

# 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 Transition

Transitioning to a new class, new school or to a new routine can feel overwhelming, daunting and at times, scary! These feelings are all valid and some children (and adults!) may feel a mix of emotions from being excited, nervous to worried. It can be a stressful time for both children and adults. Some may lose their appetite, become upset/clingy, appear to be resisting or have dysregulation.

To help with transitioning here are some tips:

- \*Keep communicating whether talking, through drawing, playing / role play, listening, smiling, hugging, encouraging and checking in.

- \*In times of change, adults are an anchor for children. You are a constant, familiar, comforting, home and have routine.

- \*Have fun! Be silly, play games, laugh together, do things together like walks, finding animals or shapes in the clouds, baking, gardening, doing DIY or being outside with nature! 😊

- \*Try and stay calm – children may be angry, upset, have high and lows or be all about them.

- \*Encourage the children to increase their independence.

- \*Having a bedtime routine in place a few weeks prior to school starting can help.

- \*Read the transition booklets shared by staff throughout the summer holidays to help. They can see area in their new classroom as well as where to hang their coats and what they need.

- \*Talk about returning to school and their new class – listen and answer their questions, sometimes they might repeat the same concerns and ask the same questions due to be anxious. This is okay. 😊

- \*Choose 3 things they are looking forward to in their new class. This could be seeing friends, playing outside, learning Science or coming to breakfast club. Keep talking about these!