



WJPS Parents' SEND Newsletter April 2026

Dear Parents and Carers,

Welcome back after the Easter break. We are now into the final term of the year. This term is usually very busy, particularly in the second half and towards the end where we start looking ahead to the following year. This can also be a particularly difficult time for some of our children as it is the build up to one of their largest transitions of the school year, particularly if they are moving to a new school.

Last year, we worked hard to have a more robust transition process, and we will be building on that this year. More information will come to you nearer the time but if there are any questions or concerns you have about this in the meantime, please get in touch.

Supporting Your Child with Emotional Regulation

One of the things that has been a focus of several newsletters previously is around strategies to support emotional regulation and sharing some of the things we do in school to help us understand and support the children with this. It is an area that affects all children and parents/carers at some point but there are times when it can become a bigger issue, and this can become more challenging.

We also know that big emotions can come out more at home than school and this can be particularly difficult for you as the parents/carers. I have shared flyers before about various parent/carer support services but at the recent Inclusion coffee morning, we had representatives from the school nursing team, and they are one of the most helpful teams for us.

[The school Nursing Team and 0-19 Service](#)

The school nursing team comprises of a number of professionals working together to support your child's health and development. The team will support families and children from their Reception year onwards. They work in locality teams and work closely within the community family hub ensuring that they have extensive knowledge of the local community and services.

In terms of accessing them for emotional and wellbeing support, they offer a range of things, from providing foundation emotional level support with issues such as self-esteem, low mood, friendships, anxiety and worries through referrals we can make to the 0-19 service, to providing online courses and support for parents and carers.

Online Courses

In Our Place/Togetherness is a free, evidence based online learning hub created by the Solihull Approach, a respected NHS-backed psychology team that provide support for emotional health and wellbeing for all children, their parents, carers, grandparents or anyone looking after them. Below is a link to a video that explains a bit more about them



<https://youtu.be/k29jSSQs-xU?si=ceedlrzWK4MES2I0>

Courses Available

There are a wide number of courses available and through partnership with Children & Families Newcastle, Newcastle upon Tyne residents can access them free using the **access code NEFAMILIES** and any Newcastle postcode.

Some of the courses available are:

- Understanding your child: from toddler to teenager
- Understanding your child with additional needs
- Understanding your child's feelings (a taster course)
- Moving up to secondary school for children with additional needs
- Understanding relationships
- Understanding your child's mental health and wellbeing
- Understanding your own trauma (for adults)

<https://togetherness.co.uk/> This link will take you to their overall page

<https://togetherness.co.uk/learn/> This link will take you to the page for parents

<https://togetherness.co.uk/pathway-library/> This link will take you to the page with all of the pathways/courses available from prenatal to adults.

Some of our parents have already access some of these courses already and have found them very helpful. If you do have positive feedback about any of them, please do share with me.

YoungMinds

YoungMinds is a leading UK charity dedicated to supporting young people affected by mental health challenges. Its 'I am a parent' section offers tailored guidance and practical tools and emotional support specifically for parents and carers of children and young adults. Below is a link to their parent page.

<https://www.youngminds.org.uk/parent/>

Hadrian School

Hadrian School are running free Mental Health Training aimed at parent/carers on the 29th April 9.30am – 12.30pm at Hadrian School, Newcastle.

The course will cover:

- Different types of mental health disorders such as General Anxiety Disorder, Clinical Depression, Stress, Psychosis,
- Treatment approaches
- Fundamentals of good mental health
- How to support others
- Useful contacts

If you would like to book a place, please email david.palmer@hadrian.newcastle.sch.uk

Activities and Events

As I have mentioned in previous newsletters, the Newcastle Local Offer website is being improved and developed at the moment. They have a dedicated Events calendar page, and I have added the link below so do take a look.

https://childrenandfamiliesnewcastle.org.uk/calendar?filter=filter_send_local_offer

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School Website <https://www.westjesmondprimary.org.uk/web/>





Newcastle Special
Educational Needs and
Disabilities Information,
Advice and Support
Service

SENDIASS

0191 2116255

<https://www.newcastlesendiass.co.uk/>



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Newcastle Support Directory

Search this site



Activities(615)

Childcare(236)

Education(139)

Information, Advice and Guidance(337)

Support Directory(470)

<https://www.newcastlesupportdirectory.org.uk/?localofferchanne=>



**NEWCASTLE
LOCAL OFFER**



Click on the links below to find out more about recent news and local events for children, young people and families with SEN.

<https://www.newcastlesupportdirectory.org.uk/node/4049>


The Toby Henderson Trust
The Doorway to Early Action in Autism

<https://www.ttht.co.uk/>