



SEN Newsletter

Spring Term
March 2026



Welcome to the Spring 2 SEN Newsletter. Your child's class teacher is your first point of contact if you have any concerns or for day-to-day queries. However, if you require further information or guidance, you are more than welcome to contact Mrs Wallace our Special Educational Needs Co-Ordinator (SENCo).

Contact information:
Jemma.Wallace@robertmiles.notts.sch.uk



**Wednesday 20th May 2026
9am**

We will be joined by
Ms Brentley Toothill SENCo
for a Q&A around transition
and provision



Rock your Socks!

World Down Syndrome day has been held on the 21st March every year since 2012. This date was specifically chosen to signify the uniqueness of the 21st chromosome which causes Down Syndrome.

A huge thank you to everyone at Robert Miles Juniors who rocked their odd socks on Monday in recognition and support of World Down Syndrome day. This small yet thoughtful act has a big impact on creating a sense of belonging, celebrating uniqueness and promoting equality.

I'd also like to say a huge thank you to Emily for doing a fantastic and insightful assembly for all the children about Down Syndrome.



SEN Newsletter

Spring Term
March 2026

Signposting to parent sessions and events:

Please find attached the Spring edition of the MHST newsletter

NHS
Nottinghamshire Healthcare
NHS Foundation Trust

MHST MENTAL HEALTH SUPPORT TEAM

Parent/Carer Newsletter

Spring EDITION 2026

"The greatest gift you can give yourself is the gift of belonging" - Shannon L Alder

We commenced February enjoying Children's mental Health Week. This year the theme was "My place". We wanted to continue this theme into spring by thinking about a sense of belonging and explore how this can be nurtured to help your child/young person feel a strong sense of belonging.

Children's Mental Health Week 2026

Children's Mental Health Week is a national annual event to highlight positive strategies to help children & young people develop and maintain good mental health. This year's theme was **'My Place'** - helping children feel they belong.

What is Belonging & Why it Matters
Belonging means feeling like you are part of a group, a community, or a place. It is about knowing you have a place where you feel safe, accepted and valued. Belonging is a basic human need and crucial for our mental health and wellbeing. For children, belonging is especially important as it helps them:

- develop emotionally,
- understand who they are,
- feel safe.

When children feel they belong, they are more willing to try new things, be creative, and make strong friendships.

Belonging vs Fitting in
Sometimes, when children do not feel they belong, they try to "fit in" by changing themselves. This can help them make friends or join groups.
But fitting in is different from belonging. If children have to change who they are or what they believe in, it can hurt their self-esteem and sense of identity. True belonging allows children to be themselves and feel valued.

Click the heart
for ways to support your child at home!

Books to share about belonging

Here are some things you can try at home:
[Families - Children's Mental Health Week](#)

Here's what we got up to

Last year's festive fun

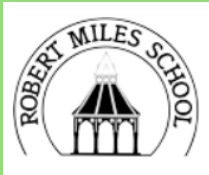
As we commence the season of Spring we wanted to reflect back on the last year, considering how the MHST belong in your schools. The festive fun we enjoyed and shared within your schools gave us a real sense of belonging as it was a time to come together to reflect, rejoice and make plans for the future. Below are some photos that capture the fun had in one of our schools.

Does your child need support to regulate their feelings and emotions?

The Mindfulness Teacher is a great YouTube channel which is full of helpful videos, guided meditations and regulation activities that you can do together at home.

<https://www.youtube.com/@TheMindfulnessTeacher>





Easter Activity Ideas for Fine and Gross Motor Skills

- Easter baking – weighing, mixing, placing on the eggs
- Make an Easter sensory bin and fill in with things to touch, pick up and explore – shredding the paper to make it is a great fine motor activity too!
- Painting a hard-boiled egg – it takes care and concentration
- Be a chick – use tweezers or kitchen tongues as your beak – what can you pick up?
- Make a cross from twigs and tie it together – this is fiddly work! You could even make a whole Easter Garden from natural resources you find and build together

