SEND & INCLUSION NEWSLETTER

On behalf of Primitas learning Partnership

Autumn 2026 | Understanding Behaviour, Emotions and Wellbeing

🧠 EVERY BEHAVIOUR IS COMMUNICATION

Sometimes behaviour is a child's way of telling us that they are finding something difficult. Children may be communicating worry, frustration, anxiety, tiredness or a need for support.

🗣️ Communication | 👦 Child | ❤️ Feelings | 🤝 Help | 🏠 Home | 🏫 School

😊 WHAT IS SEMH?

SEMH stands for **Social, Emotional and Mental Health.**

Some children may:

- Find friendships difficult
- Feel worried or anxious
- Struggle with changes to routines
- Need support to manage emotions

Every child is different and can thrive with the right support.

👫 Social | ❤️ Emotions | 🧠 Mental Health | 😟 Worry | 👫 Friendship | 🔁 Change

🔄 HELPING CHILDREN REGULATE THEIR EMOTIONS

You can support your child by:

✅ Talking about feelings daily
✅ Keeping routines predictable
✅ Encouraging calming strategies
✅ Praising effort and success

Simple Regulation Steps

😟 Big Feeling → 🧠 Think → 🧑 Ask for Help → 🌬️ Calm → ⭐ Ready to Learn

😟 Feelings | 🧠 Thinking | 🧑 Help | 🌬️ Breathing | ⭐ Success

💡 SUPPORT FOR FAMILIES

🏠 **Staffordshire Family Hubs** 👨👩👧 Family Support | 💬 Advice

Support for parenting, wellbeing, speech and language, and family services.

🔗 https://www.staffordshire.gov.uk/Education/Family-Hubs/Family-Hubs.aspx

💻 **Staffordshire Connects** 💻 Website | 🔍 Search | 📍 Local Services

A directory of local SEND services, activities and support groups.

🔗 https://www.staffordshireconnects.info

ℹ️ **SENDIASS Staffordshire** ℹ️ Information | 📄 EHCP | 🤝 Advice

Free and impartial SEND advice for parents and carers.

🔗 https://www.staffordshiresendiass.co.uk

❤️🧠 **Mental Health Support Teams (MHST)** ❤️ Wellbeing | 🧠 Mental Health | 🏫 School Support

Helping children and families with anxiety, low mood and emotional wellbeing.

🔗 https://combinedwellbeing.org.uk

🌟 FAMILY WELLBEING CHALLENGE

Try one of these this week:

🚶 Go for a family walk
💬 Share one good thing about your day
🌬️ Practise calm breathing together
📖 Read a story together
⭐ Start a gratitude jar

Walking | 👨👩👧 Family | 📖 Reading | ⭐ Gratitude

📧 NEED HELP?

Please contact the school SEND Team if you would like support or advice.

🏫 Erasmus Darwin Academy

🏠 Mrs Dickerson, Mrs Eustace (KS3) & Mr Peace (KS4)

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