

# INCLUSION



Term 5, 2026

newsletter

Welcome to our Term 5 Inclusion Newsletter! We hope you are enjoying the warmer weather.

## Parent/Carer Workshop

The workshops will be led by the NHS Emotional Wellbeing Team

Co-regulation workshop (part 1) -  
Monday 18th May at 14:00

Co-regulation workshop (part 2) -  
Monday 1st June at 14:00

Secondary Transition workshop -  
Monday 15th June at 14:00.

Early Years Transition workshop -  
Wednesday 8th July at 13:30.

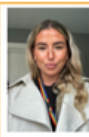
### Let's meet the Folkestone team



Alicia McGhee  
(Senior Supervisor)



Katherine Staveley  
(Senior Emotional Wellbeing Practitioner)



Jessica Palmer  
(Senior Emotional Wellbeing Practitioner)



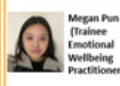
Chloe Stokes  
(Emotional Wellbeing Practitioner)



Jen Evans  
(Emotional Wellbeing Practitioner)



Victoria Johnson  
(Children Wellbeing Practitioner)



Megan Pun  
(Trainee Emotional Wellbeing Practitioner)

## Our Team

We have our Inclusion Team, which consists of 4 staff members and combines both the Pastoral and Inclusion teams.

This team consists of



Fiona Roberts (Deputy Head and SENCO),  
[robertsf@greatstoneschool.co.uk](mailto:robertsf@greatstoneschool.co.uk)



Hannah Ferris (Safeguarding and Pastoral Director),  
[spd@lightyear.kent.sch.uk](mailto:spd@lightyear.kent.sch.uk)



Louise Harman (Inclusion Assistant)  
[harman@greatstoneschool.co.uk](mailto:harman@greatstoneschool.co.uk)



Kelly Heath (Pastoral Assistant)  
[heathk@greatstoneschool.co.uk](mailto:heathk@greatstoneschool.co.uk)

## Baby and Toddler Group

All ages welcome  
Tuesday morning  
09:30 - 11:00  
(term time only)

Please come along and join the fun in our Early Learning Zone Sensory Room.  
Free, but donations welcome

# Self Regulation

Self-regulation is managing thoughts, emotions, and behaviours in various situations. It involves staying calm under pressure, resisting impulses, and making thoughtful decisions. Children are not born with self-regulation skills; they develop them over time through interactions with caregivers and exposure to different experiences.

Across the school we are embedding the '**Zones of Regulation**,' To help the children identify their feelings and what activity may help to regulate. It is important to explain that no zone is 'bad' and that all feelings are ok, but we need to manage them.

**The Importance of Self-Regulation Emotional Well-being:** Children who learn to self-regulate are better equipped to navigate the ups and downs of life. They are more likely to develop positive mental health and resilience in facing challenges.

**Social Skills:** Children who regulate their emotions and behaviours are more likely to build healthy relationships, communicate effectively, and resolve conflicts peacefully.

**Academic Success:** The ability to focus, resist distractions, and persist in tasks is essential for academic success. Self-regulated children tend to perform better in school.

**Long-Term Success:** Self-regulation is a lifelong skill that contributes to success in various areas of life. Adults with strong self-regulation skills are more likely to achieve their goals, maintain healthy relationships, and navigate the complexities of the modern world.

## Practical Tips for Fostering Self-Regulation

### Lead by Example:

Children learn by observing their parents. Modelling self-regulation involves demonstrating how to handle stress, frustration, and disappointment calmly and constructively, sharing these feelings are ok and knowing these feelings are temporary is important.

**Create a Calm Environment:** A peaceful and structured environment can contribute to a child's self regulating ability.

**Encourage Problem-Solving:** Teach children problem-solving skills to help them navigate challenges. Foster a growth mindset by emphasising the importance of effort, perseverance, resilience and learning from mistakes.

**Encourage Reflection:** Encourage your child to reflect on their actions and emotions after challenging situations. Discuss what went well and what could be improved.

## How can you help yourself?

The BLUE zone	The GREEN zone	The YELLOW zone	The RED zone
How might you feel?	How might you feel?	How might you feel?	How might you feel?
sad tired bored moving slowly	happy okay focussed ready to learn	nervous confused silly not ready to learn	angry frustrated scared out of control
What might help you?	What might help you?	What might help you?	What might help you?
Talk to someone Stretch Take a brain break Stand Take a walk Close my eyes	The goal of this exercise is to get to the GREEN zone. What can you do to be happy, calm and ready to learn?	Talk to someone Count to 20 Take deep breaths Squeeze something Draw a picture Take a brain break	Stop what I'm doing Make sensible choices Take deep breaths Ask for a break Find a safe space Ask for help

## Safeguarding

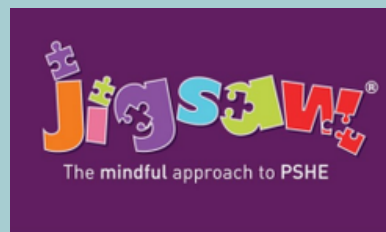
In school one of our most significant responsibilities is to safeguard the children in our care. If you have concerns about a child please contact Mrs Ferris, Mrs Kay, Mrs Roberts or Mrs Bovingdon or contact KCC Children's Social Services 03000 41 1111

Our children are all encouraged to have 5 trusted adults including 2 from school - you could ask your child who their trusted adults are?



## PSHE Jigsaw

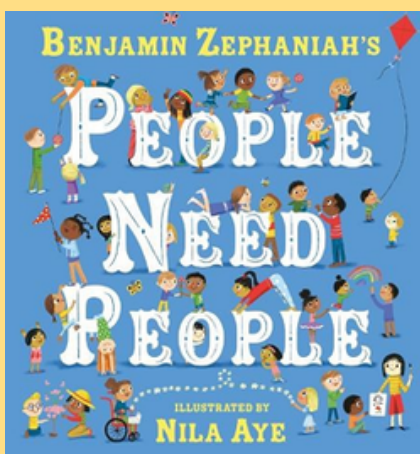
In Personal, Social and Health Education (PSHE) this term, the children are learning about "Relationships." In this puzzle piece, children will consider what healthy relationships looks like and the importance of these in our daily lives. This unit forms part of the statutory PSHE curriculum. Each year group across the school will cover the topics at an age-appropriate level. Topics covered include: Families and the people who care for me, Caring friendships, Respectful relationships, Online relationships, Changing relationships (loss and grief) Please contact your child's teacher if you would like to discuss any aspect of the PSHE curriculum further.



## Book Recommendation

Reading is core across our whole school and that is no different when we think about our wellbeing and emotions. Books help us to see our own feelings- making us laugh, cry, worry and know that we are not alone.

This beautiful picture book by the incredible Benjamin Zephaniah is a fantastic poem that reminds us that we are not alone and that being part of community matters. People Need People, explores how people around us makes us who we are and how we can show kindness to help others. It celebrates difference and how everyone has a place in our community.



## Attendance

Our current overall attendance is now 93.4% (national average is 94.8%). Please help us improve this by ensuring your child attends school each day so they don't miss important learning and social time.

Punctuality to school is equally important too. Please make sure your child arrives before the gates close at 8.45am so they don't miss the start of the day and their early morning work - being on time helps pupils settle, learn, and feel confident with their friends and teacher. If your child is late, a parent or carer should sign them in at the school office, where we will record the reason for the lateness. Thank you for helping us give every pupil the best start to their day.



# SUPPORT AND ADVICE

*available to families*



Kent Adult Education offers a diverse range of Family Learning courses for parents, many of which are free. To find out more information, please follow the link below;  
<https://www.kentadulthoodeducation.co.uk/>

## Speech and Language

### Useful links

#### Kent Community Health - school aged language

<https://www.kentcht.nhs.uk/childrens-therapies-the-pod/speech-and-language-therapy/school-aged-language/>

#### Speech Link Parent Portal

<https://speechandlanguage.link/parent-portal/>

#### Children's Therapy - The Pod

<https://www.kentcht.nhs.uk/childrens-therapies-the-pod/speech-and-language-therapy/>

#### The Balance System

<https://pathway.thebalancedsystem.org/parents-and-carers/parents-and-carers-framework/>

As parents and carers things can occasionally feel tough, especially when your children are finding things tricky. Knowing where to look or who to ask first is normally the hardest first step. Take a look at the Mind website. It is a great resource to offer advice and suggest where to go next <https://southkentmind.org.uk/youth-services>



Home-Start is a local community network of trained volunteers and expert support helping families with young children through their challenging times. We are there for parents when they need us the most because childhood can't wait.

Home-Start works with families in communities right across the UK. Starting in the home, our approach is tailored to what the family need. No judgement, it is just compassionate, confidential help and expert support.

Being a parent has never been easy. It can be lonely, frustrating, heart breaking and over-whelming. Life-changing events can happen to anyone. That is why Home-Start is ready to support families through their toughest times.

Every Home-Start volunteer is trained to help them work alongside you to overcome the challenges you are facing. We work with you to build on your strengths and give you the support that you tell us that you need.

[www.homestartsheway.org.uk](http://www.homestartsheway.org.uk)



# Parent Workshop

Aimed at parents of children in primary school

## Co-regulation in Conversations and Conflict

Greatstone Primary School

**Part 1—Monday 18th May 2pm to 3pm**

**Part 2—Monday 1st June 2pm to 3pm**

Are there conversations you worry about having with your child? Are there moments of conflict which make it difficult to communicate with your child? Would you like to learn about ways to make the most of difficult moments?

We will be thinking about how to prepare and support yourself during difficult conversations or moments of conflict to in turn support your child. We will consider challenges and concerns and discuss emotional regulation techniques that you can use at home to support your child.

**Please let Hannah Ferris or Fiona Roberts know if you're coming by**

We look forward to seeing you there!





# Parent/ carer workshops

## Supporting Your Child's Transition to Secondary School

**Greatstone Primary School**

**Monday 15th June**

**2pm to 3pm**

Is your child moving to secondary school? Would you like to learn about ways to support your child with this next step in their lives?

We will be thinking about how to prepare and support your child with this move. We will consider challenges and concerns and discuss techniques that you can use at home to help them feel ready for the move ahead.

**Please let Hannah Ferris or Fiona Roberts know if you're coming by**

We look forward to seeing you there!





# Parent/ Carer workshops

## Supporting Your Child's Transition to Primary School

**Greatstone Primary School**

**Wednesday 8th July at 13:30-14:45**

Is your child starting Primary School? Would you like to learn about ways to support your child with this next step in their lives?

We will be thinking about how to support you and your child with this move. We will consider challenges and concerns and discuss techniques that you can use at home to help them feel ready for the move ahead.

**Please let Hannah Ferris or Fiona Roberts know if you're coming.**

We look forward to seeing you there!

