

Uphill Village Academy

Pastoral and Wellbeing Newsletter



Welcome to the Summer terms from the pastoral team at Uphill Village Academy



Mrs Hetherington
EYFS and Key Stage 1 Support
Sensory Room



Mrs de Scossa
Key Stage 2 Support
Star Room

learningmentor@uva.clf.uk

We are here for everyone in the Uphill Village Academy family - Pupils, Parents & Carers

In this edition:

- ◆ New ELSA Practitioner at UVA
- ◆ Mental Health Awareness Week Resources
 - ◆ NSPCWT Survey
 - ◆ Kooth Information
 - ◆ SAY Events
 - ◆ Foodbank Support



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We are excited to announce that Mrs Hood has qualified as an ELSA practitioner to work alongside Mrs de Scossa.

ELSA stands for Emotional Literacy Support Assistant and are here to support children in the development of their emotional literacy. The ELSA programme is a nationwide network and each ELSA practitioner is supported and attends regular supervision sessions with Educational Psychologists.

What is emotional literacy?

Understanding and coping with the feelings about ourselves and others.
Developing high self-esteem and positive interactions with others.
Emotionally literacy helps children focus better on their learning.

Some of the areas an ELSA may work on with a student:

Recognising emotions, how they make our bodies feel and what we might see in others.
Self-esteem.
Social skills.
Friendship skills.
Anger management.
Loss and bereavement.

How do the ELSA sessions work?

Sessions can be individual or in small groups and are tailored to the student's individual needs.
Sessions are fun, relaxed and have lots of different activities in each session.
The sessions include, ice breakers, games and time to talk.
Sessions generally run for a term and the outcomes are reviewed by the ELSA's and the SENDco.

How can parents access this support for their child(ren)?

If you feel your child(ren) need support with any area's listed above, firstly they should speak to their child's class teacher.
Class teachers can submit a referral to the ELSA for possible support
If you would like to talk directly to our ELSA's please send an email to learningmentor@uva.clf.uk

Our ELSA's are here to support all our pupils.



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15 to 21 May 2023

Mental Health Awareness Week



#ToHelpMyAnxiety

Mental Health Awareness Week is running from 15th to 21st May 2023. Parents may find some of the following resources useful to support this issue.

Support from Young Minds for parents/carers

The dedicated parent section of the Young Minds website, contains advice, resources and even parent-written blogs.

Parents/carers can also contact the parent's helpline, email or webchat service to discuss concerns about their child in more detail with a trained advisor.

Parents will speak with a trained adviser who will listen and explore concerns in complete confidence. The adviser will help parents to understand their child's behaviour and give practical advice on what to do next. If further help is needed, an independent, experienced professional will call for a free 50-minute telephone consultation within seven days.

<https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/money-and-mental-health/>

Silver Cloud

Silver Cloud is an interactive online platform offering self-guided computerised Cognitive Behavioural Therapy. The service is available for free to individuals who are not receiving any other mental health support and who are registered with a GP in Bristol, North Somerset, or South Gloucestershire.

<https://bristolmind.org.uk/mental-health-resources/silvercloud/>

Place2Be

Find useful resources to help with supporting your child with their mental health

<https://www.place2be.org.uk/about-us/news-and-blogs/2023/may/6-ways-to-cope-if-youre-feeling-anxious>



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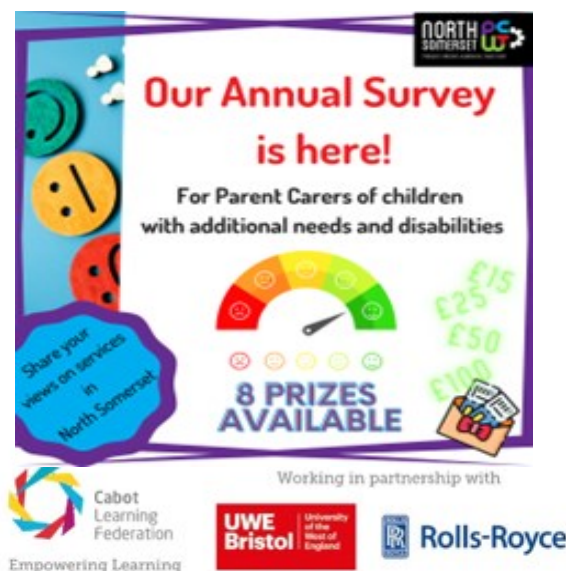


North Somerset Parent Carers Working Together is the local forum for parents and carers of children with SEND and additional needs. We are undertaking our independent annual survey which seeks parents' experiences of using education, health and care services locally.

The results of the survey will be shared with the local area SEND Improvement Board and support strategic leaders in understanding needs and planning services. The forum is encouraging all parents of children with additional needs and/or disability aged 0-25 to complete the survey, whether they have an Education Health & Care Plan, receive SEND Support, or are awaiting further support from services.

- We want to gather your experiences on health care, social care and education in North Somerset.
- Your views matter to us and enable us to collate the collective parent carer voice and bring these matters to decision makers.
 - The survey should take no longer than 30 minutes.
- By completing our survey you can be in with a chance of winning one of EIGHT Amazon E-vouchers - 1st prize £100!!! Ensure you enter your email address at the end of the survey to be in for a chance of winning one of the 8 prizes.
- Completing this survey will help us convey the reality of how provision is for you to decision makers in North Somerset.

The survey can be found at: <https://www.surveymonkey.co.uk/r/WFBHX3C>





Kooth is an online mental health and wellbeing service for children and young people.

Here are some things to remember about Kooth:

It's free to use

No bullying or discrimination can take place

No kind of referral is needed to join

Signing up and getting started only takes a few minutes

No problem is too big or small

Starting on the 15th of May and for Mental Health Awareness Week, Kooth will be releasing lots of new content and discussions around the topic of anxiety. This includes helpful content around coping with panic attacks, social anxiety and ways your child can cope with these difficulties.

How to join Kooth:

Whatever your child is going through, Kooth's team and online community can help. Your child can get started today by clicking here go.kooth.com/HeBa.

SAY - SEND & You



For details and booking to all of our events



SAY
SEND AND YOU
SENDIAS

North Somerset Events

May - July
2023

NS Transitions Coffee Morning <u>Tuesday 9th May 2023</u>	SEND and You Youth Matters Group <u>Monday 22nd May 2023</u>
SEND and You Youth Matters Group <u>Monday 19th June 2023</u>	SEND Support Information Session <u>Wednesday 17th May 2023</u>
North Somerset Morning SEND Surgery <u>Wednesday 24 May 2023</u>	North Somerset Evening SEND Surgery <u>Tuesday 13th June 2023</u>
SEND and You Professionals' Information Day <u>Tuesday 12th July 2022</u>	

NEW

SAY
SEND AND YOU
SENDIAS

Third Tuesday of the month
9.30-2.30

SESSION DATES:
16th MAY
20th JUNE
18th JULY

Free, confidential information and advice drop in

The Firs, 89a Drove Road
Weston-super-mare BS23 3NX

No appointment necessary but slots will be limited to 30 minutes when busy.

NEW



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Foodbank Vouchers

We know that anyone can find themselves at crisis point for a number of different reasons.

If you feel you are struggling to put food on the table, or need some extra food support during the upcoming May half term holiday, we can organise e-vouchers for you to use at the foodbank.

Our service is confidential, please contact us if you need support.

Benefit Related Free School Meals

Your child may be eligible for benefit related free school meals if you are in receipt of certain benefits:

Income support, Income-based Jobseeker's Allowance, Child Tax Credit (provided you are not also entitled to Working Tax Credit and annual gross income is £16,190 or less) etc.

If you think your child may be eligible for benefit related free school meals because of your income or circumstances, it is essential you apply. Even for children who are already eligible for Universal Infant Free School Meals (children up to and including Year 2) it is important to apply as you may qualify for additional financial support towards the cost of trips, milk, school jumpers/ cardigans or music lessons in KS2.

If you think you might be entitled - claim!
You can apply online for an instant response using this link:

[Free School Meals Application](#)

Please speak to a member of the pastoral team for more information.



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