

# SPOTLIGHT ON SEND

(special educational needs and disabilities)

Each half-term, I write a section on our school newsletter to keep parents and carers of pupils on the SEND register 'in the loop' about all things SEND related. I highlight support available in school and also resources and workshops available in the local area.

Mrs. White

Assistant Head/SEND.co

Keep updated with all things SEND at Swain House. Click [here](#) or scan the QR code.



## Bradford Local Offer

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

<https://localoffer.bradford.gov.uk/>



## World Mental Health Day - 10th October 2023



Every year, World Mental Health Day is celebrated on 10th October. World Mental Health Day is about raising awareness of mental health and driving positive change for everyone's mental health.

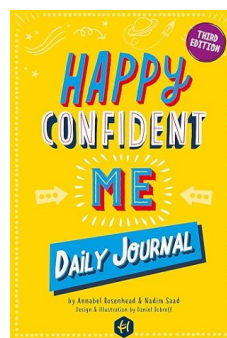
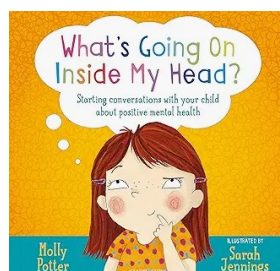
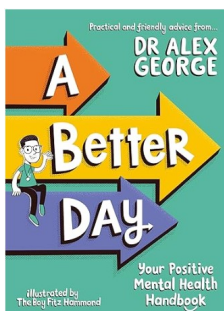
It's also a chance to talk about mental health, how we need to look after it, and how important it is to get help if you are struggling.

Please click the images below to access information and resources to support mental health.



Studies have shown that reading for just a few minutes a day reduces anxiety and can improve sleep quality.

**Below is a selection of books that you might enjoy sharing with your family.**



## Upcoming Dates:

World Mental Health Day - 10th October

ADHD awareness Month—October

Black History Month—October