



# HIT Newsletter



Issue 16

February 2022

**Hello and welcome to the sixteenth HIT newsletter, a chance to share information and celebrate the achievements of our children and young people.**

Happy New Year to you all! I hope that you are keeping safe and well and managing to teach and learn effectively despite the challenges that COVID continues to present us. This year, all being well, hopefully we can join in with and plan some fun activities. The 'Kent Deaf Children's Society' and 'What's on in Deaf Kent' both have social media pages with information about events across Kent. We also have Sign Language week coming up in March, see [www.signlanguageweek.org.uk](http://www.signlanguageweek.org.uk) for more details. Jo Clarke and Sue Holder.

## Extended Core Curriculum.

### Developing Life Skills at The Sittingbourne School.

Students from years 7 to 11 enjoyed developing their life skills and creativity. This was the first time for most students using a sewing machine and iron. They used a template to trace and cut out their chosen decoration and used the iron to press their material making it more manageable to handle when sewing together.

Everyone was extremely proud of what they accomplished.



## SSC-British Sign Language Glossaries of Curriculum Terms

If you are ever struggling to find a BSL sign for academic vocabulary look no further than the BSL for Education App created by the Scottish Sensory Service. Teams of BSL linguists and subject specialists have created this resource by gathering any existing terms and creating new terms in BSL for those that do not. The glossary terms are supported by signed definitions, lab experiments and examples. For instance in science signs are linked with a root sign which is then built upon for vocabulary around that topic.



The link to the website is [www.ssc.education.ed.ac.uk/bsl/](http://www.ssc.education.ed.ac.uk/bsl/) and the glossary is now also available as an App for Android and Apple devices which can be downloaded from the website.

## Parent & Toddler Groups

**Fleetdown Primary Academy  
Parent and Toddler Group**  
Every Tuesday  
Time: 1.30-2.45pm



**Slade Primary School  
Baby and Toddler  
Group**  
Still on hold due to  
Covid



Congratulations to Rose for her Strictly win!

**KDCS**  
Awards of Recognition & Achievement  
2021

**CALL FOR NOMINATIONS**

**Award Categories:**

- Child of Achievement
- Educational Achievement
- Sporting Achievement
- Overcoming Adversity & Obstacles
- Deaf Young Adult of the Year
- Parent/Carer of the Year
- Professional of the Year
- Outstanding Contribution to the Deaf Community

To nominate scan here:

National Deaf Children's Society

## Support for learners with emotional, health and well being needs.

From time to time, we all struggle with our emotional health and wellbeing. For some children and young people it can be difficult to manage and understand their feelings. Young people might experience a wide variety of difficulties including low mood, difficulty sleeping, loss of appetite, difficulty concentrating or might be avoiding school.

Kent School Health is available to support children, young people and their families. You can call the Single Point of Access (SPA) on 0800 0113 474 between 8am to 6pm, Monday to Friday and choose option one. For further information about the services available please use the following link [Emotional health and wellbeing | Kent Community Health NHS Foundation Trust \(kentcht.nhs.uk\)](https://www.kentcht.nhs.uk) or [nem-tr.kentchildrenandyoungpeoplehealthservices@nhs.net](mailto:nem-tr.kentchildrenandyoungpeoplehealthservices@nhs.net)

**If a child or young person needs urgent help please call 0800 0113 474 or text the word KENT to 85258.**

### Children and Young People's Counselling

We can offer up to six counselling sessions for young people aged 11-19. These sessions can help a young person gain understanding and develop strategies to help them feel better. For primary school-aged children, we can offer the child six sessions with a counsellor, or if more appropriate, we can offer parents six weekly sessions with advice on practical, easy to use strategies to support your child. These sessions can be offered via video link, phone or in person. If you wish to access this support or find out more please



[ChatHealth](#) is a text service for 11-19 year-olds. Young people can text with a member of our team about any physical or emotional health concerns they have. This service is available Monday to Friday, 9am on [07520 618850](tel:07520618850). This service

[Kent Youth Health](#) provides health information and ad-

[Good Health Matters](#) is a great website which can help support a child or young person to make small changes to support their mental health.

Access [Mood-spark.org.uk](https://mood-spark.org.uk) to learn about mental health and find tips and resources to keep emotionally healthy.

The [Kent Resilience Hub](#) is aimed at parents of children aged between 10 and 16. It has a range of helpful articles, tools and resources for parents and carers, so that you can increase understanding and find tools and approaches to help build your child's resilience.

[Kooth](#) is a fantastic free online mental health and wellbeing service for young people aged 10 to 25. It's a place to get advice, information and support 24/7. Watch their [video](#) to understand how Kooth can support your child with their mental health and wellbeing.

## Upcoming Dates

31/01/22	Allocation meeting	Virtual (Teams)
08/02/22	Allocation meeting	Ashford Business Point
20/04/22	Allocation meeting	Lower Grange Farm
16/05/22	Allocation meeting	Windchimes
21/06/22	Allocation meeting	Venue TBC
18/09/22	Deaf Expo	Cornwallis School

**Please remember to share your stories and news about your work with HI children and young people for the next newsletter. All submissions are welcome, please send them to:**

[hstickings@valence.kent.sch.uk](mailto:hstickings@valence.kent.sch.uk)

Important