



**Forest of  
Galtres**  
ANGLICAN METHODIST  
PRIMARY SCHOOL

'A nurturing Church School Rooted and Grounded in Love for all'  
(Ephesians 3:17)  
Care Courage Creativity Collaboration Christian Faith

# Inclusion Newsletter

December 2025 - Issue 3

School SENDCo: Mrs Rachel Mackay

Usual working days: Tuesday morning and Thursday morning at Forest of Galtres

Welcome to the third issue of our termly newsletter with a focus on SEND (Special Educational Needs and Disabilities) and Inclusion. We hope you will find it useful. You will also find further information on the SEND offer page on the school website: [Forest of Galtres SEND Offer](#)

## Spotlight on Transition

We're almost at the end of the second half term of the academic year and children have had time to get to know their new teachers and peers in their classes for the year. Timetables are embedded and the importance of routines is ever present as we navigate the seasonal changes to usual activities this term.

Some pupils find changes in routine difficult to manage and we can support this with extra preparation, social stories to explain what will happen (see below from

issue 2 of the SEND Newsletter about writing social stories at home), and by maintaining consistency in as many routines as possible.

As we return after Christmas, pupils might find it difficult to separate from their carers when arriving at school in the mornings. If your child is having difficulty leaving you in the mornings, please talk to their teacher about ways to make the drop-off smoother and more comfortable for you all.

## Jargon Buster: Co-regulation

When children experience big emotions, this can be shown through their behaviour and we might describe them as being dysregulated. This means their nervous system is offline and they may be experiencing feelings of 'fight or flight.'

When parents and other adults support children to regulate, we are 'co-regulating' and sharing our calm. When children are upset, our steady voice, gentle reassurance, and comforting presence help them feel safe. Over time, this support teaches them how to manage their own feelings.

More information is available on the SEND Information Report on the school website: [SEND Information Report](#)

## Provision Map Update

Provision Map is the platform we use to create and share learning plans and/or passports for pupils with SEND. Parents of pupils with passports and/or learning plans should be able to log in and see these documents.



Learning plans have been reviewed recently and you should be able to access these on the site. Children had the opportunity to talk about their targets with their teachers and reviewed their progress together. You can request a meeting with your child's teacher to discuss their targets or you can add a comment on Provision Map by clicking in the parent/guardian contribution box.

## Benefits of Regular Exercise on the Sensory System

Regular exercise plays a vital role in helping children regulate their sensory systems, which in turn can lead to calmer, more focused behaviour. Movement activities such as stretching, running, jumping, or outdoor play, provide the sensory input children need to organise their bodies and minds. This input supports better attention, reduces feelings of overwhelm, and helps children manage big emotions more effectively. Even short bursts of physical activity throughout the day can improve concentration, boost mood, and make transitions feel easier. By encouraging regular movement at home and school, we can help children feel more settled, confident, and ready to learn.

## What are Attentional Tools?

More commonly known outside of school as fidget toys or fidgets, attentional tools are resources that can help children and adults to focus their attention on learning or working. We are using the term 'attentional tools' as this promotes the purpose of a fidget or object designed to increase attention on learning tasks.

In classrooms, some children may benefit from using a cube with buttons and switches, a pop-it, a weighted cushion, a wobble cushion, a band around a chair or a piece of ribbon tied to the table leg! The possibilities are endless.

If a child or parent feels a tool is needed, a discussion with the teacher is an important first step. If a tool is used, the impact seen during a trial period should be an increase in concentration and attention, rather than a rise in periods of distraction. It's all a careful balancing act between wanting one and needing one and we are really proud of how accepting children are of the different needs of their peers.



# Support for Parents & Carers in North Yorkshire

The **North Yorkshire Local Offer** website provides information about services and support in North Yorkshire:

<https://www.northyorks.gov.uk/children-and-families/send-local-offer>

**Parent Carer Voice North Yorkshire** offers a range of support for parents.

<https://www.parentcarervoiceuk.org/>

## Other Useful Sources of Information

**ERIC:** Supporting children and families with bowel and bladder issues:

<https://eric.org.uk/>

**BBC Tiny Happy People:** Tiny Happy People can help you develop your child's language and communication skills, so they get the best start in life.

<https://www.bbc.co.uk/tiny-happy-people>

**CBeebies Parenting:** A new website with ideas and support from before birth to age 6. <https://www.bbc.co.uk/cbeebies/parenting>

**Let's Make Sense Together:** Developed by local Occupational Therapists as part of a sensory processing pathway, supporting children and young people who have a physical and functional difficulty due to sensory processing differences.

<https://www.yorkhospitals.nhs.uk/childrens-centre/your-childs-hospital-journey/therapy-services/occupational-therapy/lets-make-sense-together/>

**Get Cycling:** Get Cycling CIC is a not-for-profit community interest company that supports cycling for everyone. Based in York, they have the UK's largest selection of demo cycles. They sell, hire, loan, service, and repair a wide range of inclusive cycles. This includes trikes, recumbents, and other specialist cycles for disabled people, families, groups, schools, and workplaces. They believe everyone should be able to enjoy cycling – and will help find the right cycle for you and your family. <https://www.getcycling.org.uk/>



# GET CYCLING

# Have you heard of Pharmacy First?

Parents and carers in Humber and North Yorkshire are being reminded to use their local community pharmacy this summer, if their child needs help with minor illnesses or ailments.

The NHS Pharmacy First service allows children to access treatment for five common conditions from their local pharmacy, without needing a GP appointment.

Children can receive NHS treatment, including antibiotics where appropriate, for five common conditions including:

- impetigo (aged one year and over)
- infected insect bites (aged one year and over)
- earache (aged one to 17 years)
- sore throat (aged five years and over)
- sinusitis (aged 12 years and over).

The aim of Pharmacy First is to make it easier for people to get the help they need and free up millions of GP slots.

Parents can simply walk into a participating pharmacy and request a consultation for their child. If further treatment is needed, pharmacy teams will signpost families to the most appropriate local health service.

Hayley Patterson, NHS Humber and North Yorkshire ICB's Pharmacy Lead, said: "As the school holidays approach, we are encouraging parents and carers to think Pharmacy First if their child is unwell, allowing them to be seen quickly and conveniently at their local pharmacy.

"The scheme enables community pharmacists, who are trained health professionals, to supply prescription-only medicines, where clinically appropriate,

to treat five health conditions for children which would previously have required a GP appointment.”

The Pharmacy First scheme is also available for adults and covers the following seven common conditions:

- sinusitis (adults and children aged 12 years and over)
- sore throat (adults and children aged five years and over)
- earache (children and young adults aged one to 17 years)
- infected insect bite (adults and children aged one year and over)
- impetigo (adults and children aged one year and over)
- shingles (adults aged 18 years and over)
- uncomplicated urinary tract infection (women aged 16 to 64 years).

To find a local pharmacy to you visit the NHS website:

[www.nhs.uk/find-a-pharmacy](http://www.nhs.uk/find-a-pharmacy)

There's further information about what pharmacies can do at Let's Get Better:

[www.letsgetbetter.co.uk/get-the-right-care/pharmacy/](http://www.letsgetbetter.co.uk/get-the-right-care/pharmacy/)