

SEND & SEMH

Newsletter 25/26

Resources, articles and tips!

via clickable links

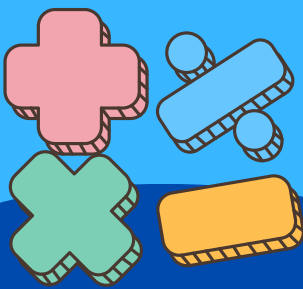
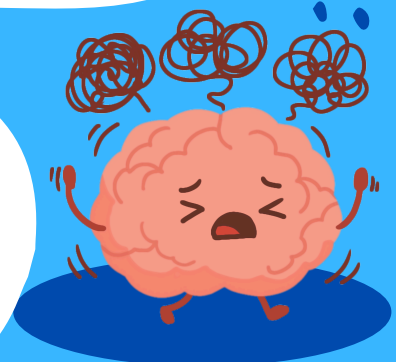


Q&A: Talking to Children about Divorce

1. Dr Bettina from "nip in the bud" responds to a mother going through a divorce whose son is bottling up his feelings.

2. Article - Supporting a child with depression or anxiety.

An article from the NSPCC that helps you recognise the signs of anxiety and depression and advice on how best to support.



3. Video: Dyscalculia and me

National Numeracy Ambassador Iona Bain and actor Mia Borthwick discuss their journeys with dyscalculia.

DID YOU KNOW...

When a child is in "fight, flight, or freeze," their thinking brain switches off and their survival brain takes over. In that moment, they can't listen or reason—they need to feel calm and safe first.

All feedback is welcome as we want it to be useful for YOU so please tell us what you want to see. Mrs Larkman, Mrs Mead and Mrs Griffin