

# Inclusively Down



Meeting individual learning needs

## Inclusively Down Exclusives

## January 2017

ENABLING CHILDREN AND YOUNG PEOPLE TO ACCESS AN INCLUSIVE EDUCATION

IN THIS ISSUE

### News

On 7<sup>th</sup> and 8<sup>th</sup> of October 2016 Inclusively Down exhibited at the TES SEN Show at the Islington Business Design Centre in London. It was a busy but exciting two days meeting some wonderful people who share our passion for supporting children and young people who happen to have Down syndrome. We met parents, school & setting based staff and a wide range of other professionals who were eager to find out about Inclusively Down and the work we do. It seems that this is a much-needed service and provision throughout the country.

Topical over the two days was the recently shown BBC2 programme, 'A World Without Down's Syndrome' presented and co-written by Sally Phillips. If you missed it, you can catch up with some clips by following the link <http://www.bbc.co.uk/programmes/b07ycbj5>

A week after the SEN show we had the pleasure of listening to Sally Phillips speak at the 'Down Syndrome Parent Support Group Networking Event' in Leamington Spa, hosted by Ups Of Downs. An informal interview with Sally opened the event where we heard about the making of the programme along with some funny anecdotes which added periods of light relief on what is a very serious subject. Whatever your personal view is about pre-natal testing and its implications, information given to potential parents should be based

on up to date, unbiased facts. Sadly, even today, this is not always the case.

At the networking event Inclusively Down gave a short presentation on 'The Voice of The Child'. This looked at why it is so important to elicit the views of the children and young people we support and how we can achieve this.

The revised SEN Code of Practice and the Children and Families Act (2014) puts children at the very heart of provision, supporting listening to the views of children and young people and providing them with opportunities to participate in the development of their educational provision. It is explicit in saying that local authorities have a duty to ensure children and young people are involved in discussions and decisions about their individual support, provision and planning for future outcomes. Articles 12 and 13, The UN Convention on the Rights of the Child say 'Children who are capable of forming views, have a right to receive and make known information, to express an opinion, and to have that opinion taken into account in any matters affecting them. The views of the child should be given due weight according to the age, maturity and capability of the child.'

We shared with delegates practical and real life examples of using a 'Talking Mat' system. Get in touch to find out more.



### Happy New Year

We hope you have all had a wonderful Christmas and a peaceful New Year

### TES SEN Show

For two days in October Inclusively Down exhibited at the TES SEN Show 2016. Read what we got up to during those two busy days.

### Training Events

Read on to find out how to book your place on any of the training events being run by Inclusively Down over the next term.





There is no behaviour that is specific to children with Down syndrome. However, understanding reasons why behaviours may be exhibited in the context of the typical learning profile, and identifying the possible cause of behaviours, is essential to help support positive behaviour management and enable those with Down syndrome to fulfil their full potential and make progress.

Something that many parents and schools seek advice about is how to support a child through the physical changes which occur as they grow and develop. This is a topic which we have addressed both individually with children and young people on our caseload, as well as through training courses. Our recent Behaviour course delivered in Kettering, Northamptonshire, raised the issue of the effect of puberty and hormones on children and young people with Down syndrome and how important it is to deliver an appropriate and differentiated SRE curriculum before a crisis point is reached and strategies become reactive rather than pro-active. This will be discussed again this term at our courses to be delivered in South Bucks and Milton Keynes.

For some children, seeking advice on why behaviours may be happening can shed new light on a situation causing concern. Inclusively Down are working with a number of schools currently offering this type of support. Behaviours can often be fed by our own reaction to them and it is only by managing this in ourselves that a breakthrough can be made. Managing behaviour can be a lonely business and fresh eyes can offer a new perspective and further effective inclusive practice. Follow the link to find out more details about our upcoming courses:

<http://www.inclusivelydown.co.uk/latest-events>

### Case Study

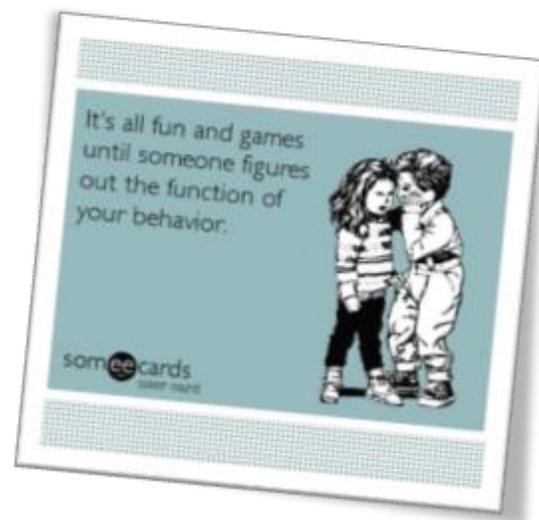
Ella, a KS3 pupil, is going through the typical issues associated with growing up and puberty. When this is coupled with a learning disability and a lack of inhibition this has to be managed carefully to develop appropriate behaviour within her mainstream secondary school. Inclusively Down have worked closely with the fabulous team at her school to unpick issues and develop strategies that may address behaviours as they arise and pre-empt additional difficulties. An example of this was when she began hitting her LSA in a sensitive place. The question was asked whether this behaviour was being exacerbated due to teaching sessions focusing on 'appropriate touching' and 'Public and Private' body parts? Staff were asked to consider whether this behaviour could have been a result of the reaction received when Ella had accidentally hit the LSA there for the first time. This was understandably more dramatic than if she had hit them on the arm for instance. Strategies were offered to address this.

### Case Study

When supporting positive behaviour, engagement and motivation, a system which actively rewards and motivates a child or young person with Down syndrome can be invaluable. Any approach used should put the individual child at the heart of the process and look specifically at what they find motivating and meaningful, as well as consider their level of understanding in receiving delayed or instant rewards. There are reasons why reward systems may not be effective and strategies for how this can be remedied.

James is in KS2 and finds it difficult to sit and wait his turn. He often jumps up to shut a door or turn off a light. He finds it hard to share attention and loses interest quickly. He can lash out at peers finding it hard to moderate his physical behaviours. Supporting impulsivity and helping children to think through their responses should be part of a planned behaviour management approach.

To find out more follow the link to book a place on our upcoming behaviour course. This course will not only consider what is meant by 'challenging behaviour' but also look at how to get the best out of your child or pupil every day.



### This Term...

This term Inclusively Down will be delivering behaviour training externally to School & Setting based staff. The training venues are in South Buckinghamshire and Milton Keynes (Book your place now). We are also providing training on behalf of Parent Support Groups in Kent and Oxfordshire to enskill the school staff working with their children, as well as parents.

Inclusively Down are working with a Special School who have a number of children with Down syndrome and are looking at how they can support their individual needs in line with their specific learning profile.

We are working with a Local Authority where Inclusively Down have been named as the provider for Specialist Teaching support on individual EHCPs.

Inclusively Down continue to support their ongoing caseload which now covers more than five other counties in the areas of Numeracy, Literacy and Reading, Transition, EHCP Transfer and Review, Inclusion and Behaviour Management.

Do get in touch if we can be of any help.



# Calling All Learning Support Assistants...

It's not too late to sign up to the Learning Support Assistants 'Networking Sessions' These two-hour sessions are for support staff working with children and young people with Down syndrome. We would love to see your school/setting represented.

This is a fantastic opportunity to meet and network with staff performing the same role. Each session will have dedicated time for general networking and an up to date relevant focus delivered by Specialist Teachers. Staff will also be able to access individualised advice and support. The sessions are being held at;

*The Downley School,  
Faulkner Way,  
Downley,  
High Wycombe, Buckinghamshire.  
HP13 5AL  
On  
22<sup>nd</sup> February and 7<sup>th</sup> June 2017*

For further information and to download a booking form please use the link below;  
<http://www.inclusivelydown.co.uk/latest-events>

Don't forget to keep checking with our Facebook page where you will see all our latest events and news.

<https://www.facebook.com/Inclusively-Down-1635748606663447/>

## Managing Behaviour: Pupils with Down Syndrome

This whole day course 'Managing Behaviour: Pupils with Down Syndrome' is aimed at all staff working with children and young people with Down syndrome. All refreshments including lunch will be provided.

By the end of this course you will:

- understand reasons why behaviours may be exhibited, in the context of the specific learning profile of students with Down syndrome
- identify the possible cause/s of the behaviours that a student may exhibit
- suggest strategies to use that will help overcome difficulties which lead to behaviours being exhibited and
- support a student through the physical changes which occur as they grow and develop

**DATE:** Monday 23<sup>rd</sup> January 2017

**VENUE:** Chartridge Lodge, Chartridge Lane, Chesham, Bucks HP5 2TU

**TIME:** 9.30am-4.30pm

OR

**DATE:** Wednesday 1<sup>st</sup> March 2017

**VENUE:** The Ridgeway Centre, Featherstone Road, Milton Keynes MK12 5TH

**TIME:** 9.30am-4.30pm

Places are limited so to ensure a place contact us **as soon as possible** either by emailing [contact@inclusivelydown.co.uk](mailto:contact@inclusivelydown.co.uk) or calling 07785 994071 (Julie) or 07950 000712 (Lucy)



### DON'T FORGET...

To ensure you receive the latest news and events please log onto our website [www.inclusivelydown.co.uk](http://www.inclusivelydown.co.uk) and subscribe to our mailing list on the 'Contact Us' page.



Julie Knight & Lucy Clark