



**Together we love; together we learn**

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## **Calm Connections, Tea & Talk**

Dear families,

I am delighted to share with you that Barford's very first Calm Connections took place a few weeks ago and was a huge success. Mrs Bunn and I were slightly apprehensive that we might be left on our own, drinking tea and eating the delicious homemade cakes, however we were very relieved to welcome in some lovely parents at 8.45am. They spent the time talking together, and with us, about life raising children with Special Educational Needs and Disabilities and mental health needs. It was very special for me to take a step back and observe everyone involving and listening to each other – some at the start of their journey and some more experienced – sharing their stories, offering words of advice and support and, most importantly, being there for each other in a safe space with no judgement. The feedback from parents was that it would be great to have more opportunities to talk to other parents and for the school to share more information with the whole school community about the needs we have within our school. There was a general consensus that, when other parents within a class are aware of a child's needs, they are often able to be more accommodating and understanding of how to help children at events like playdates and parties. Additionally, parents are more informed to be able to talk to their own children and answer questions that might arise at home regarding why others might have particular adaptations in school to help them.



**The next Calm Connections, Tea & Talk event will be on Friday 12<sup>th</sup> July, 8.45-10am,  
in Barford Bright Stars.**

We would love to welcome more of you at our next meet. It is an event to enable adults who have children with SEND or SEMH needs to share and make connections with others. You will be greeted with a hot cup of tea or coffee (most definitely some biscuits too!) and friendly faces. It aims to be a place where we hope people will be able to connect and feel supported by others in a relaxed environment. You can decompress, offload, share, listen or just have a quiet hour to yourself with a nice piece of cake.

Furthermore, I am pleased to share that we also have Alice Grant, who is a Targeted Support Officer for our area, joining us and she is amazing! A 'fountain of all knowledge' when it comes for support available outside of school for families with children with SEND and mental health needs, she will be around to answer any questions and offer her assistance, face to face. This is a real treat and something not to be missed if you are seeking more support with family life. For health and safety, it is with regret that we cannot accommodate small children.

If you have any questions, please do not hesitate to contact me and I really look forward to seeing some of you there.

Very best wishes

Mrs Lucy Rose

Deputy Head Teacher & SENDCO