

INCLUSION UPDATE

VICTORIA JUNIOR SCHOOL



WELCOME

Welcome to Victoria's latest "Inclusion Update" for Parents and Carers of children from Victoria. In this edition, you will find information on dates, upcoming events and links to support you and your family at school and at home. We hope you find it helpful.

PLAY THERAPY AT VJS

Victoria Junior School has Play Therapy as part of our local offer, as we believe that it is an effective therapy that helps children modify their behaviours, clarify their self-concept and build healthy relationships. Our therapist is Tiwone Mtonga.

Children use play as a form of communication, as often children do not have the words to describe their thoughts, feelings and perceptions of their internal and external world.

If you are interested in your child receiving play therapy, please make an appointment with the office to see Mrs Lewis.



MISS MTONGA
PLAY THERAPIST

I'm going to Play Therapy... What does that mean?



I will meet a person called a Play Therapist who I will have special play time with. I can be myself with this person

I will go to a playroom with a lot of toys



I can choose what to do!



Through Play Therapy I can learn to:

- explore and express my feelings, wishes and wants
- explore my relationships including making and keeping friends
- calm down my body
- work out problems
- learn to use my strengths

Sometimes the Play Therapist will need to talk to my parents or carers, so they will know how I am doing and how to help me



TUESDAY COFFEE MORNINGS

- 7th November - Everyone welcome. We are looking forward to seeing you all there to catch up and hopefully meet new parents too!
- 14th November - Find out how VJS organises and delivers our PSHE lessons and whole school events.
- 21st November - SENDSession: for those families who want to know more about Special Needs within the school. This half-term's focus is Social Communication.
- 28th November - Riverside Vineyard Community Money Advice will be here to talk about how they can help with making ends meet, provide money management skills or support if you are struggling to repay debts.
- 5th December - Get involved with VJS's present sale. Planning and organising session.
- 12th December - VJS's Festive Coffee Morning. Come along for some mince pies, music and fun!

VJS'S PRESENT SALE



At VJS we are thinking about Christmas. We know a lot of families leading up to this time of year have a sort out of toys in anticipation for what Father Christmas may bring.

We are asking everyone if they have good quality toys, books, games which they would like to donate to us, and we will then sell them to parents on Tuesday 5th December at 2pm.

This will give parents and carers an opportunity to buy presents and put them away before children see them.

All donations need to be in school by Friday 1st December, however if you would like to be involved in the planning and organisation of this event, then please come to the coffee morning that day to help set up;

This will also be a chance to meet the wider school community such as our Governors and members of the Parent Teacher Association.

Please see Mrs Begum and Mrs Lewis for further information.

INTERNATIONAL DAY - PHOTOS



INTERNATIONAL DAY - PHOTOS



INTERNATIONAL DAY - PHOTOS



VJS PARENT-TEACHER ASSOCIATION

VJS PTA



Victoria Junior School PTA
whatapp group



VJS is proud of its Parent/Carer and Teacher Association devoted to running events, fundraising and supporting the learning and play environment for all of our children.

We believe everyone has value to add to our group and everyone is welcome (no experience required!) and together as a school community we can have ambitious and fun plans to help our school, its pupils and the community.

We would be grateful if you would consider joining us (on the QR code below).

If you would like more information on our PTA, please visit the school website.

COMING UP - CHRISTMAS DISCO



COMING UP - BRING AND SHARE - VJS RECIPE COOK BOOK PROJECT

BRING A DISH TO SHARE!

**TUESDAY 28TH NOVEMBER
1.30PM-2.45PM**

**LEADING ON FROM THE
SUCCESS OF INTERNATIONAL
DAY, VJS ARE ORGANISING A
BRING AND SHARE AFTERNOON
FOR PARENTS & CARERS.**

**IF YOU ARE INTERESTED IN COMING, PLEASE SPEAK TO
MRS BEGUM TO BOOK A SPACE AND DISCUSS WHAT
YOUR DISH WILL BE. IF YOU ARE UNABLE TO COME, BUT
WOULD LIKE TO SHARE A RECIPE WITH US, PLEASE EMAIL
THE SCHOOL OFFICE. ALL RECIPES WILL FEATURE IN OUR
INTERNATIONAL FOOD RECIPE BOOK.**



**SPEAK TO MRS BEGUM FOR
MORE INFORMATION**

Leading on from the success of our International Event, we are organising a Bring and Share afternoon for parents and carers. This will give us an opportunity to discuss the planning of a VJS Recipe Book and / or a potential Cooking Club.

We are hoping that there will be cooking demonstrations in the future, as well more school events.

If you are interested in coming, please speak to Mrs Begum to book a space and discuss what your dish will be. If you are unable to come, but would like to share a recipe with us, please email the school office.

All recipes will feature in our VJS recipe book, but please note that we are a Fish and Nut free school.

BREAKFAST CLUB

Many families have found attending Breakfast Club helpful in ensuring that their children get a good start to the school day. This part of our free provision for all. Attendance does not need to be pre-booked - pupils can just turn up!

Doors open at 7:45am, and close at 8:15am.

There are a variety of breakfast items on offer such as cereal, toast, fruit and yoghurt. On special events we also have themed breakfasts.

After eating, pupils have the opportunity to participate in a range of activities, such as using the laptops for research, playing board games, building with Lego, reading, colouring or completing homework.

Our Breakfast Club is extremely well attended and is a happy, healthy and sociable way to start the school day.

For more information, please see the school Office or Mr. Farmer, Year 4 Teacher and Breakfast Club lead.



WELFARE

Absence Requests

If you need to take your child out of school for any reason, you need to ask us to approve the absence and provide us with at least two weeks' notice.

Although we appreciate the financial benefits of holidays taken during term time, a pupil's absence can seriously disrupt their continuity of learning. Not only do they miss the teaching provided on the days they are away, they are also less prepared for the lessons building on that after their return. There is a consequent risk of underachievement which must be avoided.

We will consider every request for authorised absence individually. The most important consideration is the effect an absence would have on your child's education. We do not authorise absence unless there are exceptional circumstances, all other requests for holidays will be unauthorised. Confirmation will be communicated by Mr Lee through your Leave of Absence form.

Any attendance below 90% is classed as persistent absence and is referred to Hounslow's School Attendance Support Service. Medical evidence may then be required to enable us to authorise any future absences due to sickness or appointments. To put this into perspective, 90% attendance is equivalent to missing 19 days of learning per year.

When completing the Request for Absence Form, clearly state which days you are requesting absence for, when your child is returning to school and the reason for absence. If absence is for a part day, please clearly confirm when you will be collecting and what time you expect your child to return. Please either hand it the form in, or email it to the school office at office@victoria.hounslow.sch.uk.

For absences due to illness on the day, please continue to use the School Gateway app, leave a message on the dedicated answer phone on the school number, or email the school office.

Effects of non-attendance:

| Attendance during school year | Equates to days absent | Which is approximately | Which means the number of lessons missed |
|-------------------------------|---------------------------|------------------------|--|
| 97.3% attendance | Less than 5 days absence | Less than one week | Less than 50 lessons |
| 92.6% attendance | 14 days absence (approx.) | (Approx.) 3 weeks | (Approx.) 150 lessons |
| 89.4% attendance | 20 days absence (approx.) | 4 weeks | 200 lessons |
| 84.2% attendance | 30 days absence (approx.) | 6 weeks | 300 lessons |

FIND OUT MORE

IS YOUR CHILD SETTLING INTO
Year 3?

WE'RE HERE TO MAKE SURE THAT YOU AND YOUR CHILD SETTLE IN WELL, AND CAN TALK ABOUT ANY WORRIES THEY MAY HAVE.

COME AND JOIN US FOR A HOT DRINK AND A WARM WELCOME.

To talk about any issues or worries you have

Why should I come along?

To find ways to help your child build resilience

Join us on Monday afternoons from 1:30 to 3:00pm

20th November
27th November
4th December
11th December

RSVP:
Mrs Begum and
Mrs Lewis

To meet other parents



Kids Disabled children say we can

Registered Charity No. 27688

Yoga, Lunch & Chat Wellbeing Sessions

FREE

For Parents and Carers of children and young people with SEND in Hounslow.

Friday 17th November, 15th December, 19th January, 22nd March and a family trip to Kew Gardens on 24th February.

Sessions start at 11am promptly and include 1 hour yoga lesson and free lunch until 1pm.

Venue: Hope Church Hall, Good Shepherd Location, Beavers Lane, Hounslow, TW4 6HJ



Book today using the QR code or call 079 7651 8667

SENDESESSIONS

Victoria Junior School presents
Autumn's SENDSession
Coffee Morning

SPEECH AND LANGUAGE

Find out how VJS manages Speech and Language support within school. There will be opportunities to ask questions, take away information, resources and games ideas for home. You will also be able to meet Jusveen Khurana, the school's therapist.

Friday, 3rd November 2023
9:00 - 10:00



Thank you for those who attended the recent SENDSession on Speech and Language.

Feedback tells us that there resources that were provided were really helpful with activities to do at home. Parents and Carers also liked the opportunity to meet Jusveen, our therapist.

Due to the popularity of the event, the next SENDSession will be held in a bigger room for more families to attend.

If you were not able to attend and would like the resources sent to you, the please use the dedicated SEND email address to notify school. SENenquiries@victoria.hounslow.sch.uk

Our next SENDSession will be held on Tuesday, 21st November 9:00 - 10:00am.

This half-term's focus is on Social Communication.

BRITE BOX VOLUNTEERS

We need parent volunteers for the Brite Box project.

We meet every Thursday between 1 - 3pm.

If you are able to help, or have any questions, please speak to Mrs Begum.



SEND RESOURCES

Zones of Regulation

Zones of Regulation helps children to develop an awareness of their feelings, energy and alertness levels. Feelings are put into four coloured Zones, where they use a variety of tools and strategies for self-regulation, social skills, self-care and overall wellbeing. This could also include meeting goals like doing schoolwork or other tasks, managing big feelings and having healthy relationships with others.



Blue Zone

Sad - Bored
Tired - Sick



Green Zone

Happy - Focused
Calm - Proud



Yellow Zone

Worried - Frustrated
Silly - Excited



Red Zone

Overjoyed/Elated
Panicked - Angry - Terrified

As part of their learning, pupils get to choose 'tools' to go in their toolkits.

UNDERSTANDING ZONE TOOLS:



Blue Zone tools: help wake up our bodies, feel better and regain focus.

Green Zone tools: help us stay calm, focused and feeling good. These are often proactive strategies.

Yellow Zone tools: help us regain control and calm ourselves.

Red Zone tools: help us stay safe and start to calm down.



These 'tools' aren't just for school: they can be used at home too so you can help your child to regulate their emotions.

Read through some of the zone tools on the next page, to decide what would go in your Zones of Regulation toolkit.

Think about:

- What helps you to calm down when you are stressed?
- What helps you to focus when you are tired?
- What do you do to calm down when you are angry?

| What zone tools do we implement in school? | What zone tools could you implement at home? |
|--|---|
| <p>Exercise</p> <p>Alerting sensory breaks</p> <p>Taking a walk</p> <p>Having a drink of water</p> <p>Standing or stretching</p> <p>Eating a snack</p> <p>Asking for a brain break</p> <p>Drawing</p> <p>Reflecting on what makes us happy</p> <p>Talking to our teachers and friends</p> | <p>Listen to upbeat music</p> <p>Complete some cardio based exercise</p> <p>Get up, get showered and get dressed</p> <p>Jump on a trampoline</p> <p>Talk to a friend</p> <p>Do something creative</p> <p>Cuddle or play with pets</p> <p>Go for a walk</p> <p>Plan a fun activity</p> <p>Look through old photographs or snap some new ones</p> <p>Re-watch a funny or inspiring YouTube video</p> |
| <p>Implement daily sensory breaks</p> <p>Celebrate Mental Health focused days throughout the school year</p> <p>PSHE lessons</p> <p>Mindfulness activities</p> <p>Encourage a healthy lifestyle</p> <p>Teach children how to keep fit</p> <p>Competing work</p> <p>Listening to the adult</p> <p>Following your personal target</p> <p>Helping others</p> | <p>Self-care - treat yourself to a relaxing bath or night off homework</p> <p>Organise your clothes for school the night before to prevent stress</p> <p>Spend time with your friends and family</p> <p>Take time out to do something you love to do</p> <p>Eat healthy and nutritious food</p> <p>Drink plenty of water</p> <p>Get 8 hours+ sleep</p> |
| <p>Breathing strategies</p> <p>Using a fidget</p> <p>Positive self-talk</p> <p>Taking a walk</p> <p>Counting to 20</p> <p>Asking for a brain break</p> <p>Drawing</p> <p>Connecting with someone for support</p> | <p>Breathing techniques</p> <p>Take time out</p> <p>Relaxing exercises, eg. yoga / stretches</p> <p>Meditation</p> <p>Keep a journal</p> <p>Make a worry monster</p> <p>Listening to calming music</p> |
| <p>Stop what I am doing</p> <p>Count to 10</p> <p>Ask for help</p> <p>Ask for a brain break</p> <p>Breathing strategies</p> <p>Connecting with someone for support</p> <p>Taking time out</p> <p>Using calm areas of the school</p> <p>Talking about my problem</p> <p>Making sensible decisions</p> <p>Time to talk through our thoughts, feelings and behaviours</p> | <p>Talk to an adult</p> <p>Hug a teddy</p> <p>Pop bubble wrap</p> <p>Wrap your arms around yourself and squeeze</p> <p>Write down what's bothering you and rip it up</p> <p>Squeeze a stress ball</p> <p>Talk about it</p> <p>Scribble on paper and crumple it up</p> <p>Use breathing techniques</p> <p>Do stretches</p> <p>Listen to calming music</p> <p>Take time out</p> <p>Use sensory glitter jars</p> |

If you need any further help and advice in using the Zones of Regulation, then contact the school office and make an appointment with Mrs Lewis.