

# Bower Grove Support

Support for the Wider Community 1992 - 2015  
For Families of Children with Special Needs



Bower Grove School Fant Lane Maidstone Kent ME16 8NL

## AUTUMN 2015 NEWSLETTER



**HI!** Once again the summer whizzed by and here we are into the autumn already. We look forward to seeing you this term at our meetings and workshops. If you are a new parent or carer please join us and feel free to bring your family and friends with you. There is no need to book and our meetings are free and open to any other school.

**This year we said goodbye to Trevor Phipps, Head Teacher, Bower Grove School**, who is retiring after nearly 32 years. Trevor has always provided me with great support in running the Bower Grove Parent Support and he will be sorely missed. We have been running for nearly 24 years and in that time hundreds of families have benefited from our talks, workshops and website Parent Support information. From the very early years Trevor always gave us plenty of scope to grow and was always there to offer support, advice and enthusiasm but at the same time let us just run with it. I know he will be keeping a keen eye on us from afar to see what we'll be doing in the future. We welcome our new Head Teacher, Mrs Lynn Salter, who I am sure, will also provide us with just as much support and enthusiasm and we look forward to working with her. We have some great talks and workshops lined up this autumn and they are open to any other school. If there is a special subject you would also like covered please email me; Jo Cousins at [psg.bowergrove@btinternet.com](mailto:psg.bowergrove@btinternet.com) or speak to me at one of the meetings and I will do my best to help.



*Josephine Cousins*

### AUTUMN 2015 PROGRAMME: OPEN TO ALL SCHOOLS

Friday 25 <sup>th</sup> September 10.15am- 12noon	<b>SLEEP – THE BATTLE FOR BED TIME:</b> <b>PAM STEPHENS, Bower Grove School, will be joining us to share some strategies to help manage sleep time.</b> <b>Plus</b> <b>ME2 Programme – LAUREN METTLE, Young Kent will also be joining us to discuss this social integration service for children and young people with additional needs. (See page 4)</b>
Friday 27 <sup>th</sup> November 10.15am- 12noon	<b>10.15AM - SENSORY PROCESSING (INTERACTIVE SESSION)</b> STRATEGIES FOR CHILDREN WITH SENSORY PROCESSING DIFFICULTIES. <b>PAEDIATRIC OCCUPATIONAL THERAPIST ANDREA KILROY, BOWER GROVE SCHOOL</b> , will be joining us to provide an overview on working on fine motor skill development, personal independence skills etc.

# BEHAVIOUR INTERVENTIONS

## DE-ESCALATE TECHNIQUES



Mr Kevin Wiley, Teacher and Team Teach Trainer, Bower Grove School, joined us last term for a meeting on Behaviour Intervention – How to De-escalate situations. This was very well attended; over 60 people joined us.

**Kevin gave a very clear and informative talk about the best way to deal with difficult behaviours that require you to de-escalate situations.**

**Please see a few key points made during the talk.**

### **ALL BEHAVIOUR IS COMMUNICATGION**

- ▶ It tells us about underlying needs and has a purpose
- ▶ Behaviour is linked to emotions and perceptions
- ▶ Behaviour is learned
- ▶ Behaviour *can* change

### **DEALING WITH CHILDRENS ANGER**

- Don't take it personally
- Avoid 'power struggles'
- Leave them a way out
- Acknowledge their feelings
- Use their past experiences to find a solution
- Focus on the present and not past behaviour
- Be aware of your own behaviour
- Be brief, don't lecture

- Follow up – repair and rebuild

## AND FINALLY A FEW THOUGHTS

- ▶ The only thing we can control is our own behaviour and our responses to the behaviour of others
- ▶ What we do can determine whether a situation escalates or de-escalates
- ▶ We all work within a team and it is okay to ask for help
- ▶ We need to be teaching and modelling the skills children need to learn

## PLEASE SEE A FEW UPDATES BELOW

Further updates will be available on the Parent Support web page once the school reopens (definitely by the end of September). **Go to Bower Grove Parent Support web information:**

<http://www.bower-grove.kent.sch.uk> and select 'Parent Support'

See Parent Support web page selection on page 4.

**PARENT TO PARENT SERVICE** – talk to someone who really understands what it's like to live with a child or adult with autism. National Autistic Society Call: **0808 800 4106**

**EARLY HELP:** Kent County Council are changing Early Help and preventative services. Transforming the way services for children, young people and families are delivered. To read more please see link below:

<http://www.kent.gov.uk/jobs/careers-with-us/careers-in-early-help-and-preventative-services/how-we-are-changing-early-help-and-preventative-services>

## NEWS FROM UCL UNIVERSITY COLLEGE LONDON

Liz O'nions, Post doctoral Researcher, who has joined our support meetings on a couple of occasions, asked if I would repeat the advert and letter from Liz below:

### RECRUITING BOYS AGED 11-16 TO TAKE PART IN BRAIN SCANNING RESEARCH

**£50 + Travel Costs + Image of Brain to Keep**

**Screen phase means not all who apply take part in scanning. Data kept confidential.**

**Interested? Contact Ruth, Tel: 0207 679 5394 / email: [r.roberts@ucl.ac.uk](mailto:r.roberts@ucl.ac.uk)**

### BRAIN IMAGING STUDY AT UCL – PAID RESEARCH

Our research team at University College London would like to invite you to assist us in finding participants to take part in an exciting brain-imaging research project, where they will receive a picture of their brain!

*What is the study about?*

- We are interested in how children process their own and others' emotions and whether these processes can change. We are studying children with a range of behaviour, from those with no particular difficulties, to those who engage in behaviour that causes problems at home and at school. Getting this broad view will allow us to better understand why some children develop behavioural disorders.

*Who are we researching?*

- For this research we are recruiting boys, aged 11-16, with a range of behaviour. Unfortunately we are not able to include boys with autism spectrum disorders in this study, although we can include boys with ADHD. We can't include boys who are currently taking medication for behavioural problems.

What would taking part involve?

- Parents who register their interest in the study are invited to complete a screening questionnaire, to see whether their child is a match for the study. Those invited to take part in the brain scanning will come with a parent or carer to our scanning centre near Russell Square, for a single session lasting 3-4 hours. During this time, 50 minutes will be spent doing games and tasks whilst having a brain scan, and the rest of the time spent doing questionnaires and computer tasks. Participating families will be reimbursed for travel expenses and will receive £50 as a thank you for taking part.

Many thanks for considering this request,  
With best wishes,  
Liz

Dr Liz O'Nions Post-doctoral Researcher

**PLEASE NOTE: The following Bower Grove Parent Support updates should be on the website before the end of September 2015 (See contact details below).**

*Josephine Cousins*

**SINCE I PUT THE MAIDSTONE RESOURCE DIRECTORY TOGETHER IN 2009/10 SOME DETAILS HAVE CHANGED; PLEASE SEE UPDATES BELOW**

**KEY LINKS, ORGANISATIONS AND SEN INFORMATION – SEP 2015**

**Go to: <http://www.bower-grove.kent.sch.uk> and select 'Parent Support'**

<b>SIGNPOSTING INFORMATION FOR PARENTS &amp; CARERS</b>	<b>SPECIAL EDUCATIONAL NEEDS (SEN)</b>	<b>ASSESSMENT OF CARE NEEDS KCC SOCIAL SERVICES</b>
<b>EARLY SUPPORT</b>	<b>ABOUT KCC LOCAL OFFER</b>	<b>LEISURE, SPORT, CLUBS</b>
<b>KCC EARLY HELP</b>	<b>HEALTH UPDATE</b>	
<b>CHILDREN CENTRES</b>	<b>LOCAL ORGANISATIONS</b>	<b>DIRECT PAYMENTS</b>
<b>BENEFITS</b>	<b>NATIONAL ORGANISATIONS</b>	<b>USEFUL WEBSITES</b>

**Please join us for our workshops this term; see below and more information on first page. All meetings held at Bower Grove School Fant Lane ME16 8NL and no need to book.**

## **✚ SLEEP – THE BATTLE FOR BED TIME**

Friday 25<sup>th</sup> September 10.15 am for 10.30 am -12noon: Pam Stephens, Bower Grove School, will be joining us to share some strategies to help manage sleep.

**Me2 PROGRAMME:** We will also be joined by Lauren Mettle, Young Kent, on Friday 25<sup>th</sup> September to discuss this social integration service. Young Kent's me2 programme aims to counter the negative attitudes and social barriers that often prevent disabled young people (including young people with additional needs) from being included in mainstream youth and leisure activities. This is achieved by bringing together disabled young people aged 13 to 19 with peer mentors who visit a mainstream youth provision together for up to 20 weeks with a planned withdrawal process for the mentor at the end of the placement. Mainstream inclusion can help disabled young people in the following ways: To build confidence and self-esteem, encourage independence, improve communication skills, make new friends and participate in new activities.

## **SENSORY PROCESSING (INTERACTIVE SESSION)**

**Friday 27<sup>th</sup> November 10.15 am for 10.30 am – 12noon**

**(STRATEGIES FOR CHILDREN WITH SENSORY PROCESSING DIFFICULTIES)**

**PAEDIATRIC OCCUPATIONAL THERAPIST, ANDREA KILROY, BOWER GROVE SCHOOL, will provide an overview on working on fine motor skill development, personal independence skills etc.**

**CONTACT: Josephine Cousins Tel: 01622 726773 (during school hours)**

**Web: [www.bower-grove.kent.sch.uk](http://www.bower-grove.kent.sch.uk) and select **Parent Support****

**Email: [psg.bowergrove@btinternet.com](mailto:psg.bowergrove@btinternet.com) Bower Grove School Fant Lane Maidstone Kent ME16 8NL**