



Parents, Carers & Families Workshops 2022-2023

WORKSHOPS	Page
An Introduction to Makaton	1
Makaton Levels 1 & 2	2
Success on the Spectrum	3
An Introduction to ADHD	4
Sleep Easy	5
An Introduction to ASD	6
Attachment	7
An Introduction to ADHD	8
An Introduction to ASD	9
Success on the Spectrum	10
Sleep Easy	11
Down Syndrome	12
Starting on the Spectrum	13
Booking Information	14
The MIDAS Team	15
Introducing Tommy	16
Keeping Updated	17

AN INTRODUCTION TO MAKATON



Monday 17 October 2022

09:45 – 12:45

Presented by Sophie Cartwright, Makaton Regional Tutor & Specialist Teacher, Meadowfield

Many children with additional needs benefit from signing used alongside speech. For those who experience the frustration of not being able to communicate effectively, Makaton can really help.

This workshop provides a practical introduction to the Makaton Language Programme.

In this **half-day** workshop we will:

- Learn a small core vocabulary of everyday signs that are relevant for children and young people with additional needs
- Consider hints and tips for effective signing in settings, schools and at home

This workshop is free to attend
Refreshments are provided

MAKATON LEVELS 1 & 2



This course will take place over 4 evenings:

Monday 31 October 2022

Monday 7 November 2022

Monday 21 November 2022

Monday 28 November 2022

18:30 – 21:00

Presented by Regional Makaton Tutors:

Sophie Cartwright, Specialist Teacher, Meadowfield

Ruth Smith, STLS SALT, Meadowfield

Parents and carers will learn the principles underlying the use of signing and symbols. You will learn signs and symbols for stages 1-4 and additional of the Core Vocabulary.

In this **four-part evening** course:

- The Level 1 and 2 course provides a practical introduction to the Makaton language programme. Over 100,000 children and adults use Makaton symbols and signs, either as their main method of communication or as a way to support speech
- Sessions include discussing commonly asked questions, hints and tips for effective signing and symbol use and how to start using Makaton in everyday situations at home or work
- Parents and carers will learn the signs and symbols for Stages 1-4 and additional of the Core Vocabulary
- Parents and carers will consider what signs and symbols are relevant for them and plan for how to establish and maintain an inclusive signing environment
- You will receive two course manuals, which include the signs and symbols that you have learnt and you will also be given a certificate of attendance. Please remember to keep your Level 1 and 2 training certificate in case you want to attend further Makaton training
- All four evening sessions need to be attended in order to gain a Makaton certificate

This **four-part evening** course is suitable for parents and carers.

Staff from settings and schools will also be invited to attend this course.

£50.00 per delegate

Refreshments are included

SUCCESS ON THE SPECTRUM



Five-part course on:
Tuesday 8 November 2022
Tuesday 15 November 2022
Tuesday 22 November 2022
Tuesday 29 November 2022
Tuesday 6 December 2022

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

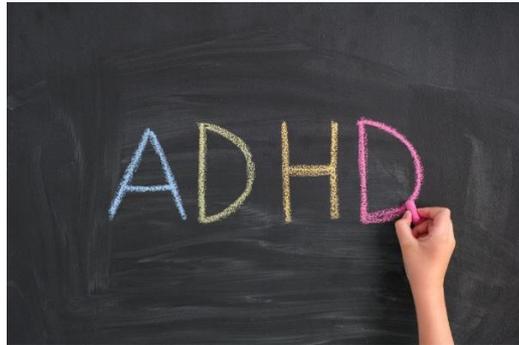
Session Five: A session to be tailored to the needs of participants and their children

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

AN INTRODUCTION TO ADHD



Monday 5 December 2022

09:45 - 12:45

Presented by:

Jonathan Smeeton, Specialist Teacher, Meadowfield
Susan Cassingham, Inclusion Support Assistant, Meadowfield

This introductory course will consider the strengths children with an ADHD diagnoses might have as well as considering how to effectively support additional needs.

In this half-day workshop we will consider:

- What ADHD is and how it impacts upon the child and adolescent brain.
- What is executive function and how to support deficits with external compensatory tools and ideas
- How gender impacts upon ADHD presentation
- Supporting well-being and positive sense of self
- Tools and ideas which support independence
- Practical tools and advice
- ADHD and emotional regulation
- Sharing of free resources for ongoing support
- Supporting sleep?

This workshop is suitable for parents and carers of children and young people **with a diagnosis or a noticeable difficulty.**

This workshop is free to attend
Refreshments are provided

SLEEP AWARENESS



Tuesday 10 January 2023

09:45 – 15:30

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

AN INTRODUCTION TO ASD



Tuesday 24 January 2023

09:45 – 12:45

Presented by

Jamie Evans, Specialist Teacher, Meadowfield
Becky Selfe, Inclusion Support Assistant, Meadowfield

This is a workshop about autism spectrum disorder (ASD) for parents, carers and families of children **with a diagnosis of ASD or a noticeable social communication difficulty.**

Participants will gain an understanding of ASD and an overview of some of the strategies and interventions that can be used to support children and young people with social communication difficulties.

In this **half-day** workshop we will:

- Discuss ASD, diagnosis and what ASD means for your child
- Consider the cognitive theories relating to ASD – and the impact this may have on day to day life
- Consider the potential implications for communication and interaction
- Discuss how to support children with ASD – strategies and interventions

This workshop is free to attend
Refreshments are provided

ATTACHMENT



Monday 30 January 2023

09:45 – 12:45

**Presented by
Becky Kenny, STLS District Lead, Meadowfield**

A child's ability to engage in learning and be fully included in school and family life can be fundamentally affected by their experiences of early relationships or attachments.

This **half-day** workshop will:

- Explain some of the factors that can prevent a secure attachment from forming between a child and their primary care giver
- Outline some of the challenges that these children experience on a daily basis and the impact that this has on their ability to form meaningful relationships with both adults and their peers
- Consider some of the behaviours that these children exhibit and how they can be supported to overcome negative childhood experiences
- Provide an opportunity for parents, carers, families and professionals to reflect on how an ethos of emotional wellbeing may strengthen inclusion, reduce disaffection and promote resilience
- Discuss practical advice and ideas that can be implemented

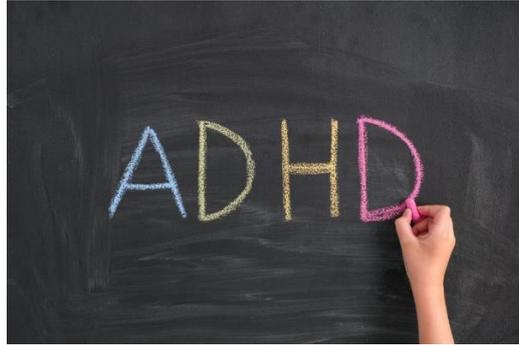
This workshop is suitable for parents and carers supporting vulnerable children and young people.

Staff from settings and schools will also be invited to attend this workshop.

This workshop is free to attend

Refreshments are provided

AN INTRODUCTION TO ADHD



Monday 6 February 2023

09:45 - 12:45

Presented by:

Jonathan Smeeton, Specialist Teacher, Meadowfield
Susan Cassingham, Inclusion Support Assistant, Meadowfield

This introductory course will consider the strengths children with an ADHD diagnoses might have as well as considering how to effectively support additional needs.

In this half-day workshop we will consider:

- What ADHD is and how it impacts upon the child and adolescent brain.
- What is executive function and how to support deficits with external compensatory tools and ideas
- How gender impacts upon ADHD presentation
- Supporting well-being and positive sense of self
- Tools and ideas which support independence
- Practical tools and advice
- ADHD and emotional regulation
- Sharing of free resources for ongoing support
- Supporting sleep?

This workshop is suitable for parents and carers of children and young people **with a diagnosis or a noticeable difficulty.**

This workshop is free to attend
Refreshments are provided

AN INTRODUCTION TO ASD



Wednesday 29 March 2023

09:45 – 12:45

Presented by

Jamie Evans, Specialist Teacher, Meadowfield
Becky Selfe, Inclusion Support Assistant, Meadowfield

This is a workshop about autism spectrum disorder (ASD) for parents, carers and families of children **with a diagnosis of ASD or a noticeable social communication difficulty.**

Participants will gain an understanding of ASD and a overview of some of the strategies and interventions that can be used support children and young people with social communication difficulties.

In this **half-day** workshop we will:

- Discuss ASD, diagnosis and what ASD means for your child
- Consider the cognitive theories relating to ASD – and the impact this may have on day to day life
- Consider the potential implications for communication and interaction
- Discuss how to support children with ASD – strategies and interventions

This workshop is free to attend
Refreshments are provided

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

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

DOWN SYNDROME



Monday 22 May 2023

09:45 – 15:30

Presented by:

Sophie Cartwright, Specialist Teacher, Meadowfield

This workshop will raise participants' awareness of Down Syndrome and the associated specific learning profile. We will look at the various challenges and strengths that this profile can present as children grow and develop. There will be opportunities to consider what good practice in the classroom might look like and specific learning strategies that could support progress. We will also look at some aspects of social development and positive behaviour strategies.

In this **one-day** workshop we will:

- Develop an understanding of what Down Syndrome is and the associated learning profile
- Consider the strengths and challenges presented by the learning profile
- Discuss strategies to support learning, behaviour and social and emotional development

This workshop will be relevant to parents, carers and families of children and young people with Down Syndrome.

Staff from settings and schools will also be invited to attend this workshop.

This workshop is free to attend
Lunch and refreshments are provided

STARTING ON THE SPECTRUM



**Five-part course on:
Tuesday 13 June 2023
Tuesday 20 June 2023
Tuesday 27 June 2023
Tuesday 4 July 2023
Tuesday 11 July 2023**

09.45 – 12.45

**Presented by:
Jamie Evans, Specialist Teacher, Meadowfield
Becky Selfe, Inclusion Support Assistant, Meadowfield**

Receiving an autism diagnosis for your young child can be an emotional time. Our 'Starting on the Spectrum' programme is your next step in finding out more. This **five-part** programme takes place over five morning sessions and is suitable for parents and carers of children in the early years (5 years and under) with a diagnosis of autism spectrum disorder (ASD). During this series of workshops parents will look at the features of ASD, exploring a new topic each week.

This programme is designed to;

- Increase understanding of ASD conditions and their impact
- Develop an awareness of potential sensory sensitivities and their impact on everyday life
- Consider brain development and its impact
- Support parents and carers to understand strategies they can use to support children and young people
- Support the development of healthy relationships
- Give the opportunity to discuss strategies and problem solve together in a friendly environment with other families in the same position.

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

BOOKING INFORMATION

For further information or to make a booking, please contact Jenna Paternoster, MIDAS Administrative Assistant on 01795 477788 (option 6) or via MIDAS@meadowfield.kent.sch.uk

The majority of our parents, carers and families' workshops are free to attend but we still need to know in advance if you would like a place.

Parking is available onsite however, it is in high demand so you may need to park offsite occasionally.

If you have booked a place but are then unable to attend, could you please notify the MIDAS Centre at your earliest convenience as this will enable us to offer the place to someone else.

THE MIDAS TEAM

Administrators

Rebecca McCarthy

Jenna Paternoster

STLS District Lead

Becky Kenny

Specialist Teachers

Sophie Cartwright

Kate Chatfield

Jamie Evans

Tanya Haynes

Jonathan Smeeton

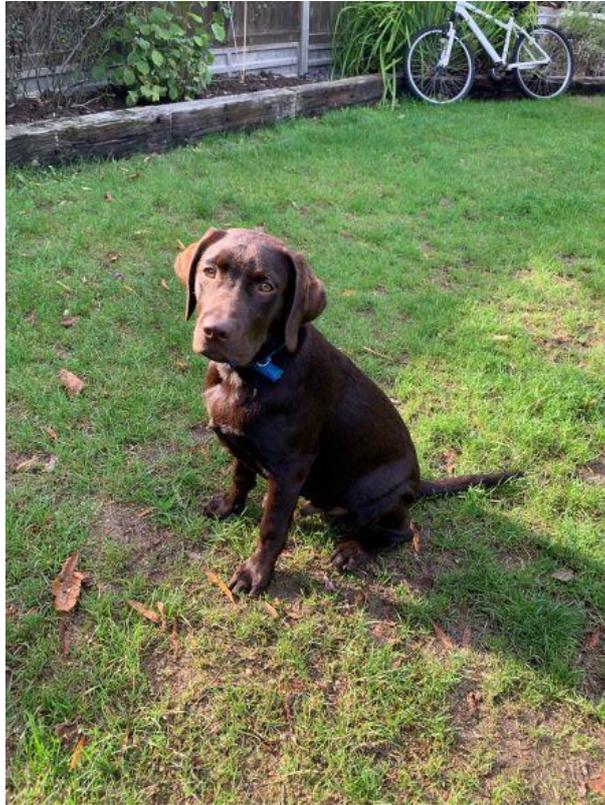
Inclusion Support Assistants

Susan Cassingham

Becky Selfe

The team look forward to welcoming you at the MIDAS Centre

INTRODUCING TOMMY



Tommy is our new STLS Wellbeing Support Dog. He is now four months old and has already been doing some great work with children in a variety of settings and schools. Tommy will attend settings and schools by request and with prior arrangement, accompanied by a member of the Specialist Teaching and Learning Team.

KEEPING UPDATED

We have an email mailing list that we use to update parents and carers of any new workshops that we are offering, plus updates on our existing courses. If you would like to join the mailing list, please email midas@meadowfield.kent.sch.uk

You will also find our up to date information on our website:

<https://www.meadowfield.kent.sch.uk/midas-and-stls/>

and via our facebook page. Follow us via:-



STLS Swale



**Meadowfield School, Swanstree Avenue, Sittingbourne, Kent, ME10 4NL
Tel: 01795 477788 (option 6)**