

SEND & SEMH

Newsletter 24/25

Resources, articles and tips!

via clickable links



1. Article - advice for parents worried about issues raised in Netflix's show - Adolescence

Discussing issues facing young people today, which can affect their mental health in new and complex ways..

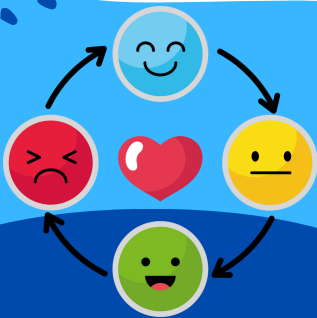
2. Blog - Describing Dyspraxia in my own words

A blog from Rosemary Richings where she considers spatial processing & perception of space and time



3. Video - What is emotional health?

A video from The Centre for Emotional Health, a national charity whose vision is for everyone to live an emotionally healthy life.



DID YOU KNOW...

Serotonin contributes to the feeling of well-being, and plays an important part of regulating mood.

All feedback is welcome as we want it to be useful for YOU so please tell us what you want to see. Mrs Larkman, Mrs Mead and Mrs Griffin