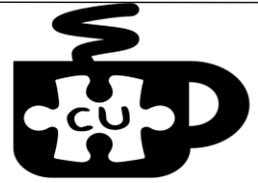


C O S Y U P



A half termly newsletter for by the Autism Advisory Teacher Service for Peterborough's Autism community

SOCIAL & EMOTIONAL DEVELOPMENT

Rob Emery (*Autism Advisory Teacher*)

The world of education is always evolving. There are schemes of work, age-related expectations, outcomes, learning objectives, targets. It's easy to get caught up in this and miss the bigger picture. I often find myself repeating the mantra 'happy kids make progress'. It is only when we are emotionally regulated that we can learn effectively, build relationships and consider the emotional needs of ourselves and others.

THE TRUSTED ADULT

Babies and infants are completely reliant on others to meet their needs. Over time the child learns how to regulate their emotions and become socially active. A significant, emotionally attuned and available trusted adult is pivotal in this emotional and social skill development. There is an increasing body of research which evidences improved educational and broader outcomes for pupils who establish long term trusted adult relationships in schools.

BEING A TRUSTED ADULT

Becoming a trusted adult required education practitioners to take a different approach. Key characteristics of a trusted adult include:

- Coming with no expectations of what Young People will achieve or how they will behave.
- Being non-judgemental and refraining from trying to 'fix' a Young Person; instead, Trusted Adults help Young People to work through issues in their own way.
- Ensuring relationships with Young People have clear boundaries and limits. Trusted Adults should understand when a situation extends beyond their skillset.
- Being a good listener, using silence to give Young People space to open up and guide conversations.
- Prioritising honesty, asking hard questions when necessary and being vulnerable with Young People
- Being reliable, through making themselves available to Young People and engaging with them in a consistent way

(Humber and North Yorkshire Care Partnership, 2024)



TEACHING EMOTIONS

Recognising, labelling and articulating your own emotions is not easy. Often, we experience multiple emotions simultaneously and we all experience and process emotions in different ways. Furthermore, the language we use with children can over-simplify what is an extremely complex emotional response (practitioners often refer to 'happy' and 'sad'.)

Emotion Coaching can be an effective way for the trusted adult to support the understanding of emotions. First, you label the emotion so that the child can attach a label to the emotion they are feeling: 'I can see that you feel frustrated.' Then you validate that emotion to let them know that it's okay to feel that way: 'When I can't get something to work, I get frustrated too'. Finally, you offer a strategy to support re-regulation: 'When I get frustrated, I like to kick a football in the garden, that helps me to feel calmer.'

Energy Management is an approach that doesn't focus on labelling emotions. Instead, it helps pupils to conceptualise their emotions as a battery. Your battery will drain throughout the day and different activities will drain your emotional energy by different amounts. Other activities will help to re-charge your battery. Children can identify the activities that help them to re-charge, and these can become support strategies for emotional regulation. The trusted adult can model this and check in to compare battery levels facilitating an increased emotional awareness.

More info:

The Trusted Adult: [Click here](#)

Emotion Coaching: [Click here](#)

Energy Management: [Click here](#)

A Saturday Music Group for young people of ALL abilities

PCYM Music Inclusive
is held Weekly, term time only

Saturday's

Juniors: 10:30 - 11:00

Seniors: 11:15 - 12:15

**Ormiston Bushfield Academy,
Orton Centre, Peterborough**

REGISTER NOW



<https://forms.office.com/e/QB8X9n8TLq>

Email: musiclub@peterborough.gov.uk



College Open Days:

Peterborough College:

24th October, 26th November,
30th January.

5:30pm register online

City College:

26th October (taster session)
9:30-1pm

John Mansfield College:

13th November
4-6pm

Stamford college:

24th January 7:30-9:30

Out & About

Hill Farm Pumpkin Picking

Pick your own Pumpkins!
[Click here](#)

Half term at Nene Park

Holiday Trail, Pop-up fun park, boat trips.
[Click here](#) for more info.

Inflatanation SEN Friendly sessions

[Click here](#)

Burghley Halloween Trail

[Click here.](#)

Sacrewell Farm

The Big Halloween Mashup!
[Click here](#)

Peterborough Cathedral

Transformed by lights!
[Click Here](#)



Rainy Days

Try these...

...Autumn Scavenger Hunt
[\(click here\)](#)

...Autumn Spice Playdough
[\(click here\)](#)

...Apple Ring Pancake Recipe
[\(click here\)](#)

...Leaf Printing
[\(click here\)](#)

...Coding Ghost Game
[\(click here\)](#)

Make floating ghosts!

[Click here](#)



No Bake Recipes...

[click here](#)



NOTICE BOARD

To do:

- Apply for school places by Oct 31st (secondary places)
- Apply for School Places by January 15th (Primary places)

[Click here](#)

Upcoming events:

- Understanding my Autism/ADHD
- Anxiety
- Bullying
- Emotion Based School Avoidance

Check the Nessie Website for upcoming webinars and events:

[click here.](#)

PARENT AND CARER PHONE CONSULTATIONS

Advice and support at home.

To book a phone call with one of our Autism Specialist Teachers please email SEN.Inclusion@peterborough.gov.uk