellent and caring friend all week and including Toni in his bouncy ball game

Staff shout-out to the amazing Europa team who have gone above and beyond this week and always overcoming challenges and remaining positive and committed to the children.

Shout-out to Holly, Shafina and Tara for being amazingly flexible and supportive over this half term; acting as runners across the school to support all classes, delivering lunches, collecting bin bags and offering to help colleagues wherever they can.

Children’s Mental Health Week

The following apps may help and support you to talk to your children about their Mental Health. These are not specifically designed for children with SEND but may be useful to have a look at or to use with other children in your household.

Mindful Gnats: An app to help young people develop mindfulness and relaxation skills.

MindShift: A free app designed to help teens and young adults cope with anxiety. It can help you change how you think about anxiety. Rather than trying to avoid anxiety, you can make an important shift and face it. Lists symptoms of anxiety. Offers strategies to manage worry, panic, conflict, ordinary anxiety, and three specialised categories of anxiety: test anxiety, social anxiety, and perfectionism. Also contains relaxation exercises

Mood Tracker: A website/app which lets you track moods and sleep patterns helping to manage depression, anxiety or bipolar disorder.

MoodGYM: A free, fun, interactive program to help young people with low mood. Based on cognitive behaviour and interpersonal therapy, it consists of five modules, which help you to explore:

- Why you feel the way you do
- Changing the way you think
- Knowing what makes you upset
- Assertiveness and interpersonal skills training



Rise Up + Recover: An app for you if you are struggling with food, dieting, exercise and body image. Based off self-monitoring homework, a cornerstone of cognitive behavioural therapy (CBT), it is a simple and convenient app that has been used millions of time around the world.

SmilingMind: A modern meditation for young people from 7 years up. It is a free web and App-based program, designed to help bring balance to young lives. Smiling Mind was created in Australia and is aimed at helping young people de-stress and stay calm. There are tailored programmes for different age groups.

Switch Toys and Other Teaching Resources

The school supported all parents and their children during the first lockdown last by lending you resources and equipment from the classrooms for home learning. Whilst many parents have kindly sent these back to re-use in the classroom we are still missing quite a bit of vital equipment to support children's learning now that we are back in school. Some of these came directly from classroom resources and some were borrowed from the toy library. Please do have a good look over the half term to see if you have things that belong to the school and return these.

In particular, we are missing a lot of SALT/OT switch type toys, switch boxes and big macs which are expensive to replace. You would have received these in plastic zip wallet with a switching programme. We are also missing a few black, felt communication boards. These are no longer available to buy so we really would like these back.

Thank you for your support so that we can continue to support your child to achieve in their learning.



Southfields Foodbank at St. Paul's Pantry

St. Paul's Pantry on Augustus Road is still up and running. It is currently open on the first and third Thursday of the month. This means they will be open again on 18th February from **6.30pm – 8.00pm**.

The pantry is a small scale foodbank offering free groceries to anyone who needs them. No referrals are necessary.



To find out more please phone **07946485457**



Love Your Neighbour

The Holy Trinity Church (HTB) network have set up emergency food and supplies hubs across London to get essential provisions.

Phone **020 7052 0590** for help to access this service or visit www.www.htb.org/loveyourneighbour

They are also offering additional support for Debt Advice and an Employment Support Programme that is aimed at those who are unemployed or struggling to find employment due to Covid 19. Visit www.htb.org/loveyourneighbour to get more information.

If you can volunteer at their Food Hubs, working with families, helping those who are looking for employment with coaching skills, supporting those in debt or helping with the 'Phone a Friend' scheme or can help with donations please also visit their website to find out more about how to do this.

Mencap Resources for Parents

With the launch of its Children's Campaign, Mencap aims to transform healthcare for people with a learning disability and the charity is launching resources for both parents and professionals at the point of diagnosis which focuses on support and services available. They have also published a useful resource to support parents when they have child with a learning disability who needs time in hospital.

To find out more about these resources visit

www.mencap.org.uk/sites/default/files/2021-01/January%20-%20Supporting%20children%20in%20hospital%20-%20resource%20for%20parents%20Final%20version.pdf

www.mencap.org.uk/sites/default/files/2020-12/UPDATED_A4%20DIAGNOSIS%20RESOURCE%20PARENTS%20V2%20%282%29.pdf

Whilst the resources available to professional are aimed at health professionals we'll be adding the resources to our CPD library for staff at Greenmead so that we can support you too.



Lockdown lunch ideas for your family

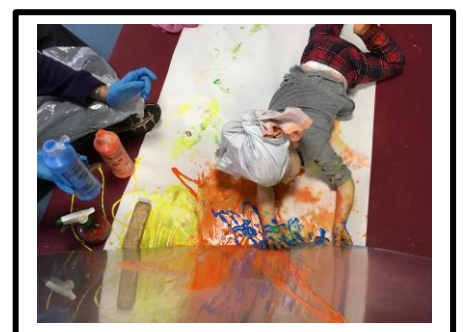
Are you looking for easy, low-cost recipes for speedy lunchtimes? The NHS and Change for Live have created a page on the Change for Life website with a list of menus, recipes and shopping lists

www.nhs.uk/change4life/recipes/lunch/cheap-lockdown-lunch-ideas



change 4 life

Being creative with whole body in Jupiter Class



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