

SEND Newsletter

Welcome to our spring newsletter which is 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.

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.



Spotlight on Tourette's

Part of May and June, there is a national focus on Tourette's which causes a child or person to make involuntary sounds and movements called tics. It usually starts during childhood with tics and other symptoms usually improving after several years or going away completely. Although this is not always the case. There is no cure, but there are strategies to help.

Symptoms may include:

- *blinking *eye rolling *facial expressions *scrunching of the face *jerking of limbs
- *touching objects *coughing *grunting *tongue clicking *animal noises
- *repeating a word, phrase or sound *swearing

Tics can be worse on some days due to heightened awareness, anxiety, stress or tiredness. Here are some ways to support a child who may have Tourette's:

- *working out if/what the trigger of a tic is if there is one.
- *physical activities for quick energy release (jumping, walk, bike, run, cleaning, etc)
- *relaxation activities to help calm / lower heart rate (draw, paint, stress balls, breaks, etc)
- *social activities such as seeing friends, spending time with a pet, talk to a trusting adults, etc)
- *thinking activities such as visualising a happy place, safe place or saying a positive mantra.