

# Bower Grove Support

Support for the Wider Community 1992 - 2019  
For Families of Children with Special Needs



Bower Grove School Fant Lane Maidstone Kent ME16 8NL

## Winter/Spring 2019 Newsletter

**HI!** We look forward to seeing you this term at our meetings and presentations. If you are a new parent or carer, please join us and feel free to bring your family and friends with you. Professionals are welcome too.

**LAST TERM we covered Annual Reviews and Behaviour Management.**

Please see more information over page including extracts and top tips.

**Please see special message & Winter/Spring 2019 programme below:**



*Josephine Cousins*

**IMPORTANT - SPECIAL MESSAGE:** This newsletter will only be circulated by email in future. If you would like to receive copies and I don't have your email address, please email me at [psg.bowergrove@btinternet.com](mailto:psg.bowergrove@btinternet.com) and I will put your name on the circulation list.

### PROGRAMME - OPEN TO ALL SCHOOLS

ALL MEETINGS ARE HELD AT BOWER GROVE SCHOOL FANT LANE MAIDSTONE ME16 8NL

Friday  
25<sup>th</sup> January  
10.15am-  
11.40am

#### HEARTS AND MINDS

***Maria Cates, Specialist Tutor, Mid Kent College, joins us for a talk about Hearts and Minds. Please join us for this very important session covering:***

***ASD CONDITIONS & OTHER POTENTIAL BARRIERS TO LEARNING.***

Maria has worked with young people with ASD for the past 20 years. In 2014 she was employed by Mid Kent College and now works as a specialist tutor to set up support for young people with ASD and other barriers to learning on main stream courses across all curriculum areas to help with anxieties and help students settle into college life. Please see a special message from Maria on page 4.

***All are welcome to join us.***

Friday  
26<sup>th</sup> April  
10.15am-  
11.40am

#### BENEFITS TALK

**Disability & General Benefits plus Universal Credit.**

**Anna Bobinska from Maidstone CAB returns for this very important talk and there will be an opportunity for questions.**

**All are welcome to join us.**

## ANNUAL REVIEW TALK

Teresa Hay from Information Advice Support Kent (IASK) joined us last term for a talk about Annual Reviews. Teresa explained that all statements have now been converted to Education Health and Care Plans, so the timetable described below is related to these. Please see IASK contact details and more information at bottom of page:

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## Annual Review Timetable

*At least 2 WEEKS*

*before the Annual Review Meeting*

- Parents, young people and relevant professionals are notified of the date of the meeting (health have requested 12 weeks notice)
- Information and advice from professionals is asked for
- Everybody attending the meeting will be sent the advice and information gathered from the professionals.

### *The Annual Review Meeting*

**Will consider:**

- The child/young person's progress towards achieving the outcomes specified in their Education Health Care plan
- whether the outcomes still remain appropriate
- whether aspirations have changed
- review and set new short term targets
- whether any changes need to be made to the support
- whether the placement is still appropriate.

*Within 2 WEEKS of the meeting*

- The school must complete an annual review form that includes recommendations for amendments to the Education, Health Care plan, including details where views differ.
- This form must be sent to the local authority, parents/young person and everyone invited to the meeting.

*4 WEEKS from the date of the meeting*

- The local authority decides whether to leave the Education, Health, Care plan unchanged, amend it or cease it
- The local authority informs the parent, young person and school/setting of its decision.

# BEHAVIOUR MANAGEMENT

## A PARENTS' SURVIVAL GUIDE



Mrs Pam Stephens, Bower Grove School, joined us last term to speak about Behaviour Management – A Parents' Survival Guide. She described being a parent as one of the toughest jobs in the world, with little opportunity for formal training, no pay, huge restraints on freedom and a drain on money and emotional resources! However, it's a job that can be hugely rewarding as well.

Pam shared with us some ideas from people who have been through the parent trap and some information from researchers and professional people.

Pam highlighted that many children have disabilities or conditions that cannot be changed. As parents, we need to accept what can't be changed but at the same time give our children strategies to cope in our society. There was a special mention for children with Autistic Spectrum Disorders – where children benefit from clear language, routines and recipes to reduce their anxiety levels.

Pam outlined how we can use Behavioural Methods to manage behaviour in the early years, being consistent in our responses and only giving the reward of our attention for appropriate behaviours (just like "Super Nanny"). Later, children can understand a more "Cognitive" form of management, reasoning about their actions and planning ways to avoid stress. At this stage children can use the ABCD of behaviour management: -

**A = Antecedent (what happened just before...)**

**B = Behaviour (What did you do....)**

**C = Consequence (Then what happened?)**

**D = Discussion (OK, so how could we have done it differently?)**

Help children to be responsible for their own behaviour. Avoid "Naughty Table Syndrome" – it's no good smacking a table if your child bumps their head on it! Give the cuddles but the message must be "You should have looked where you were going!" Pam talked about rewards and sanctions and pleaded with us never to threaten "Father Christmas won't come" when we all know he will!

(Far better to say he works on a points system – giving more for good behaviour)

Pam touched on many of the common "battlefields" such as bedtimes, dinner times and peer group pressure. She gave us some ideas for anger management, building self-esteem and using reward charts and contracts. Through it all she encouraged us to take charge and use:

### **Mum and Dad Power!**

- ❖ **You love your children – let them know it.**
- ❖ **Hang on to parent power – you are boss!**
- ❖ **Be clear, consistent, and positive.**

**It's a job for life! (And it's great!)**

# **BOWER GROVE SUPPORT MEETINGS THIS TERM**

**Meetings are open to all parents/carers and professionals**

**LOCATION: All meetings are held at Bower Grove Support, Bower Grove school Fant Lane, Maidstone Kent ME16 8NL**

**TIME: 10.15am for 10.30am – 11.40am**

## **HEARTS AND MINDS TALK FRIDAY**

**25<sup>TH</sup> JANUARY 2019**

***Maria Cates, Specialist Tutor, Mid Kent College, joins us for a talk about Hearts and Minds. Please join us for this very important session covering **ASD CONDITIONS & OTHER POTENTIAL BARRIERS TO LEARNING.*****

Please see special message from Maria Cates below:

“Hi, my name is Maria Cates and I have worked with young people with ASD for the past 20 years. In 2014 I was employed by Mid Kent college as a specialist tutor to set up a room to support young people on main stream courses with ASD and other barriers to learning across all curriculum areas to provide support, help with anxieties, offer a safe place to go and to help build social awareness to help students settle into college life. Along the way naturally I have become an ambassador as am so passionate about my role and helping students to be recognised and treated as equals. Over the past 2 years two of my students have won awards recognised by Simon Cook as outstanding achievers and role models for others.

I joined the ambassadors last year and have been working on projects to help staff and students access all areas. This includes setting up an app and extending my room to help young people with social, emotional and mental health issues. I work with young people to deliver CBT and can refer on to our new college counsellors if required.

I hope when I meet you, you will see how passionate I am about my students and helping them to achieve the best outcome possible. After all next year it may be your young person I am helping.”

## **BENEFITS TALK FRIDAY 26<sup>TH</sup> APRIL**

**Disability & General Benefits plus Universal Credit.**

**Anna Bobinska from Maidstone CAB returns for this very important talk and there will be an opportunity for questions.**

**We look forward to seeing many of you this term and please remember meetings are open to all parents and carers regardless of school; professionals are welcome too.**

*Josephine Cousins*

**CONTACT: Josephine Cousins**

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

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