

# SEND Newsletter

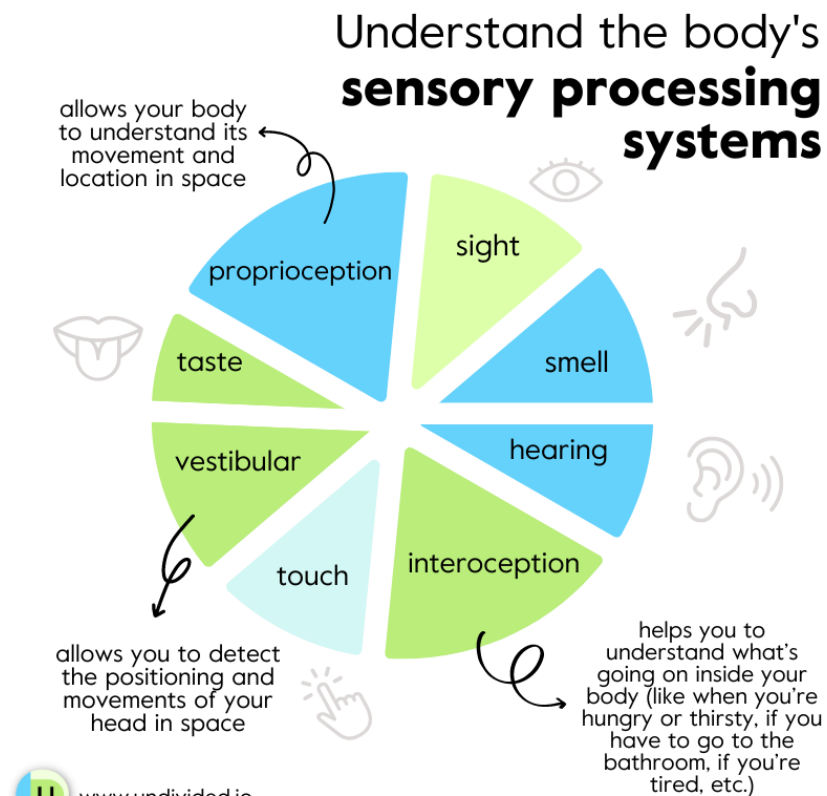
Welcome to our newsletter which is dedicated to special educational needs and disabilities. We hope you find this useful. If you have any suggestions for future newsletters, please let Mrs Kane know. Many thanks.

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 Sensory System

We all rely on sensory information to function and be able to do everyday activities. Most of us instinctively respond to the different challenges in daily life, our brain and nervous systems (senses) help us to respond quickly and appropriately to keep ourselves safe and comfortable. However, we do not all experience sensations in the same way. Some of us have strong preferences, seeking sensations to please or satisfy whilst others may avoid due to being overwhelmed.

We often talk about only 5 senses: hear, sight, touch, taste and touch. However, there are more!



The lesser well known three senses can impact greatly. The first proprioception allows your body to understand its movement and location in space. Vestibular allows you to detect the position or movement of your head in space and finally, interoception supports you to understand and feel what's going on inside your body. For example, knowing when you need the toilet, hungry, thirsty, feeling ill or tired. Some people with sensory processing difficulties may have varying degrees of these across all of their sensory system or only experience one or two of these.