

SUTHERS INCLUSION NEWSLETTER

Term 5 and 6 – July 2025

WELCOME

Welcome to the final Inclusion newsletter of the year. We have said goodbye to our current Y11 students, celebrated at their prom, shared progress at the Y7 and Y10 CAS evenings and supported at the Y9 Options Event. We hope you have a fabulous summer break and hope the sunshine stays out for the duration!

If you would like to speak to us about any concerns or updates, either phone the school office or contact the relevant key adult or safeguarding year group link.



CONTACT FOR 25/26:

Mr Buckberry	Assistant Headteacher / SENDCo Designated Teacher for Children in Care SENDCo@suthersschool.co.uk
Miss Bentley	Assistant SENDCo / DSL Access Arrangements / Referrals Medical Needs Lead SENDCo@suthersschool.co.uk
Mr Morgan	Teaching Assistant / First Aider Key Person cmorgan@suthersschool.co.uk
Miss Laws	Teaching Assistant / First Aider Key Person hlaws@suthersschool.co.uk
Miss Waddington	Teaching Assistant / ELSA / ASDAN Lead Key Person lwaddington@suthersschool.co.uk

SAFEGUARDING LINKS:

If you have any queries from a SEND / Inclusion perspective, please contact the key adult in the first instance, as outlined in our newsletter. Otherwise, please contact your child's form tutor in the first instance either via contacting the school office or emailing them directly. If you have a safeguarding concern, please contact the relevant Year Link for Safeguarding:

Y7	Mr Buckberry
Y8	Mr Lynas
Y9	Miss Bentley
Y10	Miss Allen
Y11	Mrs Redmond

INCLUSION COFFEE AND CHAT

Thank you to those who attended Coffee & Chat dates this year, and especially to our presenters who have shared knowledge with us all about how to support our young people.

We will be finalising the dates for the 2025/26 season – if you have any themes or queries you want us to consider during this planning stage, please email Mr Buckberry and Miss Bentley at SENDCo@suthersschool.co.uk, where we will factor this in.



Together achieving better decisions and brighter futures for our families of children and young people with additional needs at The Suthers School.

COFFEE AND CHAT

Are you a family member of a child or young person with SEND or additional needs?

Join us for a drink and some light refreshments, to learn more about the NPCF and The Suthers School.



The Suthers School,
Cross Lane, Fernwood
Newark, NG24 3NH

Join us and let your voice be heard about issues that concern you and your family!

ATTENDANCE:

We want to take a moment to highlight the importance of regular attendance for our students, particularly those with identified needs. Consistent attendance is vital for academic success and personal development. Each day in school provides valuable learning opportunities and helps foster social connections with peers. To encourage this, we are excited to announce monthly initiatives rewarding students with 100% attendance! By attending every day, your child will not only benefit from their education but also have the chance to earn recognition and rewards. Let's work together to support our pupils in achieving their best. Every school day counts, and we appreciate your partnership in promoting the value of attendance.



LOCAL OFFER

The Local Offer brings together information for children and young people with special educational needs and disabilities and their families.

It includes advice about health, education and social care for:

- Children and young people from birth to 25 years old with SEND
- Parents and carers of children with SEND
- Providers of services for children and young people

<https://www.nottshelpyourself.org.uk/kb5/nottinghamshire/directory/localoffer.page?newdirectorychannel=9>

THE VIRTUAL SCHOOL

The Nottinghamshire Virtual School and Nottingham City Virtual School are statutory local authority services whose role is to improve the education of children in, and previously in, care by supporting schools, carers, parents and social workers to help children and young people to have positive educational experiences.

<https://www.nottinghamshire.gov.uk/education/virtual-school/nottinghamshire-virtual-school>

<http://www.nottinghamcityvirtualschool.org.uk/support-and-guidance-3/>

SUTHERS INCLUSION PADLET

Click on the link or scan the QR code to access our new Inclusion padlet! On the padlet, you will be able to download policies, key documents, information and resources for areas of needs including:

- Communication and Interaction
- Social and Emotional Health
- Sensory Processing
- Cognition and Learning
- Speech and Language Therapy

We will continue to update the padlet regularly. If there is anything you would like to see on the padlet, please contact a member of the Inclusion Team.

<https://padlet.com/sbuckberry/suthers-send-padlet-jb4pc8ahr32ivsbd>



INCLUSION FOCUS: ARFID (AVOIDANT/RESTRICTIVE FOOD INTAKE DISORDER)

The National Eating Disorders Association defines ARFID as "similar to anorexia in that both disorders involve limitations in the amount and/or types of food consumed, but unlike anorexia, ARFID does not involve any distress about body shape or size, or fears of fatness." In children (where the disorder is more common) this means a daily food intake that is insufficient for growth and development. In adults it can become difficult for the body to perform basic daily function. Not forgetting weight loss and malnutrition which can often be the result. It has been found that boys are more likely to develop ARFID, and research suggests that there is a link to other mental health difficulties such as anxiety, ASD, OCD & ADHD. ARFID can develop any time during adulthood too.

Parents of children with ARFID can get extremely worried about their child's eating and often report that mealtimes have become a battle. On a day-to-day basis, you may find:

- Your child might only eat specific brands of food (e.g. only eating McCain oven chips and rejecting all other chips)
- Foods must look 'right' (including being in the right packaging), be the right texture, temperature, and smell and taste okay before they are accepted. Some children need foods to be 'perfect' e.g. only evenly golden oven chips, no broken biscuits.
- Foods may be chosen based on how they feel inside the mouth e.g. dry, crunchy foods (biscuits, cereal) and/or soft and smooth foods that either melt or dissolve in the mouth, e.g. fromage frais or chocolate.

Some children with ARFID are over or underweight, but many are not. A child with ARFID may be lacking in essential vitamins and minerals.

How is ARFID different from 'fussy / picky eating'?

Most toddlers go through a stage when they reject new or unfamiliar foods. Children usually grow out of this stage and learn from watching others which foods are safe and ok to eat. Children with ARFID get stuck in this stage and their difficulties with eating interfere with everyday family life.

