

The Buzz



Written in Co-production with the voice of The SEND Children and Young
Persons Council



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Wow—can you believe how fast this school year has flown by?


It's been a big year, especially for our amazing SEND Children and Young People's Council. They've been working hard, to make real changes and important decisions that help make schools better for everyone with SEND.

By teaming up and sharing their ideas, they've helped make sure that the voices of children and young people with SEND are heard loud and clear they also want those voices to shape the support that schools offer.

One of the topics of conversation and decision is about changing the way we talk about disabilities. Young people have said words matter! So together, we have come up with more respectful ways to describe differences focusing on what children can do, not just what they find tricky.

Every child or young person is different. They said that they would prefer to be asked what was right for them as individuals.

Disability ! 

Different Ability 

SEND ?

Some language used in reports is legal and cannot be changed, but our Senior leaders agree we need better language where possible. Our SEND council members think a 'strength-based language would be best. When we work together, everyone can feel like they belong.

SEND Student Blog:

About me!

Hello I am a student in year 9 at Broadoak Academy.

Here's abit about me!

At the start of year nine, I decided to learn how to play the drums as it's something I have always been interested in. I started taking lessons in school and eventually got a drum kit at home.



Drumming is now one of my main hobbies and I love trying to play songs I love. Another hobby I have been doing in school this year is Dungeons and Dragons. Surprisingly, I have made it a full year without my current character (a Dragonborn Barbarian) dying.



This year has been full of lessons. Some of my favourites have been art, history and English. In art we are currently drawing self portraits as we have been doing identity and portraiture which has been interesting.

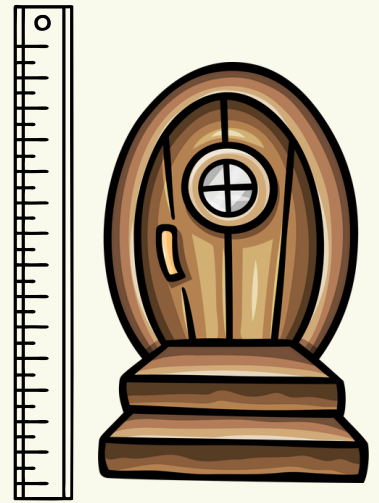
I also have been reading Much Ado About Nothing in English which is not as bad as I originally thought it would be.

I'm not a big fan of Shakespeare, but Much Ado About Nothing was actually quite funny—once I figured out what Shakespeare was talking about!

History has always been great because I find the past really interesting, and this year was no exception. We focused more on recent history, especially both the World Wars, which I particularly enjoyed learning about. There's just something fascinating about it plus, it definitely makes school feel a bit less dramatic by comparison!

In my project time, one of the things I was working on was designing a room. For this, I was given a budget and had to look online to find things like furniture, paint, and flooring. I then had to draw what the room would look like, including to-scale furniture and explain why I chose each item.

Sounds simple, right? Well... it was all going great until I tried to draw a scaled-down door—and it went disastrously wrong. Miss Jackson measured it and somehow, I'd managed to make the door only 96cm tall. After a lot of confusion (and laughter), we finally realised the door was supposed to be 196cm—not just 96! No wonder it looked like it was made for a hobbit.



This year has also been pretty hectic because I had to choose my GCSE options. I went for art, history, business, and separate science. I really enjoyed the GCSE taster sessions—especially art and history.

In the art session, we got to imprint clay using all sorts of cool objects like plants, shells, bones, bark, skulls, and rocks. I ended up using a mix of bones, skulls, and plants because I liked all the different textures.

The history taster was great too we learned all about historic crime and punishment. It was fascinating (and slightly terrifying), but definitely gave us a head start on what's to come in GCSE history! And I'm looking forward to it!

NEXT
YEAR



MENTAL HEALTH - A DIFFERENT WAY OF FEELING



Ever feel like your emotions are all over the place — happy one minute, overwhelmed the next?

You're not alone. Everyone has mental health — it's about how we think, feel and cope with daily life. Just like physical health, it can change from day to day. Sometimes, your mind might feel tired, stressed, flat or tangled — and that can make everything harder

Trying to understand how you feel?



You might come across online checklists or videos that seem to describe exactly what you're going through. That can be comforting — but it can also be confusing. It's okay to be curious about what's going on in your mind. But no quiz, post or influencer knows your full story.

Instead of jumping to conclusions, try asking yourself:

- Have I been feeling this way most days?
- Is it affecting school, sleep, friendships or how I feel about myself?
- What's been going on that might explain how I'm feeling?

And most importantly — **have I spoken to a trusted adult?**

That could be a parent, carer, teacher, youth worker or school nurse. They can help you figure out what's going on and what support might help.

If these feelings persist for weeks or months, or if you're having thoughts of self-harm, it's especially important to reach out for help straight away.

Hidden Strengths of Feeling Deeply

Even when your emotions feel too big or hard to manage, there are strengths in there too:



- **Empathy** – you might understand other people's feelings better because of what you've been through
- **Being Brave** – asking for help and facing tough days takes real strength
- **Self-awareness** – you might notice more about how your thoughts and feelings work
- **Creativity** – people who feel deeply often express themselves in powerful, imaginative ways

What Helps

You don't need to "fix" yourself — but some everyday habits can really support your mental health:



- **Sleep** - Getting to sleep can be hard, especially if your mind's busy. Try a calming bedtime routine: screens off earlier, soft lighting, something relaxing like music or a book.
- **Eating** - regularly Skipping meals or surviving on energy drinks and snacks can make your energy and mood crash. Eating regular meals with a mix of foods helps your brain work better.
- **Moving** - your body You don't have to be sporty. Walk, dance, stretch, play – anything that gets you moving can help lift your mood.
- **Taking breaks** - Even 5 minutes outside, listening to music, or doing something creative can give your brain space to reset.

It's not about being perfect – it's about finding what works for you

Support in North Somerset

You don't have to go through things on your own. Here are some places that can help:



- **Off The Record North Somerset** – Free support by and for young people aged 11-25, offering counselling, group work and peer support

👉 otrnorthsomerset.org.uk

- **YoungMinds** – Honest advice about feelings and mental health, plus practical resources for managing difficult times

👉 youngminds.org.uk

- **Wellspring Counselling** – Free donation-based counselling for young people aged 11–18

👉 wellspringcounselling.org.uk

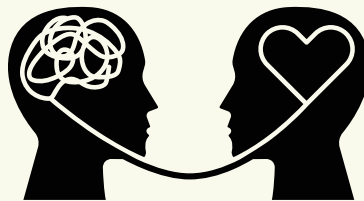
- **ChatHealth** – A confidential text service where you can ask questions and get support from qualified health professionals

👉 sirona-cic.org.uk/.../chathealth

The Bottom Line

Mental health is part of being human. If you're struggling, it doesn't mean you're broken—it means you're feeling things deeply.

Talk to someone. Take small steps. **You're not alone.**



Advice and Guidance

Moving up or on!

Are you moving class or school we have found some useful information.

1. Prepare practically:

- Know how to get to the new school, what to bring, and understand the school's rules and expectations
- Make yourself a [calendar](#) with your school timetable/events that will be coming up. Also, add all the things that you usually do.



2. Build a routine:

- Having a consistent morning and evening routine, this can help with the transition.

3. Consider writing it down or even drawing it :

- If anxiety is an issue sometimes getting it down can help to process and manage your concerns

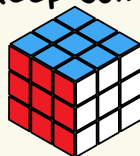
4. Connect with others:

- Try to make new friends and join clubs or activities, many schools have lunch time clubs.

5. communicate openly:

- Talk to your trusted adult, teacher, parents or carers for support

6. And don't forget keep something that will help you. in your bag or pocket



- [A useful info on moving schools and understanding myths](#)
- [Young Minds supporting transition](#)



North Somerset SEND Children's and Young Person's Council

Would you like to have a say in decisions that affect you and your friends?

Join the North Somerset Children's and Young Persons Council!

- Share your ideas to help make things better for young people.
- Learn new skills and meet important leaders at North Somerset Council.
- Work as a team to support children and young people of all abilities.

Meetings are once a month during term time. No matter your school or education setting—even if you're waiting for a place—you are welcome to join us! For more information:

Email shelly.smith@n-somerset.gov.uk

Microsoft Teams Need help?

[Join the meeting now](#)

Meeting ID: 373 916 429 037 2

Passcode: ZP2s2aG2

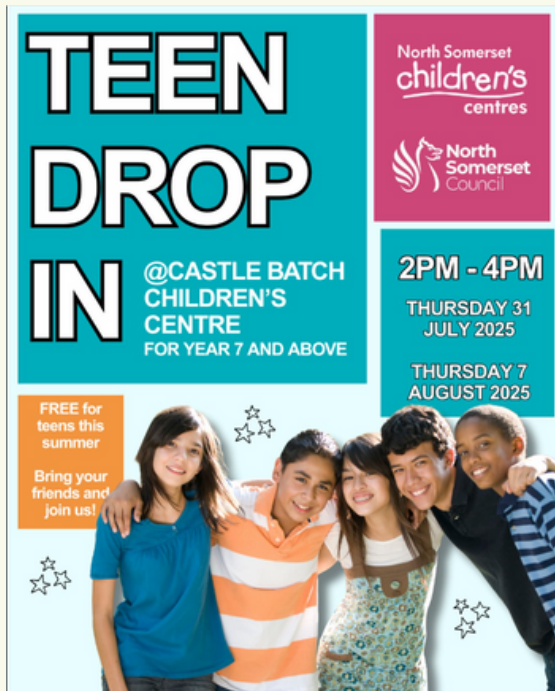
Summer Holidays things to do



[Our Space sessions for girls](#)



[Summer Short courses](#)



The teen drop-ins will take place on Thursday 31 July and Thursday 7 August from 2pm - 4pm.

The sessions are free and include lots of fun activities including:

- Food and drinks
 - Crafts (including bracelet and badge making)
 - Biscuit decorating
 - Nail painting
 - Music
 - Games
 - Outdoor space to relax
 - Table tennis
- and much more!



@ The Sovereign Centre
Weston super Mare



Free bus travel for children
aged 5 - 15 years old.

From Saturday 19 July to Friday 5 September (inclusive) under 16's can just hop on-board almost all buses in the region for free, with no need to do anything in advance. There's also no need to be accompanied by a fare paying adult, so if teenagers want to travel with their mates, or grandparents with bus passes are taking the grandchildren for a day out, it's absolutely free!