



PROUD to be part of the
Brooke Weston Trust



Brooke Weston Trust Primary SEND Newsletter—November 2023

Welcome to the November SEND newsletter. This month's newsletter is all about Anxiety. We hope you find the information useful. If you have any questions please contact your child's class teacher or SENDCO at your school who will be more than willing to discuss anything with you.

What is Anxiety?

Anxiety is a normal, biological response to scary situations, it has kept humans alive for thousands of years. Our anxiety alarm can start to go off in situations where we are actually safe, our body tells us otherwise and sends hormones that make us feel very uncomfortable and out of control.

REMINDER

With practice you can learn to let your alarm know that it doesn't need to go off in every situation that makes you feel nervous or worried—like trying something new or when something doesn't go to plan or changes last minute!

Anxiety can take different forms, and some children will show symptoms of a number of types of anxiety. All children will have a time when they feel anxious. However, some children's anxious thoughts and feelings will stop them participating or enjoying themselves.

Anxiety presents itself in many different ways...

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The desire to control people and events



Difficulty getting to sleep



Feeling agitated or angry



Defiance and other challenging behaviors



Having high expectations for self, including school work & sports



Avoiding activities or events (including school)

Pain like stomachaches and headaches



Struggling to pay attention and focus



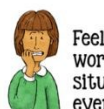
Intolerance of uncertainty



Crying and difficulty managing emotions



Over-planning for situations and events



Feeling worried about situations or events

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HOW TO HELP KIDS COPE WITH ANXIETY

A

AVOID AVOIDANCES

Are there certain activities or places your child avoids due to unnecessary fears? Slowly start to introduce these activities.

B

BE POSITIVE AND TEACH SELF-TALK

Teach them how to take deep breaths and talk themselves through the fear.

C

CALM YOURSELF DOWN BEFORE APPROACHING

Do not express anger or frustration towards your child. Understand that their anxiety-related meltdowns are out of their control.

D

DO NOT WAIT FOR THE PROBLEM TO GO AWAY

If you feel that your child is struggling, do not ignore the problem hoping it is just a phase. If it is impacting their life, contact your pediatrician.

E

EXERCISE, EAT HEALTHY, AND GET SLEEP

Getting appropriate exercise, eating healthy, and getting the right amount of sleep can help your child be best equipped to deal with issues.

F

FOCUS ON FUN EXPERIENCES

Reduce screen time and engage in family activities together that promote bonding and strengthen family ties.



Take 6

6 Breaths

6 'I am safe' statements

Talk back to the anxiety to reduce stress hormones being released.

Grounding.

Notice things around you, count the things you can see, hear and touch



Talk to someone you trust

Learn more about anxiety and what sets off your own alarm



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, contact the SENDCO, Becky Annetts on

rebecca.annetts@oakleyvaleprimary.org

Next months newsletter will focus on Attachment.