

# Education Inclusion Family Advisor Newsletter

## October 2022



Hello, I am Beatrice Dark the Education Inclusion Family Advisor for the School I can offer advice and support on a range of issues and challenges that can affect family life. Please do not hesitate to contact me if I can be of support

### Activity Idea: Leaf animal pictures

Some animals are hard to spot when you're out exploring, but you can make your own forest friends using fallen leaves. Look for leaves shaped like a hedgehog's snout, an owl's feather, a squirrel's bushy tail or a fox's face, then build up a picture. You can use acorns and conkers for eyes and noses too.



For more ideas, please see:

<https://www.woodlandtrust.org.uk/blog/2020/10/autumn-leaf-crafts-for-kids/>

### World Health Mental Health Day 10<sup>th</sup> October 2022

The theme for this year's World Mental Health Day, set by the [World Federation for Mental Health](#), is 'Make mental health and wellbeing for all a global priority'.



Being in touch with Nature can support your mental health. This might be as simple as tending to a house plant, listening to the birds, touching the bark of trees, smelling flowers or writing a poem about our favourite nature spot.

Even small contact with nature could reduce feelings of social isolation, effectively protect our mental health, and prevent distress.

Why not take some time out as a family this weekend for some outdoor fun and help everyone's emotional well-being?

More info: <https://www.mentalhealth.org.uk/our-work/public-engagement/world-mental-health-day>

**Does** your child have, or potentially have, an additional need or disability? Pinpoint ([www.pinpoint-cams.org.uk](http://www.pinpoint-cams.org.uk)) have lots of information, advice and tips. For Cambridgeshire's Local Offer go to [www.cambridgeshire.gov.uk/residents/children-and-families/local-offer](http://www.cambridgeshire.gov.uk/residents/children-and-families/local-offer)



Cambridgeshire  
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