

SPECIAL EDUCATIONAL NEEDS NEWSLETTER MARCH 2024

Dear Parents and Carers

Welcome to the latest edition of our termly newsletter!

I am excited to share with you some updates and news from the Inclusion team.

This term we welcomed Mrs Mistry our new Assistant SENCo to the team.

We have also been working hard to strengthen our school provision and have been running workshops with the Educational Psychologist service and supporting our KS4 students in preparing for their GCSE exams.

Our new Prince's Trust pathway has been a success and students are making good progress towards their units and learning new skills.

We also had our termly coffee morning which focused on supporting children with study skills at home and I would like to thank you for your continued support with these events. Resources can be found within this newsletter.

Nicola Coton (Assistant Principal)

DID YOU KNOW?

Personalised pupil passport

All students who are identified as having additional needs have a personalised pupil passport which is accessible to all staff. These passports are working documents and are used to support planning.

The passports are reviewed annually as a minimum and can be accessed on Beehive.

It is vital that school are informed of any updates relating to your child's needs so we can further support them in school.

The SENCo is also available throughout the term to meet with parents and will also be available at parents evening.



**SIR JONATHAN NORTH
GIRLS' COLLEGE**

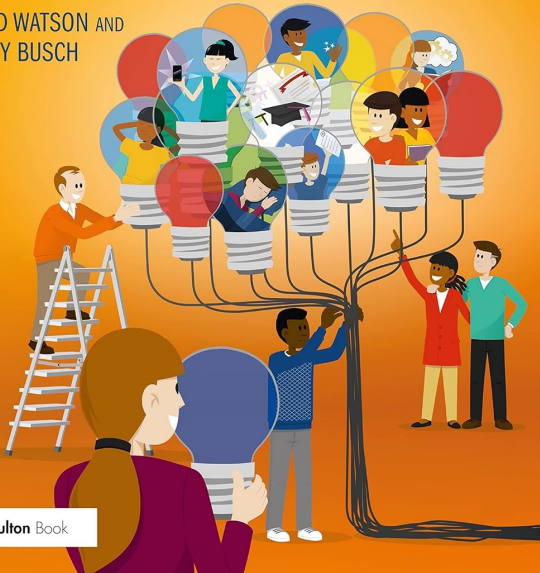
Lionheart Educational Trust



A Parent's Guide to The Science of Learning

77 Studies That Every Parent Needs to Know

EDWARD WATSON AND BRADLEY BUSCH



A David Fulton Book



Memory

Strategies to improve how much your child remembers things.



Mindset, Motivation and Resilience

How to develop their persistence, effort and attitude.



Self-Regulation and Metacognition

Helping your child to think clearly, helpfully and consistently.



Student Behaviours

The key student habits and processes that make a meaningful difference.



Parents

The fundamental choices, decisions and behaviours that parents make and how they impact their children's learning.



Thinking Biases

The faulty thinking habits and quirks that get in the way of learning taking place.

PUPIL CENTRED, POSITIVE AND PROFESSIONAL

LOOK, COVER, WRITE, CHECK OR PAIRED RETRIEVAL

Be REFLECTIVE: Review your learning



KNOWLEDGE ORGANISER BIOLOGY: ORGANISMS - DIGESTION

Name: _____

Nutrients and food tests

To prepare a food solution: 1) crush the food using a pestle and mortar and 2) add a few drops of water, and mix well.

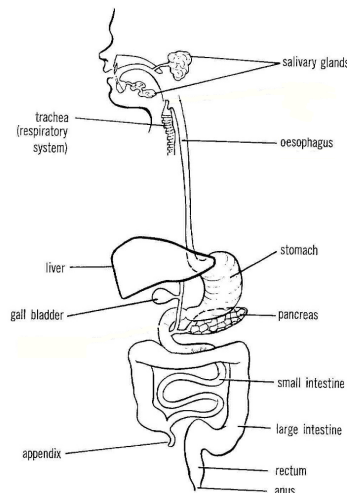
Carbohydrates:	Main source of energy found in sugary foods such as sugar and fruit where they provide a quick source of energy.	Sugar
Simple		1) Add a few drops of Benedict's solution 2) Heat test tube in a water bath 3) If turns orange-red, contains sugar
Complex	Found in starchy foods such as pasta and bread, these are broken down by the body so energy is released slowly.	Starch
		1) Add a few drops of iodine solution 2) Turns blue/black, contains starch
Lipids	Fats and Oils: 1) Provide with a store of energy, 2) Keep us warm 3) protect our organs from damage	1) Rub some food on filter paper 2) If the paper has gone translucent it contains lipids
Proteins	Repair body tissue and make new cells for growth. Muscles, organs and immune system mainly made of protein	1) Add a few drops of copper sulfate solution to your food solution 2) Add a few drops of sodium hydroxide solution 3) Turns purple, food contains protein

Vitamins and Minerals	Only need tiny amounts but are essential for keeping us healthy, Fruits and vegetables are a good source.
Water	Needed in all cells and body fluids
Fibre	Provides bulk to the food to keep it moving through the gut. Stops constipation

Unhealthy diet

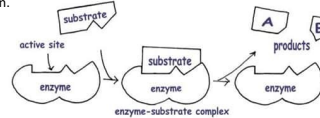
Starvation	When people do not get enough food. Starvation is an extreme example of a lack of food. Leads to you being underweight. Underweight people suffer from health problems such as poor immune system, lack energy and often tired and suffer from a lack of vitamins or minerals.
Overweight	When your body stores too much fat. Caused by eating too much and doing little exercise
Obese	This is when a person is extremely overweight. Obese people have an increased risk of heart disease, stroke, diabetes and some cancers.
Deficiency	When a person doesn't have enough of a certain vitamin or mineral. e.g. Vitamin D deficiency can lead to a condition called rickets where your bones become weak. Vitamin A deficiency can lead to a condition called night blindness.

Digestive System



Enzymes

Enzymes are biological catalysts made of protein that speed up digestion.



Digestive system

Digestion	Large molecules of food broken down into smaller ones
Mouth	Chewing breaks food into smaller chunks and saliva is added
Oesophagus	Tube from the mouth to the stomach
Stomach	Food mixed with digestive juices and acid. It churns to mix food.
Small Intestine	Digestive juices from the liver and pancreas are added and small molecules of nutrients pass through the intestine wall into the blood stream
Large Intestine	Food that cannot be digested. Water passes back into the body, leaving a solid waste known as faeces.
Rectum and Anus	Faeces are stored in the rectum until leaving the body through the anus

Different types of enzyme

Carbohydrase	Breaks down carbohydrates into sugar molecules. This happens in the mouth, stomach and small intestine
Protease	Breaks down proteins into amino acids. Happens in stomach and small intestine
Lipase	Breaks down lipids into fatty acids and glycerol. Happens in small intestine
Bile	Made in liver, breaks lipids into small droplets. Speeds up digestion by lipase

Useful bacteria in the gut

Help break down food, produces important vitamins.



Leitner System for flash cards

Step 1: Go through your flash cards and test yourself on how well you know a topic.

Step 2: Put the cards into boxes/piles as follows:

**Box 1
(Everyday)**
Cards you
didn't know

**Box 2
(Tuesday, Thursday)**
Cards you partially
remembered

**Box 3
(Friday)**
Cards you knew
really well

Step 3: Revise **Box 1** every day, **Box 2** every two - three days and **Box 3** once a week.
















- Cards from Box 1 you get correct – move to Box 2
- Cards from Box 2 you get correct – move to Box 3
- Cards from Box 3 you get correct – stay in Box 3
- Any cards you made mistakes on always go back to the 'everyday' box.

Useful clip:

<https://www.youtube.com/watch?v=oH-3NBquSs>



Ways to use your knowledge organizer & revise

	Look, Cover, Write, Check	Definitions for Key Words (flash cards)	Mind Maps	Paired Retrieval	Spaced Practice
Step 1	<p>Look at and study a specific area of your knowledge organizer.</p> 	<p>Write down the key words and definitions on each side of a postcard.</p> 	<p>Create a mind map with information from your knowledge organiser.</p> 	<p>Use your knowledge organizer to create a set of quiz questions.</p> 	<p>For a particular topic – use any of the suggested strategies.</p> 
Step 2	<p>Cover or flip the knowledge organizer over and write down everything you remember.</p> 	<p>Test yourself by trying to remember either the definition for a word/the word from the definition.</p> 	<p>Add pictures to represent different facts, knowledge. Try to categorise different areas in different colours.</p> 	<p>Ask a family member to ask you the questions and tell you which ones you get right and which ones you get wrong.</p> 	<p>Revisit the topic after a day, then after a week, then a month using that strategy. Recall as much as you can.</p> 
Step 3	<p>Check what you have written down. Correct any mistakes in a different coloured pen and add anything you missed. Repeat.</p> 	<p>Revisit the cards with words you didn't know more often until you have learnt them off by heart. The Leitner system can help you do this (pto).</p> 	<p>Try to make connections that link information together.</p> 	<p>Following the quiz, summarise which areas you got wrong and need to revise further.</p> 	<p>Always check for any missing information after each session.</p> 



Meet Mrs Pantling our ESLA



What is ELSA Intervention?

An ELSA in a school is an Emotional Literacy Support Assistant. There is a recognised training course aimed specifically at Teaching Assistants or other specialist school roles. ELSAs are specialists with a wealth of experience of working with children and young people. ELSAs are trained and regularly supervised by Educational Psychologists.

What areas does an ELSA help with?

- Loss and bereavement
- Emotional Literacy
- Self-esteem
- Social Skills
- Friendship issues
- Relationships
- Managing strong feelings
- Anxiety and worries
- Bullying
- Conflict
- Emotional Regulation
- Growth Mindset
- Social and therapeutic stories
- Problem solving

The SENCO and Assistant SENCo work closely with the pastoral team to identify students who may benefit from this intervention. The sessions run on a 6-8 week cycle and take place on a 1 to 1 or group.

EASTER ACTIVITIES

LEICESTER CITY COUNCIL

Disabled children who live in Leicester city can take part in free activities that are available over the school holiday.

VENUE: Thurnby Lodge children, young people and family centre

DATE: Tuesday 26 March 2024 and Tuesday 2 April 2024

1.30pm to 4pm

Please note, siblings are welcome to attend, and parent and carers are required to attend with and support their children during the session.

Activities include:

- ◆ Forest School Activities
- ◆ Art and craft
- ◆ Table cricket
- ◆ Dance and movement
- ◆ Sensory space
- ◆ Soft play
- ◆ Pool



How to book a place:

No booking is required, just turn up on the day.

A registration form will need to be completed on arrival. They look forward to seeing you on the day.

SUPPORT AND SIGNPOSTING

HOMEWORK SUPPORT

Homework club is open to all year groups after school daily from 2.45-3.15pm in the Library.

Please encourage your daughter to attend if they are struggling with their homework and require some additional support from our Teaching Assistants.



USEFUL INFORMATION

You can find a copy of our SEND policy, Medical policy and school offer on our school website.

<https://www.sirjonathannorth.org.uk/about-us/general/sen-vulnerable-students/>

HARMLESS

www.harmless.org.uk

Centre for self-harm and suicide prevention offering support online and in centres in Leicester (self referral forms online)

KOOTH

www.kooth.com

An online counselling and wellbeing organisation offering free and anonymous support

Central Access Point for Mental Health (CAP)

Telephone number: 0116 295 3060

Anyone who lives in Leicester, Leicestershire or Rutland any age, who have an urgent mental health need can contact CAP directly.

What happens when someone calls the CAP?

Calls are answered by call handlers and triaged by mental health clinicians who assess the urgency and the caller's needs and determine the most appropriate outcome. If an individual requires an assessment, they will be navigated to the appropriate service

Is the CAP an emergency service?

The CAP is not an emergency service. Where people have immediate, serious and life-threatening emergency mental and/or physical health needs (e.g. if an individual has taken an overdose or is in imminent danger of physical harm) they should attend A & E or call 999 for the appropriate emergency service.