

# Worcestershire Virtual School News

Issue 13

Academic Year 2021 2022

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## A message from Colette Maynard-Bond (VS Head)

It's been an interesting year! For the past three years we have repeatedly used that expression, haven't we? The pace never slows, we are constantly challenged to provide more, reach higher levels, change our current practices, and reflect on what and how well we do. Now that we are at the end of the year, I would like to thank every one of you for everything you do to support our children looked after, previously looked after and our new cohort of children with a social worker. I know as a Virtual School we ask a lot of you. We have high expectations because we want our children/young people to be successful, to achieve their potential and to realise their ambitions. You are the group of people who make things happen in your schools, early years, and post 16 settings. You share our vision, and I am grateful for the collaborative way in which we put the children and young people first. We all think about their needs and do whatever is possible to encourage and care for them, even when the going gets tough!

I am retiring at the end of this academic year, and I want to say a huge thank you for the committed way you work with the Virtual School and most of all for how you advocate for our children/young people every day. I am proud of what we have ALL achieved.

Very best wishes



## Supporting Transitions into Secondary Schools from Dr Kate Mason, from Roots Psychology



If your child is transitioning into senior school this September, you may notice there have been some mixed feelings about moving on. With any major life changes children (and adults) experience a degree of apprehension; when it comes to transitioning into senior school some children may be feeling the loss of old teachers and friends as well as the familiarity of their old school. They may be feeling worried about navigating their way round a new environment and finding new classrooms, or getting used to new teachers, different rules and expectations. Very often children struggle to put into words how they're feeling. At this age their responses reflect their developmental stage as well as their developing personalities and uniqueness. Because each child's temperament, resiliency, and prior experience vary, transitions will affect them in different ways we might see this worry played out through their behaviour instead. To read more about this subject - How do Children Feel about Change, Signs your Child might be struggling, Practical tips for supporting your child's transition connecting them with the school and many more click here to Roots Psychology website

[Supporting Transitions to Secondary School \(rootpsychologygroup.co.uk\)](https://rootpsychologygroup.co.uk)

### Peer Support Group for Designated Teachers

Worcestershire Children First Education Psychology Services are offering an opportunity to share knowledge, experience, and good practice.

Helping each other to problem solve where things are difficult and share connection and reciprocal support. If you wish to be part of this group, please e-mail [virtualschool@worcschildrenfirst.org.uk](mailto:virtualschool@worcschildrenfirst.org.uk) to book your place. It will be on a first come first served basis. The sessions will be delivered by Microsoft Teams, all sessions will take place between 3.30-5pm. The dates are split for Primary School Designated Teachers and Secondary School Designated Teachers.

Primary Schools - Thursday 6<sup>th</sup> October

Secondary Schools – Thursday 13<sup>th</sup> October

Primary Schools - Thursday 1<sup>st</sup> December

Secondary Schools - Thursday 8<sup>th</sup> December

## Reach out



### Children and Adolescent Mental Health Services

Herefordshire and Worcestershire

The Herefordshire and Worcestershire Health and Care NHS Trust have teamed up with a local young band called 'Split Second' to promote young people's mental health across the two counties.

Split Second are a Worcestershire based band of four 14–15-year-olds who have written a new song, 'Reach Out', about mental health during the pandemic. You can find out more about the band by searching **officialsplitsecond** on both Facebook and Instagram.

As part of the campaign, they will be hosting a series of 5 one-hour busking events across the two counties from the 1<sup>st</sup> to the 3<sup>rd</sup> August 2022.

The events will take place on the following dates and venues

#### Monday 1<sup>st</sup> August

- Malvern – The Cube at 11.30am to 12.30pm with activities 11am to 2pm

#### Tuesday 2<sup>nd</sup> August

- Kidderminster at the Band Stand, Brinton Park @11am to 12noon with activities 10am to 3pm
- Redditch at Arrow Valley Visitor Centre (near the play park) at 2pm to 3pm

#### Wednesday 3<sup>rd</sup> August

- Ross-On-Wye Market Square at 10.30am to 11.30am
- Old Market, Hereford City Centre at 1pm to 2pm

They will also be opening at the [Worcester Show](#) on **Sunday 14<sup>th</sup> August 2022 at 11am**. Located at Pitchcroft, Worcester and **FREE** to enter.

During the free one-hour events the public can find out more about how to get involved in volunteering, support available for mental health and wellbeing, and listen to a live set from the band. For further information follow this link <https://camhs.hacw.nhs.uk/reachout-music>

## Image resource for children with additional needs (Triangle)

Triangle is an independent organisation enabling children and young people (up to age 30) to communicate about important things, especially in legal proceedings. Triangle has expertise with children who have experienced abuse, with Deaf children and children with autism or learning disability. They can also train support workers.

In the last 20 years they have worked with over 10,000 children and young people across the UK, through intermediary, advocacy, consultancy, specialist support, interviewing and expert opinion services.

You can find the download by scrolling to the bottom of this page: [How it is Booklet \(triangle.org.uk\)](http://triangle.org.uk)

## PELICAN: Promoting Emotional Literacy in Children with Additional Needs (Foundation for People with Learning Disabilities)

PELICAN focuses on practical, sensory interaction and learning, so that it can be used by practitioners across a range of settings, particularly schools, as well as parents/families. It can be used along with, or to support other, approaches.

Web-based materials include a simple, visual PELICAN story, where Peli and Tou introduce the PELICAN framework, detailed guidance, activities and resources for the PELICAN framework and story elements, along with some session plan examples. The resources can be found here: <http://www.learningdisabilities.org.uk/pelican>



**We are here to support you and our children looked after/previously looked after. Please call or email, using the details below or visit our website.**

**Virtual School Helpline 01905 844913 [virtuelschool@worcschildrenfirst.org.uk](mailto:virtuelschool@worcschildrenfirst.org.uk)**

**<https://www.worcestershire.gov.uk/virtuelschool>**