

INSIDE Inclusion

SUMMER 2 NEWSLETTER



ATTENDANCE

Regular school attendance is crucial for your child's academic and social development. Consistent presence in school allows children and young people to build strong foundations in learning, participate fully in class, and develop important social skills.

WHY DOES GOOD ATTENDANCE MATTER?



ACADEMIC PROGRESS

Consistent attendance ensures your child doesn't miss out on important lessons and learning opportunities, helping them stay on track with their studies.



SOCIAL DEVELOPMENT

School provides a vital space for children to interact with peers, build friendships, and develop essential social skills.



SENSE OF BELONGING

Regular attendance fosters a sense of belonging and connection to the school community, which is important for overall well-being.



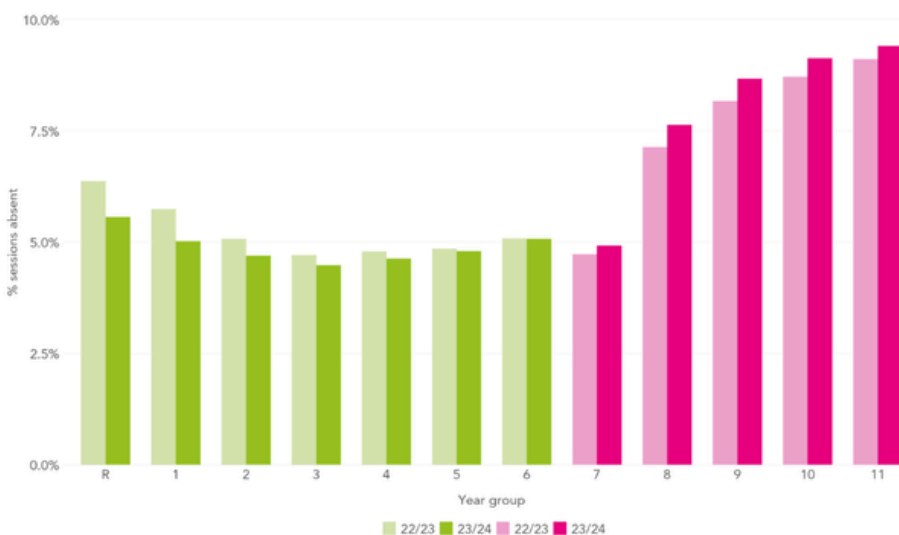
FUTURE SUCCESS

Good attendance habits learned in school translate to important life skills like responsibility, discipline, and punctuality, which are valuable in future academic and professional pursuits.

National data around absence is shown below. Improving attendance and decreasing absence is a huge focus Nationally and for Cambrian Learning Trust. A new school year in September marks a fresh start for many - an ideal time for us to focus on building new habits around attendance.



% sessions absent in the first half-term by year group - this year vs last year
Attendance Tracker schools - this year to 20th Oct '23, last year to 21st Oct '22



Please do work with us to ensure your child's regular attendance. We encourage all parents to prioritise school attendance and work with us to address any barriers that might prevent your child from attending school regularly.

Please reach out to your child's school if you have any concerns or need support in ensuring your child attends school.

We strive for all pupils within Cambrian Learning Trust to be in school and supported to achieve their best outcomes.

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TALKING TEENS COURSE

Faringdon Community College have been Facilitating LCSS (Locality Community Support Service) to run a Teenage Parenting Course. The course is running at FCC and there has been a great turnout from parents, it has been a great opportunity to meet parents who has facing similar battles and talk through strategies and techniques. The course for 4 weeks and has some really useful resources for continued learning.



TRANSITION

As we can all appreciate, times of transition can be challenging, especially for our children and young people. Transitioning from primary to secondary school is a particularly difficult transition as it involves a significant change.

Learning about change and how to cope with it can help with transitions and support prepare children and young people for many other changes and challenges they may face in the future. Below are some links you could access which may support with transitions.

- [How Can We Help Kids With Transitions? - Child Mind Institute](#)
- [Transitions and change | Mental Health Parent Guide | YoungMinds](#)
- [10 transition tips for families](#)
- [Supporting children's transition to secondary school: guidance for parents and carers | Anna Freud](#)

SAFEGUARDING SPOTLIGHT

Children Heard and Seen is a charity dedicated to helping children, young people, and families affected by parental imprisonment.

They are committed to addressing their needs, listening to their concerns, and ensuring their voices are heard. All of their services are provided at absolutely no cost to families and without the need for a referral from an agency.

They offer tailored one-on-one support from trained practitioners, assistance for parents/carers, peer support groups for both children and carers, engaging online activities, fun-filled activity days and residentials, as well as practical support such as legal advice and guidance on financial well-being.

If you are caring for a child with a parent in prison and would like to access support please take a look at the website for [Children Heard and Seen](#) or speak to your child's school.

Always strive for clear and open communication with your child.

Clear and open communication with your child will help set boundaries, manage expectations, reduce anxieties and make home life more harmonious. Consider the suggestions within the Communication Wheel.



"Sometimes my child has meltdowns. Why is that?"

Often, when we see challenging behaviour from our children, it is the result of anxiety. Some children are more sensitive than others and will need more help in learning how to regulate their feelings. Telling your child not to be upset is not going to change how they feel. Teach your child how to self-regulate their feelings. Strategies to teach your child how to self-calm and self-soothe will reduce their anxiety and give them more control over their behaviour. Use techniques and tools to help your child to calm down, for example, Belly Breathing, Mindfulness, Square breathing, Calm down jars, worry eaters, yoga, exercise. Also, talk to your child about happy memories and encourage your child to reflect on aspects of their lives that make them feel happy and safe.

Square breathing



Worry eaters



Get your child to draw or write their worries on a piece of paper, they then 'feed' their worries to the Worry Eater. Search online for Worry Eater to purchase.

Calm down jars



Get your child to sit and concentrate on the glitter as it swirls, controlling their breathing slowly and deeply. Search how to make them online.