



Welcome to the fourth edition of the Education Mile Newsletter. Our aim is to share regular local and national information for families in the City. If you would like to find out anything further on any items or you would like more advice or information, please contact the **Family and Young People's Information Service**, **020 7332 1002**, [fyi@cityoflondon.gov.uk](mailto:fyi@cityoflondon.gov.uk). Website: [www.fyi.cityoflondon.gov.uk](http://www.fyi.cityoflondon.gov.uk).



#### **To make you smile...**

A practitioner in an American pre-school explained that they used to have a terrarium in the classroom with caterpillars. One five-year-old boy, after watching the caterpillars intently for some time, finally turned to her and asked "When do they become raccoons?" She found out he thought the caterpillars went from caterpillars to raccoons to butterflies!

### **School Admission 2019**

You can apply for both primary and secondary school places from September 2018 via [www.eadmissions.org.uk](http://www.eadmissions.org.uk) – see the dates below to find out if you need to make an application for your child. You can speak to our admissions and attendance manager for further information or guidance ([Amrul.khan@cityoflondon.gov.uk](mailto:Amrul.khan@cityoflondon.gov.uk)).

#### **Primary**

If your child is born between 1<sup>st</sup> September 2014 and 31<sup>st</sup> August 2015, you will need to apply for a Primary school place by 15<sup>th</sup> January 2019.

#### **Secondary**

If your child is born between 1 September 2007 and 31 August 2008, you will need to apply for a Secondary school place by 31<sup>st</sup> October 2018.

**City Parent Carer Forum** ([http://fyi.cityoflondon.gov.uk/kb5/cityoflondon/fyi/parents\\_forum.page](http://fyi.cityoflondon.gov.uk/kb5/cityoflondon/fyi/parents_forum.page))



The City Parent Carer Forum is making steady progress. We were very happy to find out that we have been successful in our grant application and we are looking forward to receiving the funds to start organising SEND related activities in the Autumn.

Together with the Local Authority we co-hosted a successful Parents' Meeting, which was attended by 8 City of London SEND families and 5 professionals. The event was held at Kahaila Aldgate, a newly opened café within the Square Mile near John Cass school.

The atmosphere was relaxed, and it was beautiful to see our children playing around us

as we were discussing how to improve SEND services within the Square Mile. We consulted and collected a few ideas of activities that families would like to see happening in the City and we are bringing them back to the SEND board and especially to the Commissioning department to make sure that there is a concrete follow-up to our discussions.

Our aim is to host Parent Meetings every 3 months, where we hope to build on the data gathering started at Kahaila and fed back to the City of London Local Authority. In addition to this we plan to run a larger SEND conference in the New Year once we have grown in confidence and developed our fledgling membership. We have many ideas for services in the Square Mile, and we have developed a proposal for a Sensory Garden in the City, which will be discussed in the coming weeks at Open Spaces. The Sensory Garden would be a wonderful space for not only SEND children but for everyone who would like to escape the intensity and density of the City and enjoy some moments of peace and quiet.

### **Being barefoot can benefit brain development in children**

In the last few years, research seem to show that going barefoot strengthens feet and improves body alignment. Going barefoot is important to the development of the nervous system. Feet are one of the most sensory-rich parts of the human body. The soles of the feet are extremely sensitive to touch, and there are large concentrations of proprioceptors\* in the joints and muscles of the feet (feet alone have as many proprioceptors as the entire spinal column). Covering them in shoes, means we might stop opportunities for children's brains to grow new neural connections.



Shoes can often constrict movement of the feet, and can negatively impact walking, balance, sensory development, and proprioception. Walking barefoot allows children to receive feedback from the ground, so they don't need to look down so much.

Research published in podiatry journal *The Foot* in 2007 suggests that structural and functional changes can result from the foot having to conform to the shape and constriction of a shoe, rather than being allowed to develop naturally. The human foot at birth contains no bones but consists of a mass of cartilage, which, over a period of years, ossifies to become the 28 bones that exist in the adult human foot. This process is not complete until the late teens, so it is crucial that footwear - when worn - is well chosen.

As for babies not yet able to walk? Socks can be worn for warmth but wearing shoes will make it more difficult for toddlers to crawl. "Crawling stimulates the brain to develop convergence of vision. And in the case of children who crawl backwards to begin with, shoes can put extra pressure on the structures of the foot and leg."

*\*Proprioception is the ability to perceive the motion and position of our bodies in space and is generated by receptors located within our joints, connective tissue, and muscles. When activated by pressure and movement, proprioceptors send direct signaling to the brain telling it how the body is oriented.*

For more information: <http://www.naturalchildmagazine.com/1210/barefoot-babies.htm>