



NEWS LETTER

Dates for your Diary

Diwali Assembly

10.11.2023

Coffee morning for all
parents & carer's

15.11.2023 @ 10am

Children in Need
Assembly

17.11.2023

Dear parents, carers and guardians,

'Aggie the Alien' is back! Aggie is an animated character created by NHS North West London to help children better understand and look after their health.

This autumn, she is here to let people know about the NHS services that are available, and when it's the right time to use them. The worksheet you'll receive with this letter includes three exercises to help children learn about all the different ways the NHS can help when people are unwell or hurt. This includes an exciting poster competition where pupils can share their design with their teacher for the chance for it to be displayed in north west London hospitals!

The NHS can get particularly busy in winter so it's important to know about some of the different ways you can use the NHS to look after your child's health this winter:

Your local pharmacy:

Visiting the pharmacy is a quick and convenient way to get clinical advice on minor health concerns such as hay fever and colds. Pharmacists are qualified healthcare professionals who can help you manage minor illnesses and offer confidential discussions - no appointment needed.

Your GP:

Your GP can help you over the phone, online or in-person. The practice you register at can access your medical records and provide help with most common illnesses such as a fever or barking/wheezing cough. If you need prescription medication, your GP can arrange for it to be collected at your nearest pharmacy. Anyone in England can register with a GP surgery. It is free and you do not need proof of address, immigration status, ID or an NHS number to register.

Mental health services

The NHS provides talking therapies for people who feel anxious and worried or down and depressed. If you need help you can contact your GP or refer yourself. If you need help for a mental health emergency, you can get immediate help on our free phone lines from our trained mental health advisers and clinicians 24/7.

When you think you need A&E, think NHS 111 first

NHS 111 can advise what to do with your urgent medical problem such as vomiting that lasts more than 24 hours or rapid breathing. This service is available all day, every day online or over the phone. Fully trained health professionals will ensure you receive the right care. They can:

- Find out what local service can help you or give self-care advice
- Connect you to a nurse, emergency dentist, pharmacist or GP
- Get you a face-to-face appointment if you need one
- Give you an arrival time if you need to go to A&E
- Tell you how to get any medicine you may need

You can contact NHS 111 at 111.nhs.uk or by calling 111.

Going to A&E:

You should call 999 or attend an A&E if you or someone you know is experiencing a life-threatening medical emergency.

For more information, scan the QR code or visit:

www.nwlondonics.nhs.uk/winter

Tell us what you think: bit.ly/Winter-Worksheet-Feedback



Children In Need Day

BBC's Children in Need are having their annual appeal on **Friday 17th November**. In support of this, we would like children to come to school in their **Pjamas**. Children are to wear something warm underneath and to wear outdoor shoes not slippers. We are asking for a £1 contribution from our families which will be donated to the charity, through **ParentPay**.



A Word from the Head.....

Intensive Interaction is an approach that we have used extensively at Mandeville. The approach was developed by Dave Hewett and Melanie Nina in the 1980s.

The approach acknowledges and values each person's unique style of communication.

The adult becomes completely in tune with the child and is able to consciously adjust their communicative style in response to that child, through this they encourage mutual social engagement and connection.

The Fundamental of Communication which were developed as part of this work are an integral part of Mandeville School curriculum and practice.

Please visit the Intensive Interaction Institute webpage for more information and to listen to Dave speak about the approach. You will also be able to access some video materials. www.intensiveinteraction.org

If you want to see Intensive Interaction in practice in a special school like ours then please scan the QR code which will take you to King Fisher Special School.

