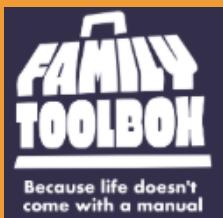


# INCLUSION NEWSLETTER



St. Mary of the Angels



Family Toolbox offers simple, practical tools that help families communicate better, manage tough moments, and build stronger relationships. It gives parents and young people easy strategies they can use right away—like improving listening skills, understanding emotions, and solving problems together—so everyday family life feels calmer, more connected, and more supportive.

Click the logo above to access their website

Body scans can be a powerful way to help children tune in to their bodies and emotions in a gentle, accessible way. By guiding them to notice sensations from head to toe, they learn early skills in self-awareness, emotional regulation, and grounding. This simple practice can reduce stress, support better focus, and give kids language to describe what they're feeling physically and emotionally. Good moments to use a body scan include transitions (like coming home from school), before bed, after a conflict or meltdown, when they seem dysregulated, or anytime you sense they need help reconnecting with themselves. It can also be a calming routine during quiet moments, making it familiar and comforting.



Tap the link to follow along with a guided body-scan video.

<https://www.youtube.com/watch?v=UOY-RCugyeE>

## HOT NEWS

Children's Mental Health Week takes place from 9-15 February 2026 and this year's theme, "This is My Place," focuses on helping children and young people feel a strong sense of belonging. The week encourages schools, families, and communities to reflect on culture, connection, and inclusion, and to support the systems surrounding children so they feel safe, valued, and understood. By creating nurturing and inclusive environments, we can help every child confidently say, "This is my place."

The links below will provide resources to help support your child.

[Families and Communities Pack](#)

[BBC Children's Mental Health Week](#)

[Ideas for Children's Mental Health Week](#)



Scan or click the QR codes to explore and book the range of workshops available from HealthBox.



Sense of belonging



Support your child with visuals

## Safer Internet Day 2026

10 February

focusing on the theme "Smart tech, safe choices - Exploring the safe and responsible use of AI"

It's a chance for parents to learn how AI tools—like chatbots, smart speakers, and image generators—shape children's online experiences, and how to guide them in using these technologies safely.

Scan or tap the QR code below to join a webinar on 3 February at 10am. The session offers practical guidance and tips on digital safety and wellbeing, helping you support your child in staying safe online.



## Inclusion Coffee Morning

Monday 9th February  
8.45am - 10.00am

Join our SENDCo & Learning Mentor for a cuppa, cake and chat.

**Topic:** Speech & Language

We will have a visiting Speech & Language Therapist here to discuss ways you can support your children



**You're Invited!**  
Join us for our Inclusion Coffee Morning on **Monday 9th February at 8:45** with a guest speaker from Speech and Language Therapy (SALT).  
No booking is needed. We look forward to seeing you.

