Our TEA groups are a supportive, therapeutic group for adoptive parents to come and talk about **educational related issues** that you as a family are experiencing. **All adopters are very welcome** – parents who have pre-school aged children, school-aged children and college-aged young people all attend. TEA groups support children and young people in mainstream school, home education and specialist provision. The groups are facilitated by the Post Adoption Team and the Educational Psychology Service. Currently, TEA groups are virtual and each session occurs from 10am – 11.30am.

**Dates and Themes for September 2024 – July 2025**

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| **DATE** | **THEME** |
| September 10th and 26th | **Relationships**  In this session we consider the importance of relationships and a relational approach to develop connections between children/young people and adults in schools. |
| October 8th and 24th | **SEND Part One: One Planning**  In this session we will consider the system for SEND. Processes including the ‘graduated response’, one planning and what supports there is for schools to understand SEND. |
| November 11th and 28th | **SEND Part Two: EHC needs assessment and EHCPs**  In this session we will consider the process for an Education, Health and Care Needs Assessment, which might result in the issue of an EHCP. |
| December 10th | **Sensory needs**  In this session we consider children and young people’s sensory needs and how these link to emotional regulation and attachment experiences, and how these can be supported in school. |
| January 14th and 30th | **Funding**  In this session we consider a range of funding related to SEND and care experienced children and young people. |
| February 11th and 27th | **Attendance**  In this session we consider difficulties around attendance, including emotionally based school avoidance (EBSA). |
| March 11th and 27th | **Peer relationships**  In this session we consider the relationship difficulties experienced by some adopted children and young people in making and keeping friends. |
| April 24th | **Social Media**  In this session we consider digital well-being and how to support children and young people. We will consider safer internet usage. |
| May 13th and 22nd | **Transitions**  In this session we consider the difficulties experienced by some adopted children and young people around transitions, and how these can be understood and supported. We consider ‘big’ transitions e.g. moving from one year to another, as well as ‘micro’ transitions e.g. moving between tasks. |
| June 10th and 26th | **Executive Functioning (EF) skills**  In this session we consider how difficulties in EF skills, such as planning, initiating tasks, shifting between tasks, self-organisation, self-regulation and working memory impact on daily functioning in school. We explore how these skills can be supported within classrooms. |
| July 8th and 17th | **Looking forwards**  In this session we celebrate the positives experienced during the year, with a chance to reflect and think about things we are looking forward to in the next year. |

**Please contact Essex Post Adoption Service to book on to a session:**

[**adoption.training@essex.gov.uk**](mailto:adoption.training@essex.gov.uk)

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