



Happy New Year!

Welcome back after, what we hope has been, an enjoyable and fun-filled festive time! I am looking forward to joining your school within my new role as SENCo. I have worked in education for over ten years and have taught across a range of year groups, in a variety of settings and have a number of years experience as a SENCo. I look forward to working with your family.

## Useful Contacts

### **SEND Local Offer**

SEND Local Offer – Lincolnshire County Council

### **Here4You Line**

0800 234 6342

To speak directly to a practitioners who will talk through how you or your child are feeling and explore if any services may be able to help.

Self-referral :: Lincolnshire Young Minds (lpft.nhs.uk)

### **Liaise**

0800 195 1635

Provide confidential and impartial information, advice and support to children and young people (0-25 years) with SEN and disabilities, and their parents carers.

Liaise – About Liaise - Lincolnshire County

## **School Website**

Don't forget to take a look at the SEND section of our school website.

Here you will find SEND policies, documentation and links to outside agencies.

Cowbit St Mary's Endowed Church of England Primary

## **SENCo Contact Details**

Mrs E Smitheringale

Ellie.smitheringale@cowbit.lincs.sch.uk

01406 380369

I will be in school every  
Thursday.



## **SEND Key Dates**

### **Lincolnshire Parent Carer Forum**

LCPF have their 'Week of SEND' from Monday 27th January to Friday 31st January 2025 . You can join lots of virtual sessions to find out what is available in Lincolnshire and beyond for your child/ren and family.

<https://www.lincspcf.org.uk/>

[P\\_Info\\_WeekofSEND.php?YrFilter=25](https://www.lincspcf.org.uk/P_Info_WeekofSEND.php?YrFilter=25)

### **LCPF Workshops:**

- Working with schools to support your child's learning (LCC Specialist Teaching Team): 27/01/25 7pm-8pm
- Anxiety: 29/01/2025 7pm



### What is it?

We are excited to inform you about a new service that will be available to families in Lincolnshire from 8th January 2025. Lumi Nova supports children and young people to build confidence and learn lifelong skills to manage their worries through an intergalactic adventure game! It is an inclusive digital therapy for a new generation, offering early access support for childhood worries and anxiety. Here is a brief outline of what it is, but for further information, please visit <https://luminova.app>.

### Recommended usage:

- Child-led, parent/carer/trusted adult-supported
- Downloaded onto device child has easy access to
- Parent/carer to shortlist three goals for their young person; and
- Support their child during real life challenges by unlocking, helping to organise and approving challenges.

Frequency: 30 minutes, 2-3 times a week for 8-12 weeks

### Benefits of using Lumi Nova:

- Instant access to highly effective therapy (CBT based)
- Facilitates psychoeducation & exposure therapy (highly effective for common mental health conditions including, social, separation anxiety and phobias)
- Works on most smartphones and tablets iOS and Android)

## Fun digital therapy for childhood anxiety

Lumi Nova is a therapeutic game that helps children aged 7-12 years self manage worries and build resilience.

### Who is Lumi Nova for?

Lumi Nova: Tales of Courage is a digital therapeutic that helps with the symptoms of worries or anxiety for children aged 7-12 years with mild to moderate needs, helping them learn skills to self-manage their worries/anxiety in an engaging intergalactic adventure game (app).

This app facilitates CBT (including psychoeducation and exposure therapy) recommended as a treatment intervention by NICE Anxiety disorders Quality standard and the Royal Australian and New Zealand College of Psychiatrists clinical practice guidelines for the treatment of anxiety disorders.

It is targeted for **7-12 year olds (Years 3-7)** for children who may:

- Lack confidence to try new things, and/or become irritable, tearful or clingy
- Seem unable to face simple everyday challenges and/or avoid everyday activities, e.g. going to school, seeing friends
- Find it hard to concentrate, have problems with sleeping or eating, or have angry outbursts

# In the Spotlight



## Science behind Lumi Nova

Lumi Nova includes two of the most effective parts of Cognitive Behavioural Therapy (CBT) that are proven to help treat fears, worries and anxiety. These two parts are psychoeducation - learning about worry, and exposure therapy facing your fears.



You start by setting goals for your child to work towards, and then they take on small steps, breaking down their worries and learning that they can face their fears and build their confidence.

Schools, GPs and other professionals working with children are able to signpost families to this new and exciting app. Please use the following link to watch a short video carefully created for parents.

[https://youtu.be/mmgrU4zXU3M?si=8prBnJGee0LWJo\\_n](https://youtu.be/mmgrU4zXU3M?si=8prBnJGee0LWJo_n)

## Feedback

What children and parents say about Lumi Nova:

**“Harris is confident that Lumi Nova has helped him feel “more prepared” and since playing, he has proudly returned to school.”**

— Meriel (13 year-old Harris's mum)

**“I didn’t think I would be able to overcome my fear, but I think I have! It’s helped me feel like if I do have another fear then I can easily overcome it by setting myself challenges. It’s a really good game. I don’t think I would have been able to have done it without it.”**

— Ruby, 10

**“It is a slow process but she is getting there. Her fear of us leaving the house at night has gone, which is amazing.”**

— Kelly (9 year-old Abbie's mum)

**“Mollie’s very internal and she doesn’t verbalise things. So this was the first time we were actually breaking it down together. It’s kind of making me realise how to get into Mollie’s mind a bit because there have been occasions where I can tell that she’s having a bit of a moment and it’s all gone inside her head. In the past she’s just always gone internal and ‘exploded’ as such. But she’s starting to realise that when she’s in that kind of mindset, I’m here to help her and perhaps we can calm the situation down.”**

— Sharon (11 year-old Mollie's mum)