

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 Summer Holidays

Not too far away, the summer holidays will begin. Although an enjoyable time, it can be challenging for some children and adults as the usual routines change significantly which can impact on greatly on them. To support with the many changes and transitions, here are some strategies which you may find useful:

- *Even with changes, try to keep some core routines such as wake-up times, meal times or bedtimes consistent where possible.
- *Prepare and ease children for changes in routines which are going to occur whether this is breaking up for the summer holidays, going somewhere or seeing someone for example.
- *Plan a social activity your child enjoys, whether meeting up with friends or having someone round to play with. This support with their socialisation and can support any anxieties about returning to school.
- *Monitor screen time – excessive screen time can lead to sensory overloads, which can increase a child's stress levels. Managing screen time can help to manage the amount of sensory input that the child experiences.
- *Explore coping strategies - you may find it useful to spend time exploring strategies that help your child manage anxieties, such as mindful colouring, rectangular breathing and alphabet games.
- *Visuals – if you have a calendar write on where and what you are doing. If it helps your child, highlight going out with friends or family in one colour and highlight staying in the house another colour. If you are unsure if an activity is going to go ahead, whether this is going to the park or going round to a family members house, position a question mark next to it. This way your child knows it may or may not go ahead. Refer to the calendar on a daily basis, incorporate it into the daily routine.
- *Open conversations about the new school year - listen to your child's thoughts and if they have any concerns or worries. Talk these through together. Share your own experiences from school and highlighting the positives can help alleviate any worries they might have.
- *Websites such as North Tyneside Council, North Tyneside Parent Carer Forum and pages on social media such as SEND Friendly North East or Days Out North East can offer places to visit, although please note some may charge entry, parking fee or both.
- *Read the class transition book regularly, this can help lessen a child's as it contains lots of information and visuals including photos of the staff who will be working in their classroom.