INCLUSION AND WELLBEING NEWSLETTER (November 2026)

OAKWOOD PRIMARY ACADEMY

Welcome to Term 2 at Oakwood!



I hope you've all had a good start to the academic year and children have settled well into their new classes and with their new teachers. We know for some children this can take longer than for others – please do speak with your class teacher if you have concerns/worries.

By now you would have had your first parents' evening for your child. For those children on the SEN register teachers will have provided their SEN plan for you to review. If for any reason you were not able to attend parents' evening, please do speak with your class teacher who will be happy to arrange a call to talk through your child's progress.

This Term's focus: External Support

As a school we pride ourselves on supporting our children and families. This is often through the support we provide in lessons, our pastoral support as well as referrals to external agencies where we might need further advice from specialists to ensure your child is receiving the support needed to succeed.

This term I wanted to share some helpful websites/charities that you may, as a family, find useful. There is a wealth of advice and support that can be accessed beyond school and I hope some of these may be useful. We also have our on-site Family Liaison Officer (Ms Davies) who is in school once a week and would be happy to give you a call/arrange a meeting to talk through external support available to families in the local area.

Amaze Sussex: for families with disabled children and young people in Sussex – they can offer support/guidance re a range of topics including the assessment processes; advocacy support for you; links to in person parent groups that they run.

National Autistic Society – there does not need to be a diagnosis in place to access their support. There is a contact number/email on there and there is always someone who will take your call/respond to a message.

Neuroinclusive Education Network – used to be called the Autism Educational Trust and it has a wealth of resources on there.

ADHD UK - Homepage - ADHD UK – as with the National Autistic Society website; no diagnosis needed and have same means of contact etc.

AUTISM | meltdown & shutdown - what does it mean and how do I help? – this is a video by a Dr Pookie Knightsmith who is a specialist in the field of Autism (and is Autistic herself).

Fight Flight Freeze – A Guide to Anxiety for Kids

what is adhd for children video - YouTube – child friendly video that explores/explains adhd.

Why Autism is a Difference, not a Deficit – also a child friendly video around Autism.

Support for parents and carers – groups, webinars and workshops | Family hubs - workshops and webinars to support families

Please also refer to our Safeguarding and Wellbeing Padlet to access further information:

https://padlet.com/kwood249/oakwood-primary-academy-wellbeing-directory-528b7ovkhkc7xwt2