



Welcome to our second newsletter for families of children with SEND in school. Thank you for the positive feedback on the first edition; it is great to know these updates are helpful.

Our coffee morning with Emily from Unique Ways last term was successful and we are looking forward to our next one, where Lyndsey Bradley from the Mental Health Support Team will be speaking, we hope to see you there!

Kind regards, Iain Tolmie



DATES FOR YOUR DIARY

Children's Mental Health Week

9th - 13th Feb

Assessment Week

16th - 20th March

Early Opening

10th Feb

Coffee Mornings

11th Feb & 25th Feb

CHILDREN'S MENTAL HEALTH WEEK



Every year, we celebrate Children's Mental Health Week across school. The theme this year is 'THIS IS MY PLACE' and takes place in the week starting 9th February.



We will be celebrating throughout the week; see information on next page. We see many children experiencing anxiety and emotional dysregulation in school. We have many strategies in place at school to support children with this including our whole school strategy of 'Zones of Regulation'. This week will give us an opportunity to focus children's attention on looking after their own mental health.



If you are looking for advice around any aspect of health, but particularly Mental Health, the Calderdale Openminds website (<https://www.openmindscalderdale.org.uk>) is a great resources for people of all ages.



Open Minds
For Children and Young People in Calderdale



In future editions of this newsletter, you can expect to find:

- Key information and advice on different learning needs and strategies you can use at home.
- Dates and details for parent workshops, coffee mornings, and support groups.
- Celebrations of success from our wonderful children!

If you have any requests for further information that other parents might find useful in these newsletters, please scan the QR code or use the link to provide feedback.

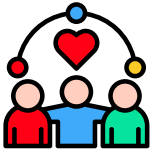


Children's Mental Health Week - w/c 9th February

Every year we celebrate Children's Mental Health Week across school.



The theme this year is **'THIS IS MY PLACE'**.



During the week, we'll hold dedicated assemblies for each key stage and children will participate in classroom activities to promote mental health, focusing on the idea of 'belonging'.

On Monday 9th February, Year 3 & 4 will have a Sleep Superhero workshop delivered by Healthy Minds Calderdale, to learn about the importance of sleep.



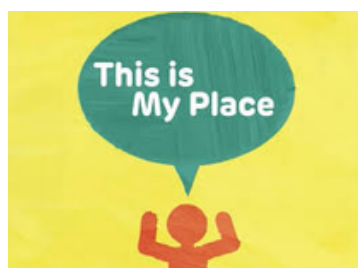
On Tuesday 10th February, we will be opening classrooms early at 8.30am. Allowing families to come into school and see their child's classroom, and to view some of the children's work.

This session will last for strictly 15 minutes - children will ONLY be allowed into classrooms with an adult. When the bell goes to signal the start of the school day we ask that families leave at this point.

On Wednesday 11th February we invite families to join us for our coffee morning which will be held in the Oasis. Lyndsey Bradley from the Mental Health Support Team will be speaking, we hope to see you there! *Please contact the school office to book a place so we know how many people to expect.*



On Friday 13th February (*last day of term*), children are invited to dress in clothing that represents somewhere they feel like they belong - e.g. their school uniform, a kit from a sporting team they play for, a club they are a member of.



COFFEE MORNINGS

Term	Theme	Date	Professional
Spring 1	Mental Health	Wednesday 11 th February 2026	Lyndsey Bradshaw - Mental Health Practitioner
Spring 2	Autism	Wednesday 25 th February 2026	Mandy Wheeler - Calderdale Autism Team
Summer 1	Speech & Language	Thursday 23 rd April 2026	Helen Wood - LINGO SALT
Summer 2	Physical Health	TBC	TBC



All Coffee Mornings will be held in our Oasis space (classroom off the school hall).

8:45 - 9:45am

Listen to brief presentation by professional.

Enjoy a hot drink and a chat with parents who may have similar lived experiences.

Please contact the school office to let us know you plan to attend so we can make sure we have enough space for everyone.

ASSESSMENT WEEK

As a school, we try not to put undue pressure on children therefore do not inform classes when assessment week is taking place. This is to try to stop them worrying about tests unnecessarily before they take place.

However we recognise that some children (such as those with SEND), need time to prepare for when timetables are changing.

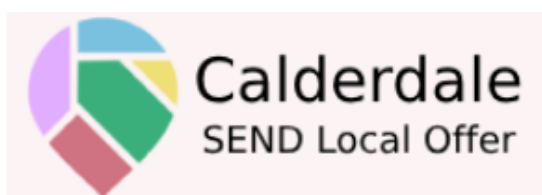
You know your children best; please use your discretion to decide if you want to talk about our upcoming assessment week with your child in advance.

Assessment Weeks this half term are weeks commencing:

Years 1 - 6: w/c 16th March

LOCAL OFFER

Every Local Authority provides online information about the services they offer for children with SEND. Please click the links to access your SEND Local Offer.



<https://calderdalelocaloffer.org.uk/education>

<https://localoffer.bradford.gov.uk/kb5/bradford/directory/home.page>

CELEBRATING INCLUSION AT SHELF

25% of children who attended after-school clubs have SEND.

Some of the most wonderful people are the ones who don't fit into boxes.

Toni Amos

Attendance of children on the SEND register is currently 94.7% - above the national level!



EARLY OPENING

Following the success of the session last term, we will be having another Early Opening session on **Tuesday 10th February**; classrooms will open early at 8:30am. This will give an opportunity for families to come into school and see their child's classroom, and to view some of the children's work from subjects such as art, PSHE or History.

This session will last strictly 15 minutes. Please note children will **ONLY** be allowed into classrooms if they have an adult with them. When the bell goes, we will ask all families to leave so that we can start our school day as normal at 8:45am.

INCLUSION AT SHELF

Each SEND & Inclusion Newsletter will include a 'Spotlight On...' page.

This is a 1 page guide to a **Reasonable Adaptation*** or key strategy that use at Shelf J&I School.

These adaptations and strategies help everyone in school learn but will be particularly useful for children with SEND and are an essential part of how we support ALL pupils throughout their time in school.

What reasonable adaptations do we use at Shelf?

Focus Tools

'Quiet carriage' for eating lunch

Use of widget for dual coding

Forest School

Standing desks

Use of technology for alternative means of recording

Oasis (Social, Emotional, Mental Health provision)

Chunking information up

Visual timetables

Pastoral Support Plans

Alternative arrangements for entering/leaving school

***Reasonable adaptations**, also known as reasonable adjustments, are changes made by organisations to prevent a disabled person from being at a substantial disadvantage compared to others.

What is it?

Forest School is an outdoor learning approach where children engage with nature in a woodland or natural environment. Led by our trained practitioner, Mrs Hodgson, our intervention group provides hands-on experiences, supported risk-taking, and holistic development. The aim is to build confidence, resilience, and a connection with the natural world.

What does it look like at Shelf?

- Teachers identify children who would benefit from this support each term
- Each term, there are 2 groups (Key Stage 1 and Key Stage 2) that run for 2.5 hours each
- Children go out in all weathers - there's no such thing as bad weather, just bad choices in clothing!

It's my favourite day because we go into the woods and can be creative!

Oscar, W3

I didn't think I could do it, but I can now because we help each other!

Daisy, W2

How can parents help?

If your child is attending Forest School:

- Help your child organise themselves to have appropriate clothing for the weather
- Ask children to give detail about their day: "What challenges did you overcome today?" "What did you build?"

