



# RGS Inclusion Bulletin

If children don't feel an element of safety, they stand less chance of taking the risks needed to learn and discover.' – Mike Armiger

## Wellbeing

### **Did you know...**

'Emotional disorders, particularly **anxiety** and **depression** are on the rise. We are just beginning to understand how the increasing prevalence of social media is negatively impacting young people's **emotional health**.' – (*Local Government association website*)

In light of the current circumstances, it is undoubtable that your daughter would be **experiencing additional stress and anxiety**. In order to support your daughter through these challenging times, our school counsellor has compiled a **workbook** to help your daughter to **manage her emotional wellbeing**.

Our weekly newsletter usually includes useful links to offer further support.

This week is **Mental Health Awareness week**, for the UK and the theme is **kindness**. Reflect on your **acts of kindness** and share them via our Twitter page and use the hashtags: **#RGS #KindnessMatters #MentalHealthAwarenessWeek**

## Top Tip

### **Think about what is affecting your wellbeing**

We're all **different**. What affects one person's **mental wellbeing** won't necessarily affect others in the same way.

But we all have times when we have **low** mental wellbeing, where we feel stressed, upset or find it difficult to cope.

No matter the reason, it can be helpful to remember that **you deserve to feel good** and there are steps you can take to improve and maintain your mental wellbeing.

*(Information taken from mind.org.uk)*

## Additional Learning Needs

### **Did you know...**

That our provision to support students with additional learning needs remains in place in our virtual classrooms?

As we have ventured into a **virtual** world of **teaching**, the support offered by **teaching assistants** in lessons and the delivery of **interventions** to improve progress remains in place for students, as and when required.

Students will be **contacted** by a teaching assistant if they have been selected to take part in an intervention. We have a small range of interventions that we are able to offer **online**, allowing us to reach a broader range of students in the current circumstances.

Some of our provisions include:

- In class support from a teaching assistant
- Additional literacy interventions
- Additional numeracy interventions
- Emotional and mental health support through our school counsellor over the phone

If your daughter has been selected to take part in an intervention, you will be updated if she is **not** successfully engaging.

## Upcoming Events

### **Contact is Key**

To maintain contact with you all and continue to support you and your daughters in the best way, we will be hosting a **virtual coffee morning**.

The primary focus will be around anxiety and supporting additional needs.

Further information will be shared shortly.



Please contact **Kimika Gardner**, if you have any queries about this bulletin – [kgardner@readinggirlsschool.net](mailto:kgardner@readinggirlsschool.net).