

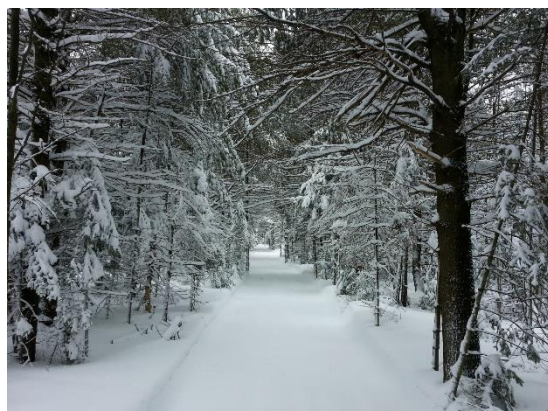
# TERM 3 NEWSLETTER



Specialist Teaching and Learning Service

Happy new year! We all hope you enjoyed a lovely festive break and are looking forward to the year ahead.

We've started off the year with a very successful CUES course for parents. Thank you to all those that encouraged parents that struggle with anxiety and uncertainty to attend.



## Early Years Lift Dates

### Ashford Early Years LIFT Dates Terms 1 to 6 2023-2024

LIFT Group	Term 1 Via Teams	Term 2 Via Teams	Term 3 2023 Via Teams	Term 4 (Teams or Venue) TBC	Term 5 (Teams or Venue) TBC	Term 6 (Teams or Venue) TBC
L & M	1.30 11 September 2023	1.30 06 November 2023	1.30 08 January 2024	1.30 26 February 2024	1.30 22 April 2024	1.30 10 June 2024
Deadline for paperwork	04/09/2023	30/10/2023	02/01/2024	19/02/2024	15/04/2024	03/06/2024
N	10.00 13 September 2023	10.00 15 November 2023	10.00 17 January 2024	10.00 28 February 2024	10.00 24 April 2024	10.00 12 June 2024
Deadline for paperwork	06/09/2023	08/11/2023	10/01/2024	21/02/2024	17/04/2024	05/06/2024
O	1.30 26 September 2023	1.30 21 November 2023	1.30 23 January 2024	1.30 12 March 2024	1.30 07 May 2024	1.30 25 June 2024
Deadline for paperwork	19/09/2023	14/11/2022	16/01/2024	05/03/2024	30/04/2024	18/06/2024
P & Q	1.30 27 September 2023	1.30 22 November 2023	1.30 24 January 2024	1.30 13 March 2024	1.30 08 May 2024	1.30 26 June 2024
Deadline for paperwork	20/09/2023	15/11/2023	17/01/2024	06/03/2024	01/05/2024	19/06/2024

# TERM 3 NEWSLETTER

## Primary and Secondary Lift Dates

### Ashford Primary / Secondary LIFT Dates 2023-2024

LIFT Group	Term 1 (via Teams)	Term 2 (via Teams)	Term 3 2024 (via Teams)	Term 4 (via Teams)	Term 5 (via Teams)	Term 6 (via Teams)
L Monday AM	08.30 11 September 2023	08.30 06 November 2023	08.30 08 January 2024	08.30 26 February 2024	08.30 22 April 2024	08.30 10 June 2024
M Tuesday PM	13.00 12 September 2023	13.00 07 November 2023	13.00 09 January 2024	13.00 27 February 2024	13.00 23 April 2024	13.00 11 June 2024
N Tuesday AM	08.30 19 September 2023	08.30 14 November 2023	08.30 16 January 2024	08.30 05 March 2024	08.30 30 April 2024	08.30 18 June 2024
O Tuesday AM	08.30 26 September 2023	08.30 21 November 2023	08.30 23 January 2024	08.30 12 March 2024	08.30 07 May 2024	08.30 25 June 2024
P Wednesday AM	08.30 27 September 2023	08.30 22 November 2023	08.30 24 January 2024	08.30 13 March 2024	08.30 08 May 2024	08.30 26 June 2024
Q Wednesday PM	13.00 04 October 2023	13.00 29 November 2023	13.00 31 January 2024	13.00 20 March 2024	08.30 22 May 2024	13.00 03 July 2024
R Secondary Lift (Thursday)	1.00pm 12 October 2023	1.00pm 16 November 2023	1.00pm 18 January 2024	1.00pm 07 March 2024	1.00pm 25 Apr 2024	1.00pm 04 July 2024

PLEASE NOTE – Paperwork for referrals to be submitted 1 week before the allocated Lift Meeting

\*\* STATS WEEK – 13<sup>th</sup> to 15<sup>th</sup> May 2023\*\*

## Upcoming Training

### Term 3 Training Available:

- ❖ ADHD & ODD
- ❖ Dyslexia In-Depth
- ❖ AET Good Autism Practice
- ❖ ACES & Trauma Informed Practice

Email [lizzie.wells@goldwyn.kent.sch.uk](mailto:lizzie.wells@goldwyn.kent.sch.uk)  
for access to any booking form or for  
more details.

### Term 3 Primary and Secondary SENCO Forum Date

8<sup>th</sup> February 1pm-3pm

Repton Community Centre



Autism  
Education  
Trust

Schools



### Good Autism Practice

Gain practical knowledge, and discover hands-on  
Tools and techniques to support autistic children  
in your setting.

This module is part of the AET schools' development  
programme and links to the schools' framework  
documents. These should be referred to and used to  
as a school and self evaluation tool.

[www.autismeducationtrust.org.uk/framework-documents](http://www.autismeducationtrust.org.uk/framework-documents)

#### Who is this training for?

This is a module for practitioners who work directly with  
autistic children in schools, and it provides guidance on  
processes and tools that can help practitioners to implement  
good autism practice.

#### What will you learn?

- Develop your knowledge and understanding  
of good autism practice
- Reflect on and improve your practice in working  
with autistic pupils
- Understand strategies and approaches you can  
draw upon for autistic pupils you work with
- Reflect on the kind of information you need to collect  
for creating a person-centred education plan
- Consider how to involve the autistic pupils and their  
family in setting learning goals



Developed by  
leading autism  
specialists

Up to date  
with the latest  
research

Enhances  
your CPD

Free resources  
and frameworks  
linked to Ofsted

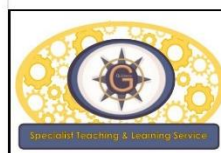
Optional  
certification

£40

30<sup>th</sup> January 9.30am – 12pm

Request a booking form from your STLS admin

[Lizzie.wells@Goldwyn.kent.sch.uk](mailto:Lizzie.wells@Goldwyn.kent.sch.uk)



# TERM 3 NEWSLETTER



Specialist Teaching and Learning Service

## ACES & TRAUMA INFORMED PRACTICE TRAINING

**1<sup>ST</sup> FEBRUARY**

**9.30AM – 3PM**

JOHN WESLEY PRIMARY SCHOOL

COST: £60

What is ACES & Trauma Informed Training?

This training has been developed for all staff members working with children in Primary or Secondary Schools. It recognizes the presence of trauma and its impact on the emotional, social and psychological wellbeing of children which can cause a wide range of behaviours.

The effects of Childhood Trauma can be difficult to understand and manage, the training will help unpick a variety of behaviours that enable staff members to develop appropriate responses, empowering staff to support children through challenging situations.

This training helps make sense of bad experiences, what trauma can look like and also explores why positive approaches, even to negative behaviours, are so important. We will discuss what these positive approaches are and how to apply them.

### Term 3 Clinic Dates:

- ❖ C&I – 15<sup>TH</sup> January (Sara)
- ❖ SEMH – 29<sup>TH</sup> January (Heather & Amy)
- ❖ C&L – 5<sup>TH</sup> February (Sherrie)

To book a clinic place please email either Sara, Heather/Amy or Sherrie directly.

[Sara.cave@goldwyn.kent.sch.uk](mailto:Sara.cave@goldwyn.kent.sch.uk)

[Amy.honey@goldwyn.kent.sch.uk](mailto:Amy.honey@goldwyn.kent.sch.uk)

[Heather.woodcock@goldwyn.kent.sch.uk](mailto:Heather.woodcock@goldwyn.kent.sch.uk)

[Sherian.hogg@goldwyn.kent.sch.uk](mailto:Sherian.hogg@goldwyn.kent.sch.uk)

TO BOOK A PLACE PLEASE CONTACT LIZZIE.WELLS@GOLDWYN.KENT.SCH.UK

Date	Time	Training	Trainer	Venue	Cost
15 <sup>th</sup> January	Slots booked via Sara	C&I Clinic	Sara Cave	Virtual – <i>please email Sara to book</i>	FREE
24 <sup>th</sup> January	9.30am - 3pm	ADHD & ODD	Amy Honey	Kent Invicta Chamber of Commerce	£60
3 Day Course 8 <sup>th</sup> January 15 <sup>th</sup> January 26 <sup>th</sup> February	9.30am - 12.30pm	Dyslexia more in-depth (reading, spelling, memory etc.)	Ashford, Folkestone & Dover C&L Teachers	Aspen Training and Resource Centre Whitfield	£90
29 <sup>th</sup> January	Slots booked via Amy or Heather	SEMH Clinic	Amy Honey Heather Woodcock	Virtual – <i>please email Amy or Heather to book</i>	FREE
28 <sup>th</sup> February	9.30am-10.30am	Sensory Q&A Clinic	Sara Cave Stella Parkinson	Virtual – <i>please email Sara to book</i>	FREE
22 <sup>nd</sup> February	9.30am-10.30am	Sensory Circuits – <i>please email Sara to book</i>	Sara Cave Stella Parkinson	The Rainbow Centre Ashford	FREE
30 <sup>th</sup> January	9.30am - 12pm	AET Good Autism Practise ( <i>Must have completed Making Sense of Autism before booking</i> )	Sara Cave Russell Ames	Goldwyn School	£40
1 <sup>st</sup> February	9.30am - 3pm	ACES & Trauma Informed Practice	Amy Honey & Heather Woodcock	John Wesley Primary School	£60
5 <sup>th</sup> February	Slots booked via Sherrie	C&L Clinic	Sherrie Hogg	Virtual – <i>please email Sherrie to book</i>	FREE
8 <sup>th</sup> February	1pm – 3pm	SENCO Forum	STLS	Repton Connect Community Centre	FREE

### Term 3 Sensory Q&A Date

31<sup>st</sup> January 9.30am – 10.30am

### Term 4 Sensory Circuits Date

22<sup>nd</sup> February 9.30am – 10.30am

Free virtual sessions email

[sara.cave@goldwyn.kent.sch.uk](mailto:sara.cave@goldwyn.kent.sch.uk) to book

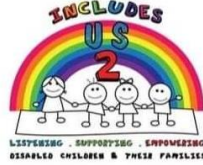
# TERM 3 NEWSLETTER

## Support Groups for Parents



### Coffee Mornings

We will be holding coffee mornings at each of the following centres. A time and place for parents of children with Special Needs and Disabilities to come together and share the joys and challenges of parenting a child with additional needs.



Rainbow Centre, Great Chart Bypass, Ashford	The Village, Denmark Street, Folkestone	Aspen SMILIE Centre, Whitfield Dover
Wednesday 3rd January	Wednesday 10th January	Wednesday 17th January
Wednesday 24th January	Wednesday 31st January	Wednesday 7th February
Wednesday 21st February	Wednesday 28th February	Wednesday 6th March
Wednesday 13th March	Wednesday 20th March	Wednesday 27th March

All sessions are from 10am to 12 noon.

Please let us know if you plan to attend so we can make sure we can accommodate your needs.

Email - [familysupport@includesus2.org.uk](mailto:familysupport@includesus2.org.uk)

If you are not a member of Includes Us 2, please go to our website or join here

[Membership Application Form \(jotform.com\)](http://Membership Application Form (jotform.com))

Membership is free.

#### Please note

Ashford - We are able to provide hot drinks.

Folkestone - We cannot provide hot drinks.

Dover - We are able to provide hot drinks.

## SEND Parent and Carers Drop in

#### When?

Once a month on  
Monday 29th January  
Monday 26th February  
Monday 25th March  
Monday 29th April  
Monday 20h May  
Monday 24th June

#### Where?

Waterside Children's centre  
Turner Close  
Willesborough  
Ashford  
TN24 0PQ

#### What time?

Any time between  
10:00am-11:30am

Come along once a month to our friendly support group for parents and carers of children with Special Educational Needs and Disabilities.

We can provide information, advice and signposting to local support services or just a listening ear. Pick up some helpful resources, meet other families and have a chat.

All welcome no need to have your child with you.

## Parent Information Sessions

For parents/carers of 0 - 18 year olds  
(up to 25 with SEND)

Waterside Children's Centre  
Turner Close  
Ashford  
TN24 0PQ  
10am - 12pm



Tuesday 9th January - Autism and ADHD  
Tuesday 16th January - Anxiety and Wellbeing  
Tuesday 23rd January - Adolescence behaviour and conflict  
Tuesday 30th January - Questions and Chat

Tuesday 27th February - Autism and ADHD  
Tuesday 5th March - Anxiety and Wellbeing  
Tuesday 12th March - Adolescence behaviour and conflict  
Tuesday 19th March - Behaviour that challenges  
Tuesday 26th March - Questions and Chat



Tel: 03000 418700

[ashfordopenaccess@kent.gov.uk](mailto:ashfordopenaccess@kent.gov.uk)



## SEND Stay and Play with SEND Parent and Carers drop in

#### When?

Once a month on  
Monday 29th January  
Monday 26th February  
Monday 25th March  
Monday 29th April  
Monday 20h May  
Monday 24th June

#### Where?

Waterside Children's centre  
Turner Close  
Willesborough  
Ashford  
TN24 0PQ

#### What time?

Any time between  
10:00am-11:30am

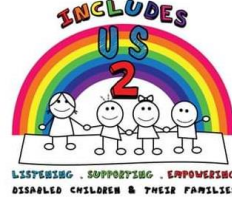
Does your child have special educational needs or disabilities? Bring them to our SEND stay and play (Pre school children only). This new group will give the opportunity to meet other families, play with your child and have fun in a place where people understand.

# TERM 3 NEWSLETTER

## Half Term Activities



Kent  
County  
Council  
kent.gov.uk



Kent  
County  
Council  
kent.gov.uk



COME JOIN INCLUDES US 2 AT KIDZ PLANET THIS  
FEBRUARY HALF TERM

LOCATION - Unit 1-2 Centurion Park Caesars Way,  
Folkestone CT19 4AH

DATE :16TH FEBRUARY 2024

TIME: 6.30-8.30PM

Tickets are £3.50 per child

### PAYMENT MUST BE MADE AT THE TIME OF BOOKING

PayPal - Goods and Services - Includesus2.org.uk

-----  
Bank Transfer

Account Name - Includes Us 2

Sort Code - 60-01-21 Account Number - 47854405  
-----

INCLUDES US 2 INVITES YOU & YOUR FAMILY  
TO A CRAFT SESSION

WHEN: Wednesday 14th February 2024

TIME: 10.30-12 OR 12.45-2.15pm

LOCATION: Shorncliffe Community Centre,  
Mackenzie Drive, Folkestone, CT20 3LR

PRICE: £4 PER CHILD



### PAYMENT MUST BE MADE AT THE TIME OF BOOKING

PayPal - Goods and Services - Includesus2.org.uk

-----  
Bank Transfer

Account Name - Includes Us 2

Sort Code - 60-01-21 Account Number - 47854405  
-----

Please email [events@RCincludesus2.onmicrosoft.com](mailto:events@RCincludesus2.onmicrosoft.com) to book your space!

Please email [events@RCincludesus2.onmicrosoft.com](mailto:events@RCincludesus2.onmicrosoft.com) to book your space!

**Rockits**  
Sensory & Play Rooms

Private Hire

JANUARY  
THOMAS & FRIENDS

FEBRUARY  
Valentine's Crafts  
Interactive Room

SEN 0-5  
Sessions Stay & Play Messy Play

MARCH/APRIL  
Mothering Sunday -  
Cream tea with Mummy  
Easter -  
Egg hunt with Peter Rabbit  
Duggee Day -  
Hey Duggee fun with meet & greet

RockitsSensory.co.uk  
Rear of 53 HIGH STREET

## TERM 3 NEWSLETTER

### Primary and Secondary Section

As a team we wanted to wish a huge congratulations to **Lucy Stephen** from **Homewood School**, who was anonymously nominated and **WON** the **SENCO of the year** award. What an amazing honour and very well deserved!



### Tips to help Young People Manage ADHD

“ Create a routine for the day. ”

“ Set clear boundaries in your personal, school or professional life. ”

“ Reflect on the day and what you achieved – this can be as small as getting to school/work or getting through a lesson. ”

“ Find the best ways for you to cope in social situations. ”

“ Look into local support groups. ”

“ Recognise potential triggers that might make your symptoms worse; these will be unique to each person but could include being over-stimulated. ”

**Young Minds** has a brilliant support page for parents of children with ADHD. A lot of the resources and tips can be useful for professionals within schools too.

<https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/adhd/>

#### Lego Therapy Training

**Dover STLS** are providing training for Lego Therapy on the 14<sup>th</sup> March 9.30am-12.30pm at £40pp

To book please click [here](#).



# TERM 3 NEWSLETTER

Responding to Vulnerable Children

Trauma-Informed

Resources from Beacon House Therapeutic Services and Trauma Team

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

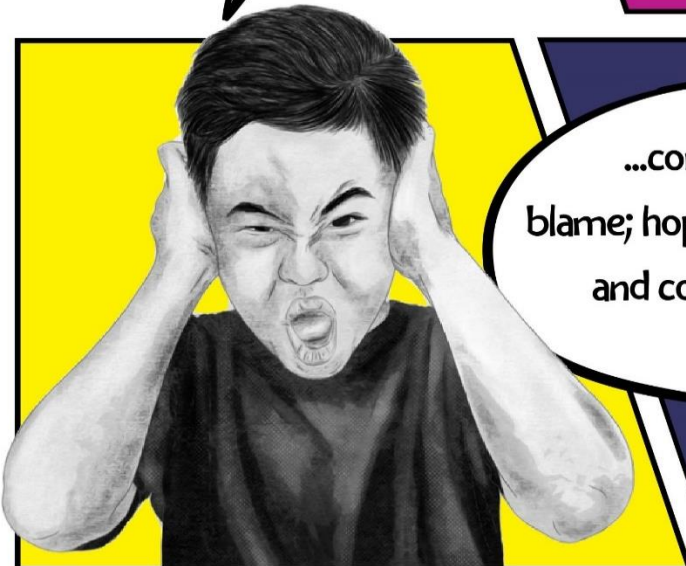


## WHAT WE SAY

A shift from traditional language to a trauma-informed description of vulnerable individuals can create...



...compassion instead of blame; hope instead of hopelessness and connection rather than disconnection



# TERM 3 NEWSLETTER

WHAT WE SAY...

“UNACCEPTABLE BEHAVIOUR”

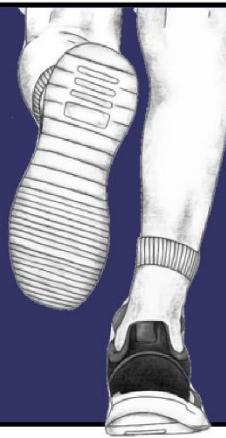


INSTEAD TRY...

“Understandable Behaviour”

WHAT WE SAY...

“DISMISSIVE”



INSTEAD TRY...

“Flight Survival Mode”

WHAT WE SAY...

“DEFIANT”



INSTEAD TRY...

“Fight survival mode, coping with threat”

WHAT WE SAY...

“AGGRESSIVE”



INSTEAD TRY...

“Terrified and in fight survival mode”



# TERM 3 NEWSLETTER



**WHAT WE SAY...**

**"ATTENTION SEEKING"**

**INSTEAD TRY...**

**"Attachment Seeking"**



**WHAT WE SAY...**

**"WITHDRAWN"**

**INSTEAD TRY...**

**"Moving into collapse survival mode"**

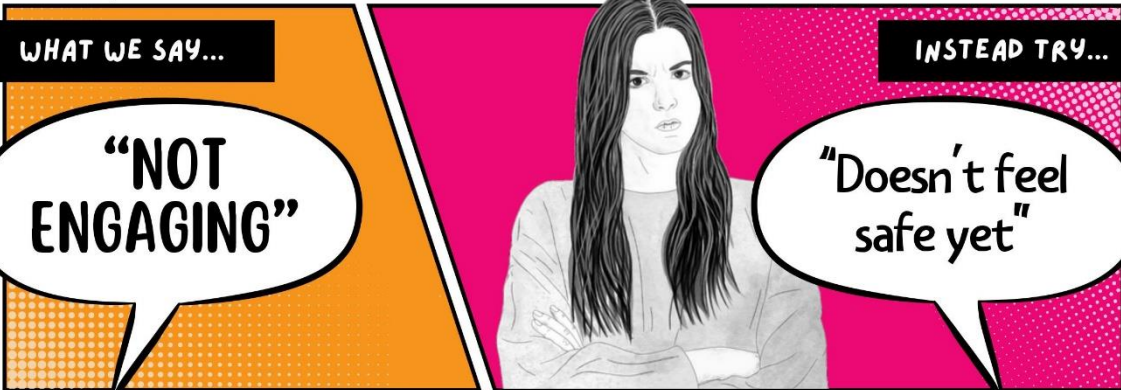


**WHAT WE SAY...**

**"RUDE"**

**INSTEAD TRY...**

**"Self-Protective"**



**WHAT WE SAY...**

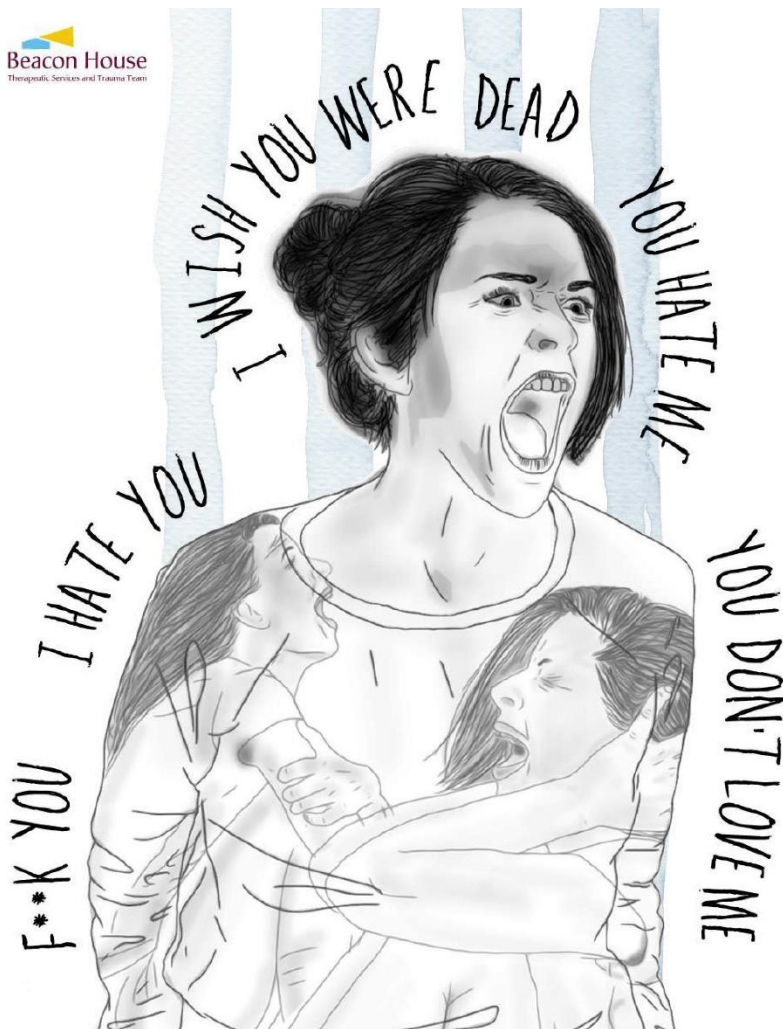
**"NOT ENGAGING"**

**INSTEAD TRY...**

**"Doesn't feel safe yet"**

# TERM 3 NEWSLETTER

**Beacon House** has been created to help support those that have suffered Childhood Trauma and also increase the knowledge of Childhood Trauma for those working with children and young people. They have a list of online training which you can access [here](#). You'll also be able to find all of their useful resources which are free to access [here](#).



## WOUNDING WORDS: A PERSPECTIVE CHANGE

**What if, behind the wounding words, what is really being said is how much hurt someone is feeling?**

What if sometimes the words that hurt, wound and confuse are actually a vehicle to getting unbearable feelings out; a way to discharge everything that is being held in the body?

What if you are the only person on earth who can bear this torrential release of feelings? What if there is no other person who the speaker of these words can take this risk with, for fear of being rejected?

Imagine for a moment that the words simply don't matter. Connect with the possibility that this is simply an outpouring of intolerable feelings; how would that change a wounding conversation for you?

If wounding words can be understood as simply the way that feelings flood out of the body, we might sometimes be better able to respond from a place of empathy with the feelings, rather than defence against the words.

Remember, it's not personal. The words are not about you, they are about past people and feelings that are being spoken in the here and now. To protect yourself and your young person, try these mantras:

**"I hear you, and I'm still here."**

**"I hear you, and I still love you."**

**"This will pass, and we will be OK."**

**"You can be angry, and still love me."**

**"I can be hurt, and still love you."**