

SEND Newsletter

Welcome to our newsletter which is dedicated to special educational needs and disabilities. We hope you find this useful. If you have any suggestions for future newsletters, please let Mrs Kane know. Many thanks.

At Burradon Community Primary School, we are proud of our 'open door' policy, so please do not hesitate to get in touch, if you have any concerns, queries or require further support from our team. You can make an appointment with the class teacher by phoning the school office or emailing the school. Our SEND Governor is Mrs Watts. For further information, please visit our dedicated SEND page on our school website where you will find the Local Offer, as well as external links for charities or support websites.

Spotlight on Holidays

Holidays can be a fun, enjoyable yet challenging time for children. For some children, they do not like the change in routine, the unpredictability and unexpected changes which may occur. Because of this, lots of feelings might be shown initially at the beginning of the holidays from upset, anger to sadness. This is okay. Talk to your child about these feelings and how it is okay to feel these because there's been a change, a change in routine which for children is very big!

To support a child with holidays and changes, here are some suggestions:

- *Create a weekly timetable using picture, words or both to show what is going to happen. If something may change, put a question mark next to the word / picture to forewarn that this may happen. For example: Going to the park but it is raining.
- *If possible, have set mealtimes to help create or keep a routine.
- *To support any anxieties, talk about new places you may visit or places you know your child finds challenging. Look at images of the place online, talk about how you will get there, what they may see or hear prior to visiting. Google can be supportive for this as is Google Street View. For some children, they may benefit doing this regularly until the actual visit takes place.
- *If you are having a busy day or a busy few days, plan in some 'down' or 'quiet time' for children to recharge. Children could choose colouring in, playing in the garden or watching a film.
- *Go on a scavenger hunt in your local area! Find items which are a particular colour or start with a specific letter.
- *Acknowledge your child's feelings and behaviours which may be being shown. Sometimes, these big feelings are shown more at the start and at the end of the school holidays. Talk about how it is okay to have these feelings and think of activities to do to help with these. Maybes doing a certain activity together, seeing friends, going for a walk, bike ride or using the scooter.
- *Most importantly, have fun together when possible! This doesn't mean going to places or spending lots of money!