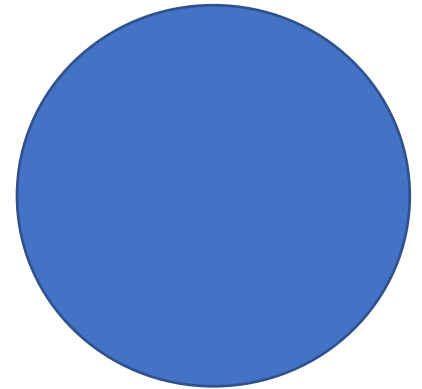


# SEND Newsletter

Welcome to our first newsletter dedicated to special educational needs and disabilities. We hope you find this useful, if you have any suggestions of what you would like in future newsletters, please let Mrs Kane know.

Many thanks, Mrs Kane

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 or myself by phoning the school office or emailing the school. Our SEND Governor is Mrs Younger. For further information, please visit our dedicated SEND page on our school website where you will find the Local Offer, external links for charities or support websites.



## **Where to go for extra information and support?**

North Tyneside's Local Offer provides lots of information for families with children with special educational needs and disabilities. You can find out more information by visiting their website, there is a link to this on our school website SEND page. In addition to this, on our SEND page you will find our SEND Information Report and SEND Policy.

## **Spotlight on Sleep**

Sleep is a vital part of a child's development and growth! Here are some tips to support children's sleeping:

- \*establishing a routine, where the child goes to bed roughly the same time each night.
- \*reduce bright / blue lights an hour before bedtime
- \*less energetic play / reduce technology time an hour before bedtime
- \*is it a comfortable temperature?
- \*is the bed comfortable?
- \*is it too dark? Could a night light be used? If too light, black out blind or curtains?
- \*listen to calming music
- \*talk to them to check if anything is worrying them
- \*enjoy a light snack such as a banana

Keep a sleep diary to identify any areas which could be preventing your child from sleeping.