

SEND Parent Forum



Dec 2020

Introductions



Ground Rules

Respect views of others

Openness and honesty

Accept any ideas

Do not discuss individuals (children or staff)

Keep topics general and not personal

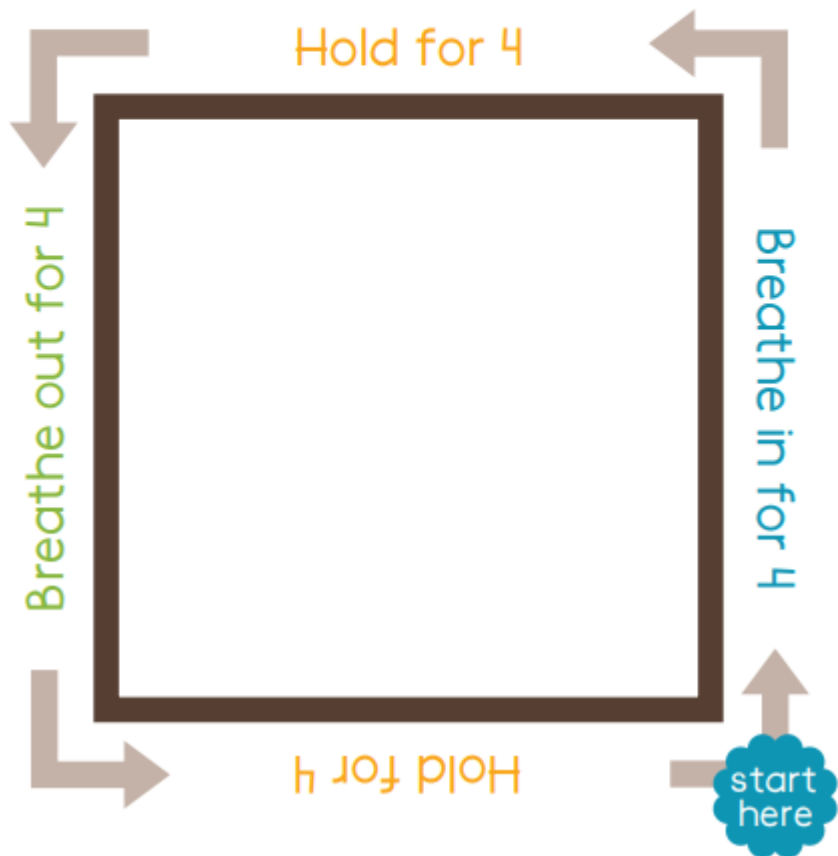
Agenda



- Resources that have been shared
- Time to look at useful websites
- Useful books
- Discussion
- Set next date

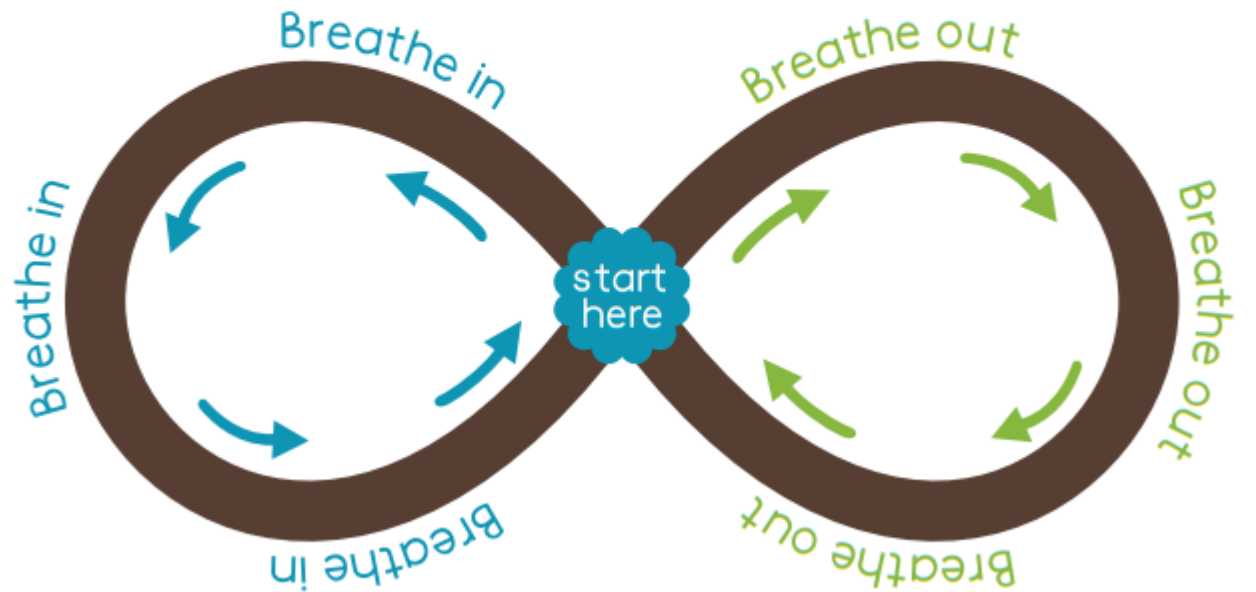
Square Breathing

Start at the bottom right of the square, and follow the arrows around the whole square to complete one deep breath.



Lazy 8 Breathing

Start with an 8 on its side. Starting in the middle, go up to the left and trace the left part of the 8 with your finger while you breathe in. When you get to the middle of the 8 again, breathe out while you trace the right part of the 8 with your finger.



www.copingskillsforkids.com

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Educational Psychology

Telephone Service



- West Sussex Educational Psychology Service is offering the opportunity for parents to speak with an Educational Psychologist about a child or young person.
- Educational Psychologists are professionals concerned with the development, learning and social and emotional wellbeing of children and young people. **Calls can be requested where there is a question or concern about learning or behaviour as well as worries about wellbeing and emotions.**
- This is a consultation only service and the Educational Psychologist will not be able to read any information about the young person prior or after the consultation. The EP will not undertake any follow up work, assessments or ask others to do assessments as a result of the consultation.
- Book a consultation slot and an Educational Psychologist will contact them on the telephone number provided at the time booked.
- Calls will last a maximum of 30 minutes.

Educational Psychology Telephone Service



Microsoft Office Home x Email - Emily Webster - Outlook x Calendar - Emily Webster - Outlo... Educational Psychology Telephon... x

westsussex.local-offer.org/information_pages/609-educational-psychology-telephone-consultation-service

Apps Office 365 Baldwins Hill Halsford Park Prima... CPOMS Early Help Annual review WSC... Holistix EHCNA Google Educational Psychol... PupilAsset login

The normal structure of a telephone consultation will consist of:

Beginning - Introductions and establish aim of the consultation, such as what the person wants out of the consultation.
Information-gathering - The consultant will use a range of questions and techniques to gather information about the concern.
Exploring the issues - The consultant will guide the consultee's thinking about their concerns.
Ending - A summary of the consultation will take place during which any actions resulting from the consultation will be discussed.

[Book a telephone consultation slot](#)

[Read guidance on the booking system](#)

Related pages

- [Coronavirus \(COVID-19\): National and Local Information and Guidance](#)
- [Resources and Advice for Supporting Home Learning](#)
- [Returning to School During COVID-19 Pandemic](#)

west sussex county council

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feedback

Windows taskbar: 08:56 07/12/2020

Click on the blue links to book

Websites



NHS
Sussex Partnership
NHS Foundation Trust

Search: *What can we help with?*

HOME **HELP & SUPPORT** WHAT WE DO GET INVOLVED ABOUT US NEWS HIDE THIS SITE **HELP I'M IN CRISIS**

Parents & Carers

When supporting your child or young person it can sometimes be hard to know what difficulties they might be having or if they're struggling with their mental health or emotional

- <https://sussexcamhs.nhs.uk/help-support/parents-carers/>

Other Websites

There are links on the school website under - Key information / Inclusion

Mind

<https://www.mind.org.uk/>

Young minds

<https://youngminds.org.uk/find-help/your-guide-to-support/guide-to-camhs/>

CAHMS <https://sussexcamhs.nhs.uk/>

<https://www.nhs.uk/conditions/stress-anxiety-depression/mindfulness/>



Useful Books





**Any
questions
or points
to discuss?**