



SEN NEWSLETTER

Summer Term
2021
Half term 2

Mrs Carter
(SENCo)

Transitions

WHAT WILL SCHOOL DO?

As we come to the end of the school year, the focus this half term is on transitions and how we can support all of our pupils as they move on to their new class or school.

In order to offer pupils with SEND the best support during this time, I am working closely with all class teachers and feeder schools to ensure that the children have clear transitions plans and additional strategies in place that will minimize their anxiety or worries.

These individual transition plans will also include reviews of your child's most recent One Page Profile targets.

Children's individual transition plans will be shared with you by Friday 9th July.

Transitions

WHAT CAN YOU DO?

Here are some top tips to help prepare your child for starting a new school year:

1. Encourage your child to pack their own bag/backpack for school – this will help children to be more organised when school starts again in September.
2. Set the alarm clock for 7am the week before school starts in September – children can practice getting up early and starting their daily routine.
3. Reassure children that starting in a new class or school can be scary, but their new teachers will take care of them.
4. If your child is starting High School, have a go at the Moving On Up! challenges attached to this newsletter.
5. Walk with children to their new secondary school during the summer holidays so that they will become familiar with the route.

Parental support

I've listed some useful resources below that I hope you may find helpful in supporting your child.

Firstly, here is a web-link that features short videos and tips on **how to tackle anxiety**, presented by psychologist Dr Anna Colton: <https://www.bbc.co.uk/bitesize/articles/zfnhxbk>

For those parents waiting for an ADHD or ASD assessment for their child, **Family Action Swaffham WellFamily Service** are offering free support, such as 1:1 telephone sessions. Please contact for an initial welcome call on 01760 720302 and for further information.

Family Action are also running a 5 session Puffins programme. This is a free **parenting support programme** for parents and carers of children who **have a diagnosis of an Autism Spectrum Disorder**. Contact Susan Woods by email: susan.wood@family-action.org.uk or telephone 01760 720302 for further information.

Finally, please see the poster below for details of SEND family roadshows to be held over the year:

SEND family roadshows

The SEND family roadshows are opportunities for the SEND Local Offer team to share information and hear the views of parents and carers who have a child with special educational needs and/or disabilities (SEND).

These events are exclusively for parents and carers who have a child with SEND.

They are supported by Family Voice Norfolk, Norfolk SEND Partnership, Norfolk SEN Network and SENSational Families.

Parent carers have the opportunity to listen to presentations, ask questions and spend more time with the organisations above in separate breakout rooms to network and share experiences.

- Wednesday 14 July 2021
- Wednesday 15 September 2021
- Wednesday 17 November 2021
- Wednesday 12 January 2022



All sessions are 10:30am to 1:00pm and take place on Zoom.

You can find out more at <https://www.norfolk.gov.uk/children-and-families/send-local-offer/about-the-local-offer/news-views-and-reviews/views/get-involved/send-family-roadshows>

Moving on up!

There are lots of new things you will need to practice to be ready for high school. Try some of these challenges over the summer holiday.
Can you...?

Challenge	Tick when you can
Remember a parent/carers phone number by heart	
Tie a tie	
Iron your shirt	
Get dressed in your uniform in under 5 minutes	
Get into and out of your PE kit in under 5 minutes (with all items on the right way round!)	
Check there are labels with your name in your uniform	
Tell the time on an analogue clock	
Read a bus timetable	
Write down your home address and postcode	
Buy something and work out the correct change from £5	
Tie your shoelaces	
Use the checklist to pack your school bag in less than 5 minutes	
Wear your new school shoes for a day	
Plan or make a "what-if wallet" with your home contact details, bus ticket or emergency money	
Choose a special object that makes you feel calm and positive, whatever your day brings. Decide where you will keep it in your new uniform or bag.	

Challenge	Tick when you can
Set an alarm on a clock or mobile phone	
Make yourself a healthy packed lunch	
Look at the school website and find out the times of the start and end of the day, break and lunch times	
Cook a meal for your family	
Look at the school website and know the names of key staff eg Headteacher or Principal, Form tutor, Head of Year 7	
If you are going to walk to high school: Can you walk the route safely by yourself? Time yourself doing it, then add at least 5 minutes. What time will you have to leave home to get there on time?	
If you are going to catch a bus to high school: Can you find out what time the bus goes, and from which stop? Can you walk the route safely by yourself? Time yourself doing it, then add at least 5 minutes. What time will you have to leave home to get there on time?	
Attach a document to an email and send it to a parent or teacher	
Make a checklist of the equipment that you will need for school	

You may not be ready to do all of these things by yourself yet. Find out which ones you need to practice and ask the adults at home to help you.