

## Practical Ideas to help at Home

- Reward charts
- Talking to your child about how they are feeling
- Mood boards / emotion cards
- Feelings diary
- Worksheets to deal with anger management
- Time out area / safe, calm area
- Visual routines
- Maintain consistency and boundaries

All of the resources mentioned above are available from the school... just come in and ask...

### **CONTACT:**

**Kirsty Hargreaves (Inclusion Support)**

**Website:** [www.queensmeadacademy.org](http://www.queensmeadacademy.org) – click on 'parent tab/family support'

**Telephone:** 01162858518 to make an appointment or drop in at the office.



# QUEENSMEAD PRIMARY ACADEMY

## Inclusion Support 2019-2020

Part of the Greenwood Academies Trust group of Academies



Worried about your child?

Concerned or scared?

Family conflict or  
relationship issues?

Need support or help with  
something?

## What is Inclusion Support?

- Support from the school to help deal with any worries and concerns
- Help to engage families with their child's learning and support the school's ethos and values
- Helpful advice and useful contacts outside of the school
- Resources, ideas and information
- Behaviour advice
- Activities after school to encourage family interaction
  - Themed every month... previous activities include pumpkin carving, arts & crafts, talent shows, Easter trails and more...
- Behaviour management
- One to one support
- Parenting support
- Email contact & online support
- Drop in sessions to discuss concerns
- Help with family conflict or relationships issues
- Or just a chance to talk to someone

Anything discussed will remain confidential and not discussed outside of the school unless the parents request it....