

# Nebula SEND News



## NEW! Nebula SEND Group Facebook Page!

There is now a Nebula SEND Group. You will need to ask to be included and all posts will be monitored.

This will be a safe and private space for parents to share great ideas and any questions you may have.

The url is:

<https://www.facebook.com/NebulaSENDGroup/>

Any problems, please email me:

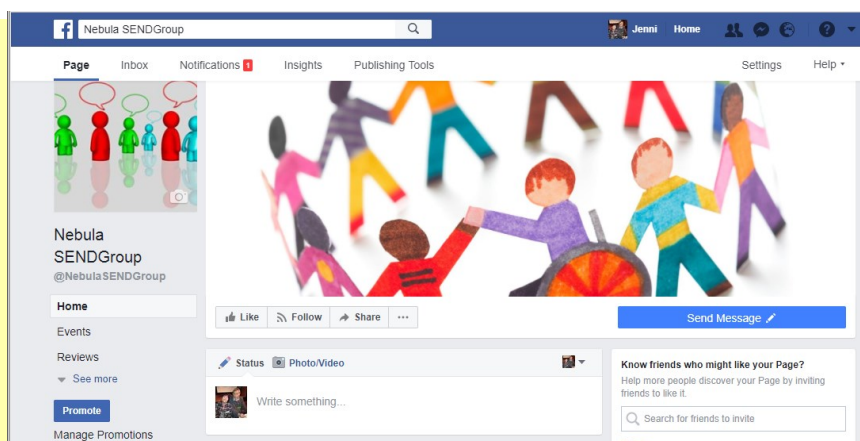
[deputysend@nebula.norfolk.sch.uk](mailto:deputysend@nebula.norfolk.sch.uk)

Issue 2

Spring 2018

### Nebula SENCOs

- Executive Deputy for SEND: Jenni Porter
- Mary Board—SENCO for Harnser Federation (Frettenham, Hainford and St Faiths' Primary Schools)
- Mrs Hewett—Old Catton Junior School
- Mrs Quiles-Richmond—White Woman Lane Junior
- Mrs Pratt- Horsford Primary
- Miss Thurston—Horsford Primary



### Autism Champions Update

The Nebula SENCOs, 2 of our teaching assistants and I have now, sadly finished attending Autism Champions Training. However, we will be continuing to meet every half term to share our ideas and good practice.

We will be meeting with other schools in the local area who also attended the training and hope to continue and develop all the good work we have started. As parents, you may

have noticed Visual Timetables being more prominent, calm spaces appearing in classroom and pupil profiles being published for your children. Please ask the SENCO at

your child's school for more information.



Thanks , Jenni

## Pets As Therapy (PAT ) Dogs



3 of our schools have a PAT dog. The Pets as Therapy organisation is a National Charity enhancing thousands of lives every single day. What they do is beautiful in its simplicity; their inspiring and dedicated volunteers share their time and their wonderful pets with people in need, young and old. All breeds of dog can become part of a PAT Team, they must have been with their owner for at least 6 months, be over 9 months of age and be able to pass the temperament assessment. All pets must be fully vaccinated.

Website: <https://petsastherapy.org/>



## Nurture



Our schools have many 'nurture interventions and groups. Some take place over break times with groups, others may be timetabled as part of the school day. Many activities take place in nurture time. Children have built hedgehog houses, baked, made Lego models, doodles and crafted together to build relationships and self esteem in small, safe groups.

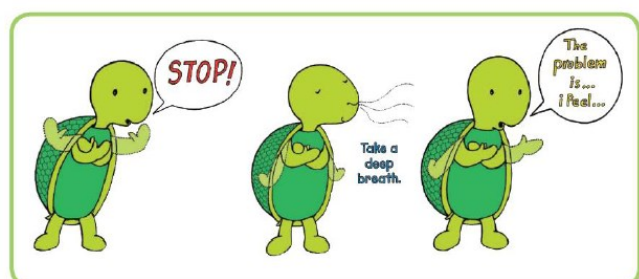
## PATHS—Promoting Alternative Thinking Strategies

PATHS is developed in our schools because children often show difficulties in social problem-solving, self-control, affective understanding and self-esteem. *The PATHS® Programme for Schools* provides teachers with a system for enhancing social competence and understanding in children. It addresses the following goals:

1. Increased self-control, i.e., the ability to stop and think before acting when upset or confronted with a conflict situation. Lessons in this area also teach identification of problem situations through recognition of "upset" feelings.
2. Attributional processes that lead to an appropriate sense of self-responsibility.
3. Increased understanding and use of the vocabulary of logical reasoning and problem-solving, e.g., "if...then" and "why...because."
4. Increased understanding and use of the vocabulary of emotions and emotional states; e.g., excited, disappointed, confused, guilty, etc. Increased use of verbal mediation.
5. Increased ability to recognise and

interpret similarities and differences in the feelings, reactions and points of view of self and others.

6. Increased understanding of how one's behaviour affects others.
7. Increased knowledge of, and skill in, the steps of social problem-solving: stopping and thinking; identifying problems and feelings; setting goals; generating alternative solutions; anticipating and evaluating consequences; planning, executing and evaluating a course of action; trying again if the first solution fails.
8. Increased ability to apply social problem-solving skills to prevent and/or resolve problems and conflicts in social interactions.



**NEED HEALTH ADVICE? WE CAN HELP**

From 20th March 2017

**Just one number**

**0300 300 0123**

Children & Young People's Health Services NORFOLK

Are you a child, young person or parent/carer living in Norfolk?  
 If you need to speak to your health visitor, school nurse or any other member of our integrated Healthy Child Programme services for advice or information, we're here to help!

8.00 am - 6.00 pm Monday - Friday      9.00 am - 1.00 pm Saturday

Cambridgeshire Community Services NHS Trust: delivering excellence in children and young people's health services

## Natalie Brown PSA

Natalie Brown is an experienced Parent Support Adviser who works across all 6 Nebula schools. She works closely with the SENCOs and families to support our children in the best way she can. Natalie uses a variety of techniques and skills to help the children talk about what is worrying them in a non-threatening and non-judgemental space. Sometimes the children will do some craft exercises, play with Lego or play turn taking games as they open up. Whatever the children say is confidential (unless they raise an issue we need to deal with from a safeguarding point of view).



# SEN Parent Drop-In

**SEN Parent Drop Ins with Jenni!**

Please come along for a chat, share your parental expertise, or just for cake! No appointments necessary!

20/02/2018	Hainford Primary	2.00-3.30
01/03/2018	Old Catton	2.00-3.30
13/03/2018	Horsford Mill Lane	8.30-10.00

**Final Speech and Language Drop-In with Fritha Fayers**

**Wednesday 7th March 12:30-17:30**  
 Old Catton Junior

