

# Littlemoor Primary School

## SEMH / SEND newsletter - (May 2021)

Welcome to Littlemoor's newsletter.

Each edition will include lots of information and activities, all related to Social Emotional and Mental Health, special educational needs and inclusion.

### Welcome to our first newsletter!

We hope you're all keeping safe and well during yet another period of change.

We have put together this newsletter with some activities, ideas and links to help support our children and families and support you all in keeping you happy!

Any Questions ?

Please contact the Pastoral Team –

**Miss Carrington – SENCO / Assistant Head**

**Miss Billing – SEMH Lead / Assistant Head**

**Mrs Herring – Safeguarding and Attendance Lead**

### Useful Websites, apps and numbers

Mind – [www.mind.org.uk](http://www.mind.org.uk)

Young Minds – [www.youngminds.org.uk](http://www.youngminds.org.uk)

08088025544 (parents' helpline)

Childline – [www.childline.org.uk](http://www.childline.org.uk)

08001111 (young people)

Healthy Young Minds –  
[www.https://healthyyoungmindspennine.nhs.uk/](https://healthyyoungmindspennine.nhs.uk/)

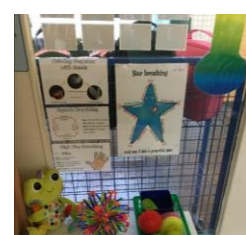
Papyrus – [www.papyrus-uk.org](http://www.papyrus-uk.org)

Apps: Calm harm, Stay Alive, Mindshift, Catch It, Moodtrack, Daylio Mood, BBC Own It, Headspace, Smiling Mind, Chill Panda, Silvercloud, Mee two.

## Calm Corners

Social and emotional learning, along with children's mental health is paramount at Littlemoor. We invest a lot of time into supporting children and young people to recognise their emotions and different ways of helping themselves through a range of emotions.

In each class we have 'Calm Corners' which children can access throughout the day to support self-regulation. Calm corners are well resourced with a range of activities, for children to select their preferences.



## Positive Jar

Fill an empty jar or tub with all the positive things about yourself!!!



Ask other people what is also great about you!!! There are lots of things!

Oldham Parent Carer Forum



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**Additional Needs and Disabilities**  
Information - Advice - Support - Empowerment

## Happy Place



Think of your happy place – somewhere you relax or feel safe. Think about what you can see, touch, hear and smell – where would it be ?

Draw or paint a picture of your happy place and look at this picture or imagine the place if you need to relax or get to sleep!

## Get Involved

Oldham's Local Offer is for you and we want to make sure that it is meeting your family's needs. If you want to be involved in the ongoing shaping of Oldham's Local Offer contact:

**POINT (Parents of Oldham in Touch).**

**T: 0161 503 1555**

**Forum@point-send.co.uk**

**facebook.com/pointoldham**

**www.point-send.co.uk/oldhampcf**

**To give feedback on Oldham's Local Offer**

**To share your views and ideas about how the Local Offer can be improved email: [local.offer@oldham.gov.uk](mailto:local.offer@oldham.gov.uk)**

**For service providers**

**To list your service/activity visit:**

**[www.oldham.gov.uk/addservicelisting](http://www.oldham.gov.uk/addservicelisting)**

**or email: [onlinedirectory@oldham.gov.uk](mailto:onlinedirectory@oldham.gov.uk)**