

## CONTACT US:

### Specialist Teaching & Learning Services

St Nicholas School  
Holm Oak Close  
Nunnery Field  
Canterbury  
CT1 3JJ

Email: [stls@stns.org.uk](mailto:stls@stns.org.uk)

Telephone: via School Office: 01227-464316

<https://st-nicholas.kent.sch.uk>

*'Supporting you to  
support your children'*



Canterbury District  
STLS & Outreach



**St. Nicholas School Canterbury**

## Specialist Teaching and Learning Services

### Training Programme - 2021/2022



Canterbury District  
STLS & Outreach



## For Parents and Carers

# Meet The Team - Specialist Teaching & Learning Service

**Gillian Newport** - Assistant Headteacher / Complex Needs Outreach / District Lead.

**Alison Goodsell** - (SEND), Early Years

**Sue Fisher** - (SEND), Early Years

**Emma Harrison** - Deputy District Lead / Social, Emotional & Mental Health

**Liz Ross** - Cognition & Learning

**Sarah Beaumont** - Communication & Interaction

**Katy Harrington** - Communication & Interaction

**Sally Mullervy** - Caterpillars Manager and EYFS lead St Nicholas

**Karen Scott** - STLS / Nurture TA

**Michayla Rapley** - STLS Admin

**Nickie Perring-Redford** - STLS Admin

## Orchard School

**Sarah Stephens** - Assistant Head Teacher

**Jayne Bush** - HLTA

**Tish Hampshire** - Teacher

## Children Learn What They Live By Dorothy Law Nolte, Ph.D.

If children live with criticism, they learn to condemn.  
If children live with hostility, they learn to fight.  
If children live with fear, they learn to be apprehensive.  
If children live with pity, they learn to feel sorry for themselves.  
If children live with ridicule, they learn to feel shy.  
If children live with jealousy, they learn to feel envy.  
If children live with shame, they learn to feel guilty.  
If children live with encouragement, they learn confidence.  
If children live with tolerance, they learn patience.  
If children live with praise, they learn appreciation.  
If children live with acceptance, they learn to love.  
If children live with approval, they learn to like themselves.  
If children live with recognition, they learn it is good to have a goal.  
If children live with sharing, they learn generosity.  
If children live with honesty, they learn truthfulness.  
If children live with fairness, they learn justice.  
If children live with kindness and consideration, they learn respect.  
If children live with security, they learn to have faith in themselves and in those about them.  
If children live with friendliness, they learn the world is a nice place in which to live.

Copyright © 1972 by Dorothy Law Nolte

# Previous Training Reviews

“Really good and informative.”

“Brilliant course - most useful one I’ve been to in a long while.”

“All information interesting and up-to-date.”

“It is a long course, but it is all valuable.”

“Very informative, lots of strategies shared.”

“It was fun and interesting.”

“Very useful knowledge shared from the trainers and their experiences.”

“Content was well delivered, pitched well and very helpful.”

“Thank you so much for an informative, rich training course. Very insightful, raising awareness and inspiring. Lots to take back into class.”

“Feeling very uplifted after the course.”

“Very well presented. Course led by very knowledgeable / friendly / approachable tutors.”

“I came here with no knowledge and now feel confident to pass the knowledge that I have learnt to my work colleagues.”

“This was an eye-opening course and it’s made me understand a child in mind more.”

“A positive way to refresh on previous knowledge, thank you.”

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Canterbury District  
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## **Difficulties With Maths**

**&**

## **Difficulties With Reading & Writing**

Presentations delivered by Liz Ross in a informal  
coffee meeting style.

Please contact your school if you are interested so  
they can organise.

An opportunity for parents and carers of children and young  
people to talk and listen to others with similar experiences.  
It also offers a place to exchange ideas and information and  
discuss concerns.

The group meets from 10am to 12pm..

Aimed at: Parent/Carer of child/young person.

Contact: Jo Blamires—Family Support Worker

Tel: 01634 405168

Email: Jo@kentakautistic.com or office@kentakautistic.com

Website: <http://www.kentakautistic.com>



# KCHFT – FREE online Solihull Parenting courses

Kent Community Health Foundation Trust (KCHFT) Health Visiting have purchased online Solihull Parenting Programmes, the 4 Courses include:

- Understanding pregnancy, labour, birth and your baby
- Understanding your baby aged 0-12 months
- Understanding your child aged 0-18
- Understanding your teenager's brain

The following link and password can be shared with families to be able to gain access. Solihull will record the number of courses accessed and provide data to KCHFT.

Website: <https://inourplace.heiapply.com/online-learning/courses>

Apply the access code: **Invicta** and register for an account .

## Bespoke Presentations For Schools



**De-Escalation**

**&**

**Social Communication Difficulties**

Presentations by Emma Harrison, Katy Harrington & Gillian Newport.

Please contact your school if you are interested so they can organise.

## Stop



Katy Harrington & Sarah Beaumont are available to host a 2 hour informal and relaxed session in school with parents/ carers of any children who may experience difficulties with communication & interaction (no formal diagnosis necessary).

These sessions can be flexible and built around what the school feels is beneficial. For example, we could bring along examples of resources to share or be prepared to answer questions around a particular topic, but also just be available in a relaxed environment to meet and talk with parents/ carers.

If this is something you would be interested in, speak to your school who can book a slot directly with STLS.

# Dads Unlimited

Services available:

- One-to-one mentoring
- Co-parenting workshops
- Pastoral support
- Mental Health support
  - Court support
- Dads' Café support group meetings
  - Community events
  - Buddy scheme

Website: [www.dadsunltd.org.uk](http://www.dadsunltd.org.uk)

Email: [support@dadsunltd.org.uk](mailto:support@dadsunltd.org.uk)

Tel: 01233 680150 (9am-4:30pm Mon-Fri)

Facebook: [www.facebook.com/dadsunltd](http://www.facebook.com/dadsunltd)

Twitter: [@dadsunltd](https://twitter.com/dadsunltd)

Co-Parenting Success! is an early intervention programme developed and owned by Dads Unlimited, a charity that supports separated parents to prevent or de-escalate conflict and help ex-partners move towards a positive co-parenting environment where it is safe to do so.

Website: <https://coparenting.org.uk>

Workshops: Booking available via the website. Workshops are virtual via zoom and are funded by Kent County Council.

Tel: Adam on 01233 680151

Worksheets: A number of helpful worksheets are available to download via the 'worksheets' option at the top of the website page.



How schools support all children and young people, including those with additional needs.

Sessions delivered by Gillian Newport & Liz Ross.

If this is something you would be interested in, speak to your school who can book a slot directly with STLS.

# CYGNET

Puberty, Sexual Wellbeing and Relationships  
For parents / carers.

A course run by Gillian Newport & Emma Harrison.

3 x 2 hour sessions

Aim:

To develop understanding and confidence in how to support young autistic people with the impact of puberty, sexual wellbeing and relationships.

Topics covered:

- What is puberty & how does it affect the body?
- Sexual wellbeing—what it's all about and how to support.
- Relationships—how to build positive relationships & managing emotions.

Suitable for:

Parents / carers of children/young people aged 10 - 18 years.  
Children and young people should have a diagnosis of Autism for parents/carers to attend.

Booking via St Nicholas School.



# Teach Me Too

Teach Me Too is an online library of short educational videos and accompanying learning resources, all designed around the specific learning profile of children with Down's syndrome.

Website: [www.teachmetoo.org.uk/teach-me-too](http://www.teachmetoo.org.uk/teach-me-too)

Email: [teachmetoo@21together.org.uk](mailto:teachmetoo@21together.org.uk)

Sign up on the website for free educational videos for children with Down Syndrome.

Teach Me Too works in conjunction with 21 Together:

Website: <https://21together.org.uk>





# PACT - Parent And Carers Together

Kent PACT is a forum for parents and carers of children and young people with Special Educational Needs and Disabilities (SEND) within Kent local authority. The aim is to make sure that services provided by education, health and care meet the needs of children with SEND and their families.

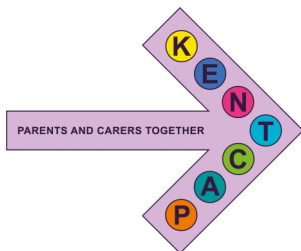
Kent PACT is a way to empower you as parents and carers and enable you to have your say. The combined voices of Kent PACT are fed into how services are designed and delivered in Kent.

Kent PACT is part of a National network of parents carer forums and is supported by parents led charities that you may know in your local area.

Website: [www.kentpact.org.uk](http://www.kentpact.org.uk)

Email: [jenny@kentpact.org.uk](mailto:jenny@kentpact.org.uk) - about becoming a member.

Email: [info@kentpact.org.uk](mailto:info@kentpact.org.uk)



# CYGNET

A course run by STLS and Early Help.

So is it for me?

There are a number of reasons why parents/carers come along to Cygnet:

- Your child has recently been diagnosed with autism and you want to learn more.
- Learn about sensory difficulties, understanding communication, supporting positive behaviour.
- The needs of your child have change and you want to find out new ways to manage the difficulties at home.
- Learning to communicate with your child.
- Peer support, sharing experiences and learning from other parents.

The course consists of 7 sessions (currently virtual but may change to face to face when restrictions are removed)

2 hours each session

To book a place please email Early Help on: [CanterburyKPP@kent.gov.uk](mailto:CanterburyKPP@kent.gov.uk)



# Earlybird Programme - National Autistic Society



This is a course for parents / carers who have children under 5 with a diagnosis of autism.

Self referral form can be found on our website:

<https://st-nicholas.kent.sch.uk/STLS/parents>

Alison Goodsell & two NHS therapy assistants in Thanet are licensed Earlybird facilitators for Canterbury / Thanet.

Due to COVID restrictions this course has been delivered virtually for the past two academic years .

It is our intention to provide the course virtually at the start of the academic year 2021 / 2022.

Please complete the referral form or contact the admin team at Greenbanks via: [kcht.thanetadmin@nhs.net](mailto:kcht.thanetadmin@nhs.net)

# Good Mental Health Matters and The Fantastic FRED Experience

Good Mental Health Matters is a free, NHS-initiated resource that empowers young people by encouraging them to take personal responsibility for their own well-being.

It offers simple, positive strategies and advice that can be accessed by teachers and professionals, parents and young people from Years 6 - 13 through their schools to promote good mental health.

The Fantastic FRED Experience and free online teaching resources for Kent's primary-school aged children are now available.

Website: <https://goodmentalhealthmatters.com/>



# Kent Children & Young People's Mental Health Service - CYPMHS

The Children and Young People's Mental Health Service (CYPMHS) provides emotional wellbeing and mental health advice and support for young people and their families across Kent.

This service is available to young people from the age of 0-18 (up until their 19th birthday) and up until the age of 25 for young people with special educational needs or as part of a wider network of support for children and young people in the care of the Local Authority.

CYPMHS offers advice and support for stress, low mood and depression, anxiety, self-harm or difficult to manage behaviours and support for neurodevelopmental difficulties such as ADHD or ASD.

Website: <https://www.nelft.nhs.uk/services-kent-children-young-peoples-mental-health>

Tel: 03000 1234496

Resources: <https://mindfresh.nelft.nhs.uk/>

## ASC SIBLING GROUP

A group for parents / carers and the siblings of children and young people with Autism.

**Tuesday 11th, Tuesday 18th & Monday 24th January 2022**

**1.00 - 3.30pm**

St Nicholas School

(The absence can be coded B as an official absence)

### **For children and young people aged 7 - 14 years**

Come along and meet other children and young people who have a brother or sister with Autism.

Learn about what Autism is and how it affects you.

It's OK to talk about your brother or sister. Let's explore questions you might have.

Refreshments provided.



# Intensive Interaction

Friday 22nd October 2021

10:00am - 12:00pm

Presented by: Sally Mullervy

## Course Objectives

Intensive Interaction is a straightforward approach to teaching the fundamentals of communication to children and adults who have severe learning difficulties or autism and who are still at an early stage of communication development. The training will give a brief overview of Intensive Interaction and practical advice along with video footage of sessions which demonstrate excellent practice and progression. As well as how to record and track progress.

## Course Content

- People who are pre-verbal, with few or limited communicative behaviours
- People who are extremely socially withdrawn, and do not positively interact with other people
- People who display various stereotyped or self-stimulatory behaviours that exclude the participation of other people

**Cost:** FREE

Refreshments provided

**Venue:** Caterpillars, Parkside School



# Reconnect: Kent Children & Young People

Reconnect is a community-led programme designed to get Kent's children and young people back to enjoying the activities and opportunities they took part in before COVID-19 – as well as the chance to try new things along the way.

Everyone can get involved!

Website: [www.kent.gov.uk/reconnect](http://www.kent.gov.uk/reconnect)

The programme will run from April 2021 to the end of August 2022 and will be available to all children, between 0 and 19 years old (or 24 years old if they have special educational needs and/or disabilities).

Make the most of the 6 week summer holidays by buying your child a discounted leisure centre pass for £25. If your children receive benefits-related free school meals, you can buy their passes for only £10 each.

See the website for details of all activities and offers.





Introducing our Power to Parent course. Focusing on the whole family collectively, we'll help you to embrace difference and change in order to move from surviving and start thriving!

Online Workshops: Discover more, feel more empowered, and learn new tools and strategies from the comfort of your own home with our online workshops, which can be accessed from your home computer, laptop, android or iOS (iphone or ipad).

Website: [www.autismchampions.co.uk](http://www.autismchampions.co.uk)

**Monday 31st January 2022**

**10.00 - 12.00**

**Presented by: Gillian Newport**

**A Guide to understanding speech, language & communication needs.**

**Parent / Carer workshop:**

- **Support and understanding of receptive and expressive language.**
  - **Effective strategies.**
  - **Using visual supports.**

**Venue: Training Centre, St Nicholas School**

