

## Teaching & Learning News

# Hill Avenue Academy

EMPOWER & ENTRUST

## Supporting Children at Home

Many children and families use similar strategies and approaches to the ones our teachers and staff use in school. These are strategies help children to complete homework and reading at home on a weekly basis.

We are aware that some children may find difficulty maintaining these routines at home which is why we encourage strong, positive relationships with your child's class teacher.

Children learn best when they are engaged and inspired so if there is anything that you feel we could improve then please speak to your child's teacher.

We have recently developed new sections of the school website to support the children and their families at home. Please have a look and let us know what you think. The Mental Health & Well-being section has some great self-regulating ideas.

## Supporting Children In School

Miss Savin is the school's **Special Educational Needs and Disabilities coordinator (SENDCO)**. All children receive support with their learning by a team of professionals including, their teacher and the teaching assistants. Children requiring specialist support sometimes have external services such as speech and language or therapeutic professionals to help with their needs. No matter what need your child may have we are always willing to help. Please talk to a member of the team.



Website: [hillavenueacademy.com](http://hillavenueacademy.com)

Please visit the our website for support and resources



## The Children of Hill Avenue enjoy high quality first teaching and additional support

**We aim to support all children with their personal needs including children with Special Educational Needs and Disabilities and those requiring more specialist support.**

### **Role Models**

Being a positive mental health role model for children demonstrates positive behaviours children will learn from. A positive relationship with parents and teachers is paramount.

### **Talking**

Support children by talking to them about their problems and feelings. Parents know their child better than anyone.

### **Sleep**

Positive sleep habits and patterns also help with behaviour, ability to retain information and relationships. Good sleep patterns are proven to help reducing stress and anxiety.

### **Play**

Promote play and creativity. Try to reduce the amount of time that your child spends on electronic devices to avoid heightened anxiety levels from playing specific games for too long.

### **Relationships**

Help your child to relax and develop techniques for coping with different situations. We try to avoid overly negative conversations. Children respond well to praise and rewards in moderation.

A balance is key and this is how we work in school. If you would like more support with this then please visit the Mental Health & Well-Being section of the school website.

### **Mental Health & Well-Being**

As a nation we are trying to destigmatise the negative views of Mental Health. As a school we intend to help children understand that it is natural to feel lots of different emotions on a regular basis. What we hope is that they adopt their own coping strategies that can be used throughout life.

We have recently received a lot of positive feedback from parents and children.

The local secondary schools have also commended the new Year 7 pupils that have joined them from Hill Avenue this year for their positive attitudes towards learning as well as their confidence. This is something we work hard at in school with our reflective ethos.



We value the views of children, staff and parents.

*"I think that it is an amazing school and it has many activities for the student to join in with. I really love coming here"(pupil questionnaire response 2018)*



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