



Together we can 'Reach for the Sky'.



RGI Inclusion Newsletter

May 2026

Thank you to those who attended the Emotional Regulation workshop. At school we use the colour monster to help children understand about different emotions. It is important for children to know all emotions are ok and we can experience more than one emotion at a time. Some children may need more help with understanding how emotions feel in their body and naming the emotion, before being able to learn strategies that help them. ***A few useful resources to Google to find out more:***

Finding the Calm -A Parent's Guide to Emotion Regulation (NHS Lothian)

Beacon House website has many different resources, including 'When the Big Feelings Take Over' and 'Brainstem Soothers'

West Sussex Parent Carer Forum has an Information & Resources page

Mrs L Hardy, SENDCO

Coming up...

Supporting your Child's with Worries Workshop- Tuesday 30th June at 2pm-3pm

Led by our Designated School Team link worker, this workshop is designed to support parents in recognising and applying techniques to help their child manage worries, build resilience, and develop healthy coping strategies. It will also provide guidance for parents who may be experiencing their own challenges with anxiety.

For the session to run we need at least 10 attendees,
so please RSVP to lhardy@rosegreeninfant.school



If you have any concerns or questions regarding your child's needs, you can make an appointment to speak with:

your child's class teacher, Mrs Hardy (SENDCO) lhardy@rosegreeninfant.school or

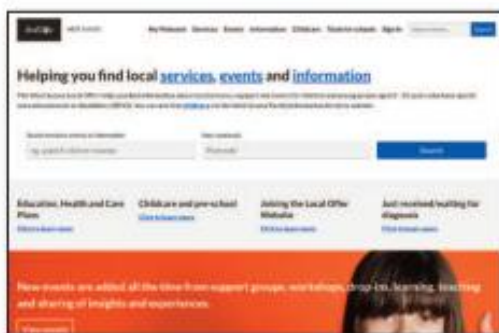
Mrs Bull (ELSA) abull@rosegreeninfant.school



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Useful organisations providing training, support and information.





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UMBRELLAS

Parent Support Groups

Summer Term 2026

Connecting parents and carers of children and young people in West Sussex with special educational needs and disabilities



Burgess Hill Umbrellas

Tuesdays, 10 am - 11.30 am
The Cherry Tree Centre
14th Apr / 5th May / 2nd Jun / 30th Jun

Littlehampton Umbrellas

Wednesdays, 10 am - 11.30 am
Creative Heart Community Hub (upstairs)
22nd Apr / 13th May / 3rd Jun / 1st Jul

Worthing Umbrellas

Tuesdays, 10 am - 11.30 am
Durrington Community Centre
21st Apr / 12th May / 16th Jun / 7th Jul

Umbrellas Online

Thursdays via Zoom
7.30 - 9pm
23rd Apr / 14th May / 11th Jun / 9th Jul

Horsham Umbrellas

Wednesdays, 10 am - 11.30 am
Horsham Family Hub
15th Apr / 20th May / 17th Jun / 15th Jul

Shoreham Umbrellas

Tuesdays, 10 am - 11.30 am
Adur East Family Hub
28th Apr / 19th May / 23rd Jun / 14th Jul

Bognor Regis Umbrellas

Thursdays, 10 am - 11.30 am
Arun West Family Hub
30th Apr / 21st May / 25th Jun / 16th Jul

If you would like more information about Umbrellas or the link to join Umbrellas online, please contact our outreach team.

outreach-training@reachingfamilies.org.uk



Reaching Families

www.reachingfamilies.org.uk

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**CHAT &
CHILL**




Bognor Drop In


Do you have a child with SEND?


Come along to chat with other parent carers.

Take a break, share your experiences and enjoy a hot drink –
the first one is on us!

No need to book – Just pop by

 **Tuesday 16th June**

 **9.30am – 11.30am**

 **Arun West Family Hub, Laburnum Grove Bognor Regis**