

# INSIDE Inclusion

## AUTUMN 2 NEWSLETTER

### ATTENDANCE

### SEND

**ATTENDANCE IS SO IMPORTANT TO GIVE YOUR CHILD THE BEST CHANCE**

**NIMO**  
NOT IN MISS OUT!

- HELPS FRIENDSHIPS GROW** (Icon: Two children playing)
- DEVELOPS SKILLS & KNOWLEDGE** (Icon: Head with brain and gear)
- BUILDS BELONGING & RESILIENCE** (Icon: Hand holding a group of people)
- LEADS TO BETTER OUTCOMES** (Icon: Checkmark and target)
- BOOSTS CONFIDENCE & INDEPENDENCE** (Icon: Person with arms raised)

**UNDERSTANDING ATTENDANCE %**  
HOW MANY DAYS AND SESSIONS ARE LOST PER YEAR?



**DID YOU KNOW?** BEING JUST 5 MINUTES LATE PER DAY ADDS UP TO 3 DAYS A YEAR!



### TWINKL SYMBOLS APP

Supporting children who communicate through symbols can feel overwhelming at times – who has the time to print, cut out and laminate all the different symbols your child might need for the day? How do you prepare every symbol for each situation? What do you do if you've left your wallet full of symbols at home? What if your child loses a symbol?

Twinkl Symbols is available on an app so it's easy to access and use on your phone or tablet, so no need for printing!

As children grow, they develop their ability to communicate. Some children, including children with additional needs, may need to access communication support to help them develop. One way to support communication is to use symbols that combine words, written text and images. Using symbols gives a child the independence to make requests, express their feelings and so much more!



**TWINKL HAS LOTS OF TOOLS TO HELP YOU CREATE BESPOKE RESOURCES FOR YOUR CHILD**

**CREATE BOARDS WITH EASE**

**SUPPORT WITH MORNING ROUTINES**

**SUPPORT WITH EMOTIONAL REGULATION**

**SUPPORT YOUR DAY TO DAY**

**DOWNLOAD THE FREE TWINKL SYMBOLS APP VIA ANDROID OR APPLE**

## SAFEGUARDING SPOTLIGHT

### UNDERSTANDING CYBERBULLYING: WHAT PARENTS NEED TO KNOW



**Cyberbullying** refers to the repeated and intentional harming of an individual or group through digital spaces. It can take place through text messages, emails, social media, and gaming platforms. As children spend more time online, it's important for families to understand how cyberbullying works and how to recognise the signs early.

#### 5 KEY FACTS ABOUT CYBERBULLYING

- 1 It can happen anytime, anywhere.** Bullying online can occur 24/7 across a wide range of apps, games, and devices.
- 2 It spreads quickly.** Online posts can reach large audiences, increasing the chances that others may join in.
- 3 Children may not see the impact of their actions.** Without face-to-face feedback, they might share or post hurtful content without realising the harm it causes.
- 4 It can be anonymous.** Bullies may hide their identity, making it harder for children to know who is targeting them.
- 5 It is increasingly common.** Cyberbullying can include harassment, threats, exclusion, defamation, and manipulation.

#### SIGNS YOUR CHILD MAY BE EXPERIENCING CYBERBULLYING

Look out for changes such as:

- Suddenly avoiding or refusing to use electronic devices
- Appearing anxious or nervous when using their phone, tablet or computer
- Avoiding conversations about their online activity
- Reluctance to go to school or take part in usual social activities
- Changes in behaviour, such as becoming withdrawn, angry or easily upset
- Unexplained physical symptoms, such as frequent stomach aches

Children may feel embarrassed or afraid to speak up about cyberbullying, so noticing these early warning signs can help you start a supportive conversation.



#### HELPFUL GUIDES FOR PARENTS

These resources provide age-appropriate conversation starters and practical advice:



[TALKING TO CHILDREN \(AGES 6-10\)](#)



[TALKING TO PRE-TEENS \(AGES 11-13\)](#)



[TALKING TO TEENS \(AGES 14+\)](#)



[ADDITIONAL RESOURCES ON CYBERBULLYING](#)

#### SCHOOLS' SCOOP



A small group of pupils working on mathematics with a focus on angles including identifying and naming different types of angles and calculating missing angle values.