

Bower Grove Support

Support for the Wider Community 1992 - 2017
For Families of Children with Special Needs



Bower Grove School Fant Lane Maidstone Kent ME16 8NL

Winter/Spring 2017 Newsletter



Hi! Happy New Year! 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.

MEETINGS & PRESENTATIONS LAST TERM: We held some very informative talks last term including Behaviour Interventions and an ASD presentation, please see a synopsis throughout the newsletter.

MEETINGS THIS TERM: This term we are covering some key subjects; please see below and further information on page 4. I hope you will be able to join us.

Remember meetings are open to any other school and there is no need to book. On this occasion it will be necessary to book for the Managing a Tight Budget talk, please see below.



Josephine Cousins

PROGRAMME - OPEN TO ALL SCHOOLS

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

<p>Friday 13TH January 10.15am-11.45</p> <p>NO NEED TO BOOK</p>	<p style="text-align: center;">MINDFULNESS TALK</p> <p>Hannah Ring, Bower Grove School, will be joining us for a talk about Mindfulness. We will be looking at what mindfulness is, why it can help us relax and practising some mindful strategies!</p> <p>Please see page 4 for more information.</p> <p style="text-align: center;"><u>NO NEED TO BOOK FOR THIS TALK.</u> ALL ARE WELCOME TO JOIN US.</p>
<p>Friday 10th March 10.15am-11.45</p> <p>BOOKABLE</p>	<p style="text-align: center;">MONEY WORRIES? MANAGING A TIGHT BUDGET</p> <p>Tania Weber, Citizens Advice, will be joining us for this talk. See more information on page 4.</p> <p style="text-align: center;"><u>TO RESERVE A PLACE PLEASE BOOK BY EMAILING</u> JO COUSINS: psg.bowergrove@btinternet.com</p>

BEHAVIOUR INTERVENTIONS

DE-ESCALATE TECHNIQUES

On 30th September Mr Matt Evans, Assistant Head teacher, Bower Grove School, joined us to discuss Behaviour Interventions and offer advice on how to De-escalate situations. This talk was very well received and as one parent mentioned “*An informative and thought revoking talk.*” A key point which resonated throughout the talk was the importance of teaching and modelling the skills children need to learn. Examples were given of how we may speak or act and the messages we pass on to our children; we need to be aware of our own behaviour and how this can influence them. We need to model positive behaviour.

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 need to be teaching and modelling the skills children need to learn

ASD PRESENTATION: Pam Stephens STLS returned for a talk about Autistic Spectrum Disorder (ASD). The meeting was very well attended and parents found the talk very useful and informative. Areas covered were: What is ASD? Triad of impairments: speech and language, social communication, Compulsive repetitive behaviours, Sensory overload, Anxiety and confusion, Trigger situations, Strategies and planning, Teaching behaviour codes.

Handout material was available at the meeting and if you would like a copy please email me Josephine Cousins at psg.bowergrove@btinternet.com and I will send these to you.

Please see a few key points below:

Some Important things to remember about children with ASD



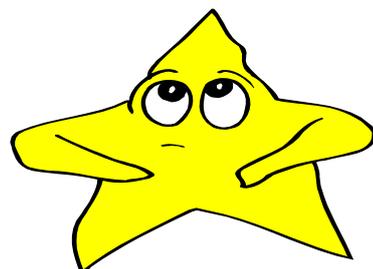
- As with all children, children with ASD have different sets of behaviours and can behave differently day to day
- Children with autism have a lot of difficulty with body language and emotional expression
- Not complying with requests *can* be due to not understanding, or from taking longer to process what they have heard
- Poor interaction skills can lead to negative behaviour
- Alternative ways of communicating should be offered because of the problems of communicating verbally
- Always tell the children what you want them to do, not what you don't want e.g. "Walk, thank you" rather than "Don't run"
- Instructions should be clear and simple – may need visual support
- Always give your instructions in the order you want them e.g. "Put your coat on, then get your bag" not "You can get your bag and coat now"
- Break down tasks into small chunks
- Some children with ASD have problems making choices so limit number to 2 or 3
- There should be at least 2 named and identifiable adults who they can go to when they need help or are upset
- Some children need a 'refuge' (a place where they feel quiet and safe) to choose to go. Different children need different types of refuge – some like space whilst others like to feel enclosed
- A 'chill out' time can be very useful

I like to know what is going to happen.
I like things in the right place.
I worry when things change.

Sometimes things go wrong.
Sometimes things have to change.

It is not my fault.
It is no one's fault.
It is just different.

I will not be angry.
I will ask what happens next.
I will listen to the grown-ups.
I will say O.K. and stop



MINDFULNESS TALK

Friday 13th January 2017 10.15am for 1030am – 11.45am

No need to book for this talk, all are welcome to join us.

Hannah Ring who will be joining us for a talk about Mindfulness is an Outreach Teacher at Bower Grove School. Her work supports mainstream schools as a Specialist Teacher of Social, Emotional and Mental Health Difficulties. Her background is working with children in Nurture Group settings as well as Early Years. Her passion in education is about understanding what children are trying to communicate through their behaviour and how we can support them with this.

Please see a brief introduction to the talk below:

MINDFULNESS

Have you ever had a journey to work and when you arrived, you suddenly realise that you don't actually remember the task of getting to work? Alternatively, have you lay in a warm bubble bath and couldn't relax because you just cannot stop your thoughts racing?

For most of us, our minds are constantly whirling, thinking about the children, cleaning, dog walking, shopping, what we're doing at the weekend etc. We rarely live in the present and do not pay attention to what is happening in our lives at a particular moment.

Mindfulness is the act of stopping and noticing what is around you at any given moment (the sights, smells, sounds, feelings and maybe tastes!)

During the last 20 -25 years, there have been many studies which demonstrated that mindfulness provides benefits in a range of clinical settings, from pain management and stress, through to management of depression.

We will be looking at what mindfulness is, why it can help us relax and practising some mindful strategies!

MONEY WORRIES TALK

Then you need to get Pound Wise - Managing a Tight Budget

Friday 10th March 10.15am – 11.45am

Tania Weber from Citizens advice will be joining us for a very useful talk. All parents and carers are welcome to join us.

TO **BOOK A PLACE** PLEASE EMAIL: Jo Cousins psg.bowergrove@btinternet.com

PENNY WISE: FREE FINANCIAL CAPABILITY TRAINING

The proposed topics to be covered include:

1. **Budgeting:** Skills for managing money either at a basic or more advanced level.
2. **Credit:** Skills for understanding the different types of finance and loans, and how to compare them, at a basic or more advanced level. Again, the basic level can be delivered to groups without numeracy.
3. **Dealing with Debt:** How to manage personal debt, either for those who already have a knowledge of the subject, or those who want to get to grips with the basics. Trainees should be aware that no one-to-one advice on individual debt will be offered during the session, but they will be made aware of how to get help if they have debt themselves.
4. **Energy and Water:** How to make utility bills more manageable by understanding how to reduce consumption and gain confidence in switching supplier

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

Web: www.bower-grove.kent.sch.uk and select **Parent Support**

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