

Welcome to our very first edition of our Well Being Newsletter. We hope that over time you will find lots of hints and tips, not only to enhance the well being of your child, but the staff and you too!

SUCCESS ON THE SPECTRUM



Five-part course on:
Friday 28 April 2023
Friday 5 May 2023
Friday 12 May 2023
Friday 19 May 2023
Friday 26 May 2023

09:45 – 12:45

Presented by

Becky Kenny, STLS District Lead, Meadowfield
Kate Chatfield, Specialist Teacher, Meadowfield

This five-part course takes place over five morning sessions and is suitable for parents and carers of school aged children with a diagnosis of autism spectrum disorder (ASD). The course aims to deepen delegates' understanding of the diagnosis of ASD and to provide effective strategies for children and families. Participants will meet other parents and carers and will share experiences in a supportive atmosphere.

Session One: What does a diagnosis of ASD mean? What are the features of autism?
Session Two: Investigating communication. Visual supports – what might they be and how can they help?
Session Three: Sensory sensitivities. Anxiety
Session Four: Developing emotional awareness. Analysing and managing behaviour
Session Five: A session to be tailored to the needs of participants and their children

Numbers are limited and so places will be allocated on a first come first served basis.
PLEASE NOTE that one parent or carer must commit to attending all five sessions. Another parent or carer is welcome to join any or all sessions.

This programme is free to attend
Refreshments are provided

The Midas Centre, based at Meadowfield Special School, hold lots of courses for families to attend. These two are coming

up and if you are interested in attending either of them, please let Mrs Williams know and she can book you a space

Alternatively, you can contact the Midas centre [here](#).

SLEEP AWARENESS



Tuesday 16 May 2023

18:30 – 20:30

Presented by:

Kate Chatfield, Specialist Teacher, Meadowfield
Susan Cassingham, Sleep Scotland Sleep Counsellor, Meadowfield

Sleep problems can be a persistent and severe problem for children and young people with learning disabilities. Improved sleep can lead to reduced stress within the family and improved educational outcomes for the young person.

In this half-day workshop we will:

- Introduce participants to a range of sleep problems in children and young people with additional support needs
- Identify possible causes of sleep difficulties
- Consider behavioural interventions to improve them
- Provide an opportunity to share ideas with parents and carers facing similar challenges

This workshop is suitable for parents, carers and families of Early Years, primary age and secondary age children (age 3+).

This workshop is free to attend
Lunch and refreshments are provided

We use GoNoodle in school to enjoy movement and brain breaks. They have some amazing activities to do at home and to join is completely free! The idea behind GoNoodle® is simple: be a force of joy, health, and self-discovery for kids and the adults who love them. We power the good energy of kids where they are today: online, IRL at schools and home, and in the metaverse and beyond grounding them in the joy of being silly, mindful, and curious.



“We are rooted in technology, being globally diverse, and we tap into the wisdom and authenticity adults have. We seek to bring lessons around personal and community wellness, mental and physical health, and bring those lessons to elementary school kids in ways that are native, fun, exploratory, and highlight their unique, natural epicness. We seek to fuel a generation of happy, healthy kids that know themselves and make positive impacts on the world.”

Our next edition will be all about better sleeping patterns and how to get a great nights sleep. If you have any hints or tips please let us know

Calm Jar

If it all gets a little too much, why not try making a ‘Calm Jar’ with your little one? All you need is an empty clear container with a lid, some warm water, some cooking oil or washing up liquid and some glitter. If you haven’t got glitter, then try some food colouring or paint. Give it all a good shake and watch.

This [calming clip](#) shows you the idea...
And...relax!



In every newsletter we are going to highlight a local Charity, or service. For this edition we would like to share with you the amazing work of Sateda. You can click here to find out more. They have just established a clothes donation system, and this [link](#) will take you to the contact page.

SATEDA's story

In 2009, Swale Domestic Violence Forum in collaboration with Swale Community Safety Unit, recruited a Domestic Abuse Coordinator tasked to look into the feasibility of bringing a domestic violence service to Swale. Prior to this, there was no access to support for survivors in Swale.

Shortly after, a Support Worker was hired for 10 hours a week to provide front line support to the drop-in services which had been set up locally. As demand for support grew and grew, so did the team, and in 2012 the service changed its name to Swale Action To End Domestic Abuse (SATEDA).

By this time SATEDA was delivering a range of services across Swale, including healthy relationships workshops in 3 local secondary schools, an IDVA service, counselling and access to immediate support and advice at three drop ins across Swale. We achieved charity status in 2014 and in 2018, changed our name to Support & Action To End Domestic Abuse (still SATEDA) to better reflect our mission and our growing geographical reach across Kent through our Employability Programme and Support2Court service.



Getting it Right For Children- Free Course

When parents are separating or separated, children can often get caught in the middle. Getting it right for children is a free online course designed to help you parent co-operatively. It can help you to develop positive communication skills, so that you can sort out disagreements and find solutions together. You will learn: •How to stay calm and listen as well as talk. • Why it's helpful to see things from a different point of view. • What to do to stop a discussion from turning into an argument. • Skills for finding solutions and making compromises.

Active April 2023

MONDAY



3 Listen to your body and be grateful for what it can do

10 Have a day with less screen time and more movement

17 Be active outside. Dig up weeds or plant some seeds

24 Get active in nature. Feed the birds or go wildlife-spotting

TUESDAY



4 Eat healthy and natural food today and drink lots of water

11 Set yourself an exercise goal or sign up to an activity challenge

18 Try a new online exercise, activity or dance class

25 Have a 'no screens' night and take time to recharge yourself

WEDNESDAY



5 Turn a regular activity into a playful game today

12 Move as much as possible, even if you're stuck inside

19 Spend less time sitting today. Get up and move more often

26 Take an extra break in your day and walk outside for 15 minutes

THURSDAY



6 Do a body-scan meditation and really notice how your body feels

13 Make sleep a priority and go to bed in good time

20 Focus on 'eating a rainbow' of multi-coloured vegetables today

27 Find a fun exercise to do while waiting for the kettle to boil

FRIDAY



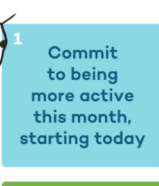
7 Get natural light early in the day. Dim the lights in the evening

14 Relax your body & mind with yoga, tai chi or meditation

21 Regularly pause to stretch and breathe during the day

28 Meet a friend outside for a walk and a chat

SATURDAY



8 Give your body a boost by laughing or making someone laugh

15 Get active by singing today (even if you think you can't sing!)

22 Enjoy moving to your favourite music. Really go for it

29 Become an activist for a cause you really believe in

SUNDAY



9 Turn your housework or chores into a fun form of exercise

16 Go exploring around your local area and notice new things

23 Go out and do an errand for a loved one or neighbour

30 Make time to run, swim, dance, cycle or stretch today

