

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 Anxiety

Just like adults, children can become worried and feel anxious. Anxiety is a feeling of worry, fear or unease and can present itself as thoughts, feelings and/or physical sensations in our body.

At different stages of growing up, children can feel anxious about different things. Many of these worries can be part of growing up and can occur for lots of different reasons, as well as this, they can differ from person to person. Sometimes changes in routines such as a new class, starting a new school or club, going somewhere without a familiar adult, fears such as heights or spiders, being around someone who is anxious themselves, having lots of responsibility, aware of family stresses and the death or illness of someone they know, can result in a child's worries increasing. This may result in some children needing help to manage these if they start to become overwhelming.

How to help a child with their anxieties? Many of the strategies are about helping the child to understand how their anxiety works and finding which strategies help them. Try 1 or 2 suggestions at first which you think might help, rather than lots which can be too much for the child.

** Think together about what makes them feel anxious. Write key words or draw it!*

** When calm, discuss their anxiety. Could you draw a stick person and they add or draw what their anxiety feels like? Could they pick out areas of their body which is impacted by their anxiety? Maybe's tummy feels butterflies, head is sore or fingers start to fidget.*

** Think about activities which help them feel better. Drawing, baking, going for a walk, dancing to music, etc.*

** Try mindful activities. Yoga is supportive and provides a calming focus.*

** Make an anxiety playlist. A list of chosen songs which help calm and soothe.*

** Breathing techniques. Square breathing, birthday candles, figure of eight and more.*

** Grounding techniques. 5 4 3 2 1: 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell and 1 thing you can taste.*

** Keep a diary. Record when your child shares or presents as being anxious, see if there are any patterns or triggers which you can support with.*

These are just a handful of ways to support your child with anxieties.

