

Brooke Weston Trust Primary SEND Newsletter

This term's SEND newsletter is about SEMH– Social Emotional Mental health. Please read through the information about SEMH below. If you feel that your child could possibly be showing signs of SEMH please arrange a meeting with your child's teacher and/or the SENDCO to seek further advice and guidance.

What are SEMH needs?

(Social Emotional Mental health)



Social Emotional and Mental Health, or SEMH, needs are a specific category of SEN (Special Educational Need) that relate to the support a child might need to manage their emotions and behaviour.

Social – children may need support communicating with others, trusting adults, developing relationships, understanding boundaries.

Emotional – children may experience difficulties managing their emotions, processing feelings or may experience poor sense of self worth. Their history may lead them to experience emotions in a different way to other students.

Mental Health – children may experience a diagnosable mental illness, have periods of poor emotional wellbeing etc

Some behaviours children with SEMH needs might display could be:

Unable to make or maintain friendships

Physical aggression

Controlling behaviours

Frustration

Task avoidance

Non compliance

Verbal or physical aggression

Difficulties with change

Unable to make choices

How might SEMH needs arise?

SEMH needs can sometimes arise from neurodevelopmental needs, for example: attention deficit hyperactivity disorder (ADHD); Tourette's syndrome; and aspects of autism. SEMH needs are often systemic in nature and based on a child or young person's experiences and how these have been responded to and supported by others. Some children may have experienced adverse childhood experiences (ACEs)* which, depending on support systems and prevalence, can increase stress and stress responses. There are other experiences such as bereavement, loss, health needs and traumatic events which can impact on wellbeing and these can be ongoing for several years after a particular event.

How can I support my child?

Below are some tips for helping a child with SEMH needs

Provide clear and fair boundaries and stick to them.

Help the child to identify their own challenges and give them strategies to develop self-responsibility.

Make every day a fresh start.

Be consistent.

Try to slowly build a relationship of trust.

Give them self-regulation strategies.

Notice and name their feeling

Calming kits are excellent resources to use when a child becomes overwhelmed this will help with emotional regulation Good options for your calming kit include:

Items that engage their senses (for example, a small bag of lavender to smell)

Stress balls

Popping bubble wrap

Tangle toys

Calming music

Sorting items (like buttons or Legos)

Hand massage

Play-doh

Heavy lifting

Bubbles

Ripping paper

Further information

[SEMHTools - SEMHTools.co.uk - Free Tools to Support Education Staff working with SEMH needs](https://www.semhtools.co.uk/)

The Schools SEND information report can be found at: <https://www.oakleyvaleprimary.org/page/?title=Equalities%2FSEND&pid=49>

The Local Offer can be found at: <https://www.northamptonshire.gov.uk/councilservices/children-families-education/send/local-offer/Pages/default.aspx>

If you have any questions, email Mrs Annetts, SENCO rebecca.annetts@oakleyvaleprimary.org