

Awareness days this half term

Eating Disorders Awareness Week (EDAW) 26th February - 3 March 2024

Eating Disorders Awareness Week is a vital opportunity to raise awareness of eating disorders. And this year we are shining a light on a condition we know doesn't always get the recognition it deserves: Avoidant/Restrictive Food Intake Disorder (ARFID).

Self-Injury Awareness Day is on the 1st of March every year, as it has been for over twenty years.

SIAD is an international event that is recognised across the globe.

Raising awareness about self-injury is incredibly important. Awareness leads to understanding and empathy, banishing judgment and fear, and reducing the number of people who feel alone and suffer in silence.

Raising awareness is about educating people who do not self-injure, and reaching out to people who do.

For more information please look at this website:

<https://mentalhealth-uk.org/get-involved/mental-health-awareness-days/>

Top tips at home with your child...

Dates for the diary:



Literacy tips:

MAKE A SPACE FOR READING

Create a comfortable, consistent place in your home where you can read together, enjoy books and chat about them. You might even make it a place where food

Parent/carer sessions:

These are a great opportunity for Parents and carers to communicate with staff and other parents/carers. They are informal and supportive. Feel free to bring along outside agencies working with your family for support.

KS3 (Year 7, 8 and 9):

Thank you to those that attended 'How do we support your child in school?' Led by our safeguarding and support staff on Wed 17th Jan

and drink are welcome – these signal that reading can be a social activity.

This is a useful website if your child has dyslexia:

<https://www.dyslexia-assist.org.uk/for-parents/who-are-dyslexia-assist/>

The next session will be: [Baking to raise money for Red Nose Day on Wednesday 13th March at 2.15pm](#)

KS3 and KS4 (Year 7, 8, 9, 10 and 11):

We offer SEND drop in coffee mornings and they will take place 10.30-11.30 on the following dates throughout the academic year:

[18th Oct, 13th Dec, 14th Feb, 20th Mar, 22nd May and 17th Jul.](#)

EHCP reviews:

Each year group will be invited into school for their annual review.

[Half Term 1: Year 8](#)

[Half Term 2: Year 11](#)

[Half Term 3: Year 11 and 7](#)

[Half Term 4: Year 10](#)

[Half Term 5: Year 9](#)

Useful contacts/events

Link for local food banks:

https://www.manchester.gov.uk/info/10050/help_with_the_cost_of_living_crisis/7733/food_banks_and_community_grocers

Useful contacts:

<https://literacytrust.org.uk/>

SEN family support group: <https://www.senfsq.com/>

<https://manchesterparentcarerforum.org.uk/>

Early Help: earlyhelpcentral@manchester.gov.uk

CAMHS: <https://mft.nhs.uk/rmch/services/camhs/>