



SEN Newsletter

Issue 7
Spring Term
March 2025



Happy Easter!

Another term has flown by so quickly. We've had so many wonderful events in school this term from World Book Day and the book café, to sports competitions and our Mother's Day gift shop.

Please encourage your child to enter the 'Design your own Easter Egg competition' – deadline Monday 31st March.

SENCo

Our Special Educational Needs Co-Ordinator (SENCo) is Mrs. Wallace.



Contact information:

Jemma.wallace@robertmiles.notts.sch.uk



A message from our newly appointed ELSA:

I am delighted to have been recently appointed as the new ELSA at Robert Miles Junior School. I look forward to supporting children, parents and carers. My role will involve providing help, advice and where appropriate intervention programmes to enable children to deal with any worries or concerns which may be impacting on their wellbeing.

Since arriving, I've been working with children on building their resilience skills. We have focused on changing negative thoughts into positive ones. For those children who sometimes feel overwhelmed, we have learnt some breathing techniques for them to self-calm.

Finding 3 things to be grateful for at the start and end of the day can really help too.

If you would like further information, please contact Mrs Wallace.

Mrs Pennycook



Spotlight focus...



Local Support



Self-Weigh Sessions 6th Jan – 4th Apr 2025

Bingham Family Hub: Monday-Friday, 9:30am - 3:30pm.

Monday	Tuesday	Wednesday	Friday
Keyworth Health Centre: (MONTHLY) 13 th Jan, 10 th Feb, 10 th Mar. 1-2:30pm	Cotgrave Health Centre: (MONTHLY) 21 st Jan, 18 th Feb, 18 th Mar. 1:30-3pm	West Bridgford Young Peoples Centre: (WEEKLY) Starting 23 rd Apr. 1-3pm.	East Leake Health Centre: (MONTHLY) 17 th Jan, 28 th Feb, 28 th Mar. 10-11:30am

Family Hubs also offer a range of additional services:

- Preparing for your baby
 - Children's development, including listening and communication
 - Playing with your child
 - The emotional health of your child
 - Children's behaviour
- If you would like to access any of these services, please contact your local Family Hub network team or complete a service request form, either by walking into any of our buildings, or by completing one on our website by scanning the following QR code:

Updated 28.2.25. All information is correct at the time of publication.
Details subject to change after this date.



...giving children the best start



Bingham Family Hub – Eaton Place, Bingham, NG13 8BE
Abbey and Lady Bay Family Hub – Tewkesbury Close, West Bridgford, NG2 5ND

<https://www.nottshelpyourself.org.uk/kb5/nottinghamshire/directory/service.page?id=J3anoiTlpdU>

Family Hubs supporting local families

<https://nottalone.org.uk/cp/>
Support with mental health

NottAlone

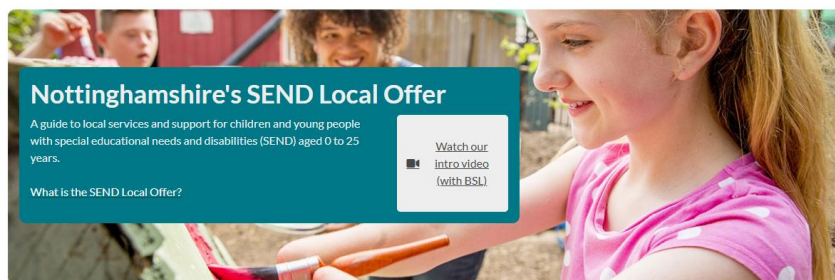
[Home](#) [About](#) [Browse](#) [Feedback](#) [Resources](#)

It's OK not to feel OK.

Local mental health advice and help for people in Nottingham and Nottinghamshire, all in one place.

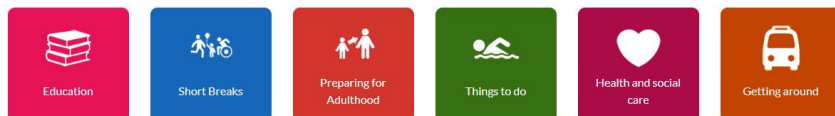
I'm a Carer or Professional

[Start again](#)



<https://www.nottshelpyourself.org.uk/kb5/nottinghamshire/directory/localoffer.page?newdirectorychannel=9>

Local offer – guide to local services and support for children and young people with SEND





EMPOWERING PARENTS, EMPOWERING COMMUNITIES AT RUSHCLIFFE FAMILY HUB- BINGHAM

Does your child have an Autism diagnosis?

Are you waiting for one?

Do you wonder if your child has Autism?

Come and chat with other parents in a
safe non-judgemental space, sharing
ideas and experiences



Join us for a **FREE parent/carer support group**

Delivered by parent volunteers, for parents and
carers of children aged 2-12yrs old

FREE CRECHE AVAILABLE- Limited spaces

**Monday afternoons from 1-3pm
from 12th May- 21st July 2025**

No sessions in half term or Bank Holidays



For more information or to book,
please call 0115 9773749 or
email FHRushcliffe@nottsc.gov.uk
or epec@nottsc.gov.uk



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EMPOWERING PARENTS, EMPOWERING COMMUNITIES The 'Being a Parent - Autism' course at Bingham Family hub

Free course with a free creche (Booking required)

What is EPEC?

Empowering Parents,
Empowering Communities Being
A Parent - living with Autism
Course is a free, volunteer-led,
evidence-based parenting
programme



Each session is delivered
by two Parent Group
Leaders (PGLs) who have
received 60+ hours
training to deliver EPEC
courses and at least one
will have **lived experience**
of Autism.

Our sessions empower parents to share experiences,
learn new skills and practice these alongside other
parents, who are facing similar circumstances.

Who is it suitable for?

If your child has a diagnosis, is awaiting assessment or
you would like to know more about neurodivergence,
this course is for you.

Our course offers support to
parents/carers, helping you to learn
more about Autism as well as to
improve connection and
communication with your children.
Along with helping parents/carers
to manage behavioural difficulties
experienced by their child



The course gives lots of opportunity for discussion
around shared experiences in an accepting and
supportive environment, while following a 'Positive
Parenting' approach.

Course Content

Week 1.
Introductions/ Our ASC Child. Goal Setting/ Motivators

Week 2.
Good enough parent/ ASC traits/ Child-led play

Week 3.
Acknowledging and accepting feelings/ Expressing
feelings/ Being prepared for change

Week 4.
Using child led playtime and praise to promote positive
behaviours/ Describing behaviours/ Saying what we see

Week 5.
Needs behind behaviour/ Understanding behaviour/
Sensory processing difficulties

Week 6.
Raising self esteem using descriptive praise/ Coping with
change and being flexible/ Using schedules and visual
timetables/ Routines

Week 7.
Tangible rewards/ Listening: Non-verbal communication/
Setting boundaries and using positive discipline

Week 8.
Effective discipline/ignoring/Using clear commands/Soft
'no'/ Parenting styles

Week 9.
Using 'contracts' or agreed consequences to manage
behaviour/ 1,2,3 Magic/ Active listening

Week 10.
Listening skills/ Stress management/ Reviewing course and
goals/ Ending celebrations

How is it delivered?

**Every Monday for 10 weeks - 1 - 3pm
Beginning Monday 12th May - 21st July 2025**



Creche induction- if required- Mon 28th April- Limited creche spaces

There will be no sessions in half term or Bank Holidays



For more information or to book a place, please contact Rushcliffe Family hub on
0115 9773749 or email: FHRushcliffe@nottsc.gov.uk or epec@nottsc.gov.uk