

# ***Bower Grove Support***

***Support for the Wider Community 1992 - 2018  
For Families of Children with Special Needs***



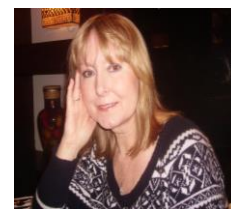
**Bower Grove School Fant Lane Maidstone Kent ME16 8NL**

## **Winter/Spring 2018 Newsletter**

***Hi! Happy New Year!*** We look forward to seeing you this term at our meetings and presentations. If you are a new parent or carer, please join us and feel free to bring your family and friends with you.

**MEETINGS & PRESENTATIONS LAST TERM:** We held some very informative talks last term including a talk on **Radicalism and Online Safety** and a **ADHD Workshop**. Please see a synopsis throughout the newsletter.

**MEETINGS THIS TERM:** This term we are covering some key subjects; please see below and further information on page 4. I hope you will be able to join us. **Remember meetings are open to any other school and there is no need to book.**



*Josephine Cousins*

### **PROGRAMME - OPEN TO ALL SCHOOLS**

**ALL MEETINGS ARE HELD AT BOWER GROVE SCHOOL FANT LANE MAIDSTONE ME16 8NL**

**No need to book.**

Friday 26 <sup>th</sup> January 10.15am-11.40	<b>INFORMATION, ADVICE AND SUPPORT KENT (IASK) (0 - 25 years) special educational needs or disabilities.</b> <b>Teresa Hay will be joining us to talk about the IASK service, please see more information on page 4. Teresa will also discuss the options for post 16 transition.</b>
Friday 9 <sup>th</sup> March 10.15am-11.40	<b>GANG AND KNIFE CULTURE</b> <b>Stacie Smith, Head of Service, Maidstone &amp; Malling Alternative Provision is joining us to talk about Gang and Knife Culture. Please see full details on page 4.</b>

**Meetings are open to parents, carers and professionals.**

# E-SAFETY

**Matt Evans, Assistant Head Teacher, Bower Grove School, joined us on 29<sup>th</sup> September to discuss: Being aware of the risks of online radicalisation, grooming and bullying online at home.**

## **Please see below some Top Tips:**

- Don't post any personal information online – like your address, email address or mobile.
- Think carefully before posting pictures or videos of yourself. Once you've put a picture of yourself online most people can see it and may be able to download it. It's not just yours anymore.
- Keep your privacy settings as high as possible.
- Never give out your passwords.
- Don't meet up with people you've met online. Speak to your parent or carer about people suggesting you do.
- Remember that not everyone online is who they say they are.
- Think carefully about what you say before you post something online.
- Respect other people's views, even if you don't agree with someone else's views doesn't mean you need to be rude.
- If you see something online that makes you feel uncomfortable, unsafe, or worried: leave the website, turn off your computer if you want to and tell a trusted adult.

## **Have a conversation**

- **Ask your children to tell you about the websites they like to visit and what they enjoy doing online.**
- **Ask them about how they stay safe online. What tips do they have for you, and where did they learn them? What is OK and not OK to share?**
- **Ask them if they know where to go for help, where to find the safety advice, privacy settings and how to report or block on the services they use.**
- **Encourage them to help someone! Perhaps they can show you how to do something better online or they might have a friend who would benefit from their help and support.**
- **Think about how you each use the internet. What more could you do to use the internet together? Are there activities that you could enjoy as a family?**

## **See useful links below:**

[www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)

[www.digizen.org](http://www.digizen.org)

[www.childnet-int.org](http://www.childnet-int.org)

[www.childline.org.uk](http://www.childline.org.uk)

[www.saferinternet.org.uk](http://www.saferinternet.org.uk)

[www.internetmatters.org](http://www.internetmatters.org)

**If you would like a full copy of the E-Safety flyer, please email me Jo Cousins**  
[psg.bower@btinternet.com](mailto:psg.bower@btinternet.com)

# **ADHD (ATTENTION DEFICIT HYPERACTIVE DISORDER)**

**Mrs Pam Stephens STLS, Bower Grove School, joined us to talk about Attention Deficit Hyperactive Disorder (ADHD)**

**Please see a short synopsis below.**

Pam explained how there are children with a diagnosis of ADHD in every school with a ratio of boys to girls 4:1 diagnosed. It has no bearing on intelligence, ethnicity, income, or class. ADHD can have a significant impact on how a young person copes with school, on their capacity to learn and their social relationships. If you suspect your child might have ADHD, there's a chance you'll come across the Connors test. This is often introduced by the ADHD nurse for parents and teachers to fill in scaling questions about the child's behaviours.

**Causes and Triggers:** Pam said we don't really know what causes ADHD but many possible triggers have been suggested ranging from food input, lack of sleep, technology to environment and many more. The Lancet has published a paper to say that ADHD has a genetic root. Pam said even if we do find a trigger it is not as easy as turning off a switch. If a trigger is identified, we can minimise it but each child is very individual and it is a question of trial and error. Medicine is one option but there may be side effects. Therapies such as Psychotherapy, Behaviour, Cognitive CBT, neuro feedback treatment or Social skills training were also mentioned.

**Dangers:** ADHD children are impulsive. Individuals with ADHD have lower receptors for pleasure and thrill and thus are always seeking stimulation. This makes them susceptible to dares and to substance abuse. To maintain safety, it is important to train ADHD children to stop and think things through before taking action.

**Practical Steps:** Pam stressed that, when there is a problem, we should stay calm and unemotional and be sure to separate the person from the behaviour. They may not realise their actions are annoying you. A person with ADHD may have very low self-esteem because they so often hear the word 'bad'. It is important to avoid ridicule or criticism. Systems such as 123 Magic and Social Stories were mentioned as well as different Behaviour Management solutions that can be of help in some cases.

**Some Key points mentioned that may be of help:**

Plan a system for different situations. Be predictable and consistent in your approach. Use eye contact as appropriate (but beware of confrontation). Use the child's name frequently. Keep instructions short. Use clear minimal language. Allow the child time to take up thoughts. Never compromise safety. Focus on the positive Pick your battles and tackle them one at a time

**Lastly, Pam said 'ADHD is like a fairground ride. It can be exciting and scary and raise your blood pressure, but you can't get off. The energy of those with ADHD or ADD is enviable and their divergent minds can produce some amazing ideas. Grit your teeth, hang on and enjoy the ride!'**

If you would like a copy of the flyer Pam distributed during the talk please email me Jo Cousins [psg.bowergrove@btinternet.com](mailto:psg.bowergrove@btinternet.com) and I'll send you a copy.

Some suggested reading:

"Joey Pigsa" by Jack Gantos

"Helping Children to build Self-esteem" by Deborah M. Plummer

# WORKSHOPS THIS TERM

**All meetings 10.15am for 10.30am – 11.40am**

All are welcome to join us for our workshops and meetings and there is no need to book. All meetings are held at Bower Grove Parent Support, Bower Grove School, Fant Lane, Maidstone Kent ME16 8NL

Please take a look at our web page on the school website: [www.bower-grove.kent.sch.uk](http://www.bower-grove.kent.sch.uk) and select Parent Support. You will find links, information, and previous newsletters with synopsis of meetings and workshops held.

**Please see Winter/Spring 2018 programme below:**

## **INFORMATION, ADVICE AND SUPPORT KENT (IASK)**

**(0 – 25 years) special educational needs or disabilities.**

IASK support families of children and young people (0 – 25 years) with special educational needs or disabilities. They hope to empower children/young people and their parents to make informed choices about their children's education, other outcomes and communicate confidently.

**Friday 26<sup>TH</sup> January 2018 10.15am for 1030am – 11.40am**

**Teresa Hay will be joining us to talk about the IASK service.**

**Teresa will also discuss options for post 16 transition.**

## **GANG AND KNIFE CULTURE**

**Friday 9<sup>th</sup> March 2018 10.15am for 1030am – 11.40am**

**Stacie Smith, Head of Service, Maidstone & Malling Alternative Provision is joining us to talk about Gang and Knife Culture.**

**Please see a below a short intro for Stacie's talk:**

Over the past year Maidstone and the surrounding areas have seen an increase in Gang and Knife culture. This has had an impact on many people within the community. A significant rise in crime, including drug related issues have been seen and the gang culture within the area has been responsible for a lot of the incidents that have been reported. In relation to involvement there is no set trend to report only significant issues to look out for and these can affect children and young adults from all walks of life, both males and females.

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**CONTACT:** Josephine Cousins Tel: 01622 726773 (during school hours)

**Web:** [www.bower-grove.kent.sch.uk](http://www.bower-grove.kent.sch.uk) and select **Parent Support**

**Email:** [psg.bowergrove@btinternet.com](mailto:psg.bowergrove@btinternet.com)

**Address:** Bower Grove School, Fant Lane Maidstone Kent ME16 8NL

