

Welcome to
the **Southwark
Hearing Support
Service (SHSS)**
2021 Autumn One
Newsletter.



WELCOME

Welcome to the Southwark Hearing Support Service (SHSS) 2021 Autumn One Newsletter. In this issue, we talk about how we are now working and also some advice on how to keep your child's brain healthy and ready to learn.

Welcome back. The Team hope that you had a great summer and that everyone has settled back into nursery, school and new routines. We are happy to be back out visiting and having face-to-face sessions.

The good news this term is that we are now able to do home visits again, alongside our visits to nurseries and schools. This means that we can get out to see you and your under fives in your homes. Each of the Teachers of the Deaf will be working alongside our Under Five's specialist, Karen on the visits just as we have been during the pandemic through virtual sessions.

We are aware that there are still lots of illnesses out there, not just Covid and so if any of the team feels unwell we will let you know before the visit so that we can reschedule. In addition, this works both ways. We would appreciate it if you could let us know if you or anyone in your household has not been feeling well. We will always try to reschedule but if this is not possible, we are putting in place the option to have a virtual session instead so that we are still able to see you and your little one.

We are hoping to soon be able to restart our popular Under Five's group. We know that some of you joined us virtually and we enjoyed seeing you and sharing ideas and top tips. It will be great to get the group started again in person so that we can all be together in person. As soon as we have news on this we will be in touch.

Best wishes

Southwark Hearing Support Service

A REMINDER OF HOW TO GET IN CONTACT WITH US

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LOOKING AFTER YOUR BRAIN TO HELP YOU LEARN WELL

This is an article to share with your child or young person but is good for everyone. Why not find some time to sit down and read it together.

Your brain is a really amazing tool, it is the size of your two fists clenched and placed together. Science boffins estimate that your brain has one hundred billion thinking cells. These are called neurons. To look after your brain there are two things you need to give it so that it works well for you.

- Brains thrive on oxygen. Keep fit and take lots of exercise, the more oxygen your brain gets the better it works!
- Eat healthy food. Always have breakfast, it is the best meal of the day as you use lots of energy at school and hunger is the enemy of learning comfortably. Fish is great brain food, so too are pasta, fruit and nuts. Bad brain foods are salty, fatty things or foods with too much sugar. Fizzy drinks won't help your brain either. Drink water regularly as dehydration stops you thinking well.

Now that you know how to nourish your brain, here are a few ways to keep it user friendly:

- Work in a calm environment, brains don't work well when stressed or distracted.
- Think positive, be proud of what you have achieved and imagine what more you can learn.
- Don't let your brain tell you that you can't do something, it's just being lazy. You can if you try.
- Don't forget how exciting it feels to get something right or remember a really tricky fact or spelling in a test. That is the result of your brain working for YOU.
- Take regular breaks, change your activity and allow your brain to re-charge before learning more. Keep your break short: 5 minutes maximum, set a timer and stick to it.

Best habits for breaks are these:

- Get up and move around, exercise is good for brains, it generates more oxygen, brains love this.
- Have a dance to your favourite music, makes you feel positive!
- Rehydrate - water is good for refreshing you and your brain.
- Get lots of sleep; you can't work well if you are tired and neither can your brain. Go to bed at a reasonable time, relax and dream about success!
- Give yourself a treat when you have done well. After all you both deserve it!

Next time we will be looking at **Study Skills**

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