



SEN NEWSLETTER

Autumn Term
2022
Half term 1

Welcome back!

It has been fantastic to welcome all of the children back into school and see them all settling into their new classes, especially our newest members of the school. Now that staff and pupils have got to know one another a little better, all of the children on our SEN register have been given a new one page profile which includes their current class targets. You should receive a copy of this by half term. If you have not, please speak with your child's class teacher.

Young Carers



A young carer is any child under 18 who is looking after someone regularly because they're physically or mentally ill, disabled or have an addiction. They could be caring for a parent, grandparent or helping to care for a brother or sister who is unwell, has a disability or special needs.

If this may apply to your child, visit the following website for more information and support:

<https://www.youngcarersmatternorfolk.org/>



SENSational Families is a free service offered by NANSAs (Norfolk and Norwich SEND Association). Family Support Advisors can offer advice, support and guidance. They work directly with families. More information can be found by visiting their website:

<https://www.nansa.org.uk/sensational-families/>

Keeping in touch

Newsletters:

Each half term an SEN newsletter is shared with parents/carers of children with SEND attending our school. The purpose of these half termly newsletters is to keep in touch with the families of our young people with SEND, to keep you informed of recent updates, and to share information for further support. I hope you find these newsletters helpful!

Meetings:

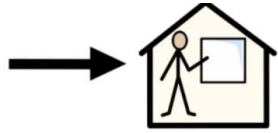
I am in school Mondays to Wednesdays and always try my best to respond to queries as quickly as possible, whether that is via phone, myEd or face to face meetings. If you need to contact me at any point, please ring or email the school office. Please also speak to your child's class teacher if you have any questions or concerns.

Parent events:

Over the next few months, we will be inviting parents back into school to take part in workshops, cafes and coffee mornings. Various SEN needs will be included so please watch this space!

Save the date:

If your child has an EHCP, I will be inviting you to attend a parent's meeting with me on **Tuesday 18th October**- more details will follow shortly!



back to school



Settling in

It may be taking your child a little while to settle into their new class and adapt to unfamiliar school routines. This is especially tough for children with SEND who often dislike change and require longer to adjust. You may notice that your child seems more emotional, prone to unexpected meltdowns or easily frustrated and irritable. Alternatively they may be quieter than usual, tearful and reluctant to leave you.

There are many ways that we will support them in school. So far this term we have:

- Linked children to our 2 pastoral workers for regular check ins
- Identified key people within the year group as 'friendly faces' to chat to when needed
- Arranged meet and greets at the gates for drop off and collections
- Created calm spaces within classrooms
- Provided emotion cards/ signs for children to share their feelings
- Made sure classes have worry boxes that are checked regularly

If you have any concerns about how your child is settling in, please speak to their class teacher.

There are also many things that you can do at home to support your child during this time of adjustment. These include:

- **Asking your child what's worrying them;**
focus on listening and providing emotional support. Reassure them that you can work together to make things better.
- **Discussing coping strategies with your child;**
identify activities that help them express and manage their anxiety. This could be spending time with particular friends, listening to music, reading, playing sport, drawing, cooking or watching a favourite film.
- **Setting a daily routine;**
planning everything, from getting up and dressed, having breakfast and leaving the house to arriving at school can help create a sense of security and reduce stress. Prepare the night before, for instance checking timetable, packing bags and laying out clothes. Attached to this newsletter are some useful symbols that could be used to help create a visual timetable with your child at home.
- **Giving your child a 'worry journal';**
your child can use a notebook to jot down worries, which can stop them from becoming overwhelming. Carrying something from home – such as a key ring or photo – may also reduce anxiety.
- **Creating a 'worry box' with your child or encourage them to make a 'self-soothe box'**
Children sometimes find it helpful to feel that their worries are being held somewhere, making them more manageable.



Brush your hair



Eat your breakfast



Have a bath



Eat your dinner



Get dressed



Go to sleep



Wear pyjamas



Do your homework



Go to school



Brush your teeth



Watch television



Wake up