

# SEND NEWSLETTER

No. 2: December 2023



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## HELLO

As we draw to the end of the first full term of this academic year, I'd like to take the opportunity to thank you all for your support.

It has been lovely to meet with so many families over the past few weeks to review SEND support plans and to reflect on your wonderful children's successes. If your child is on the SEND register and you were not able to make your child's review meeting, their class teacher will be in touch to schedule a new meeting date soon.

Wishing you all a very Merry Christmas and a peaceful half term break,  
Emma Boon, SENCO

### JANUARY SEND COFFEE MORNING

The next SEND Parent Coffee Morning will take place on Thursday 18th January, 9-10am.

The session will focus on supporting children who display autistic traits and we will be joined by Helen Bulloch from Stockport ADAPT - an organisation which aims to support autistic children and their families, post-diagnosis. Helen will be here to answer your questions and provide information about support that families can access both pre- and post-diagnosis.

### SILVERCLOUD: SUPPORTING AN ANXIOUS CHILD -FREE ONLINE SUPPORT

This online resource is free to access and is designed to help to support parents and families who have a child that is dealing with worry and anxiety.

The programme consists of 8 modules which can be completed in your own time (and at your own pace) over a period of around 8 weeks. It covers topics such as understanding how anxiety is affecting the child and strategies for building self-esteem and resilience.

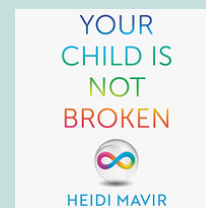
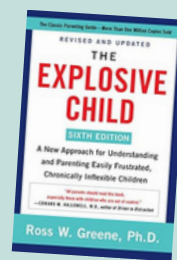
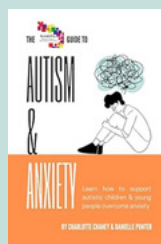
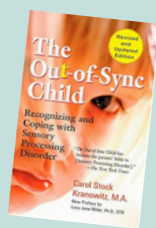
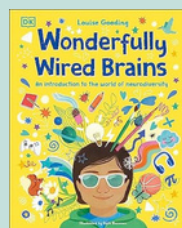
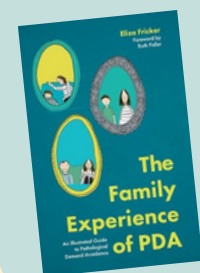
For more information, and to access this programme, click here: [Silver Cloud - Supporting an anxious child.](#)

## SEND PARENT LIBRARY

It has been great to see so many parents borrowing books from our ever-growing SEND parent library. I hope they have been useful!

Below are images of just some of the books that are included in the SEND parent library - all are free to borrow. If you are interested in reading any of them, please let me know and I'll pass them over to you.

If you have borrowed a book during the Autumn term, please could you either return it at your earliest convenience or check-in with me to let me know you'd like to keep it a little while longer?



## SPOTLIGHT ON SUPPORT

In each newsletter, I aim to highlight useful groups and organisations who are available to provide parents and families with help, support and advice.

In this half term's spotlight is AUTISK: a local community group who support families of children with additional needs. Throughout the year, Autisk host events including a weekly youth group; all-inclusive football training sessions; and weekly family gaming, sensory and creative drop-ins. No diagnosis is needed in order to access the support Autisk offers.

Follow Autisk on Facebook to keep up to date with their workshops and events.

## SEND COFFEE MORNINGS



Our half-termly SEND Coffee Mornings are open to all parents and carers who would like to find out more about supporting children with additional needs. They are an opportunity to share information, ask questions, and to get to know other parents in a relaxed and supportive atmosphere.

The dates for our Spring and Summer SEND Coffee Mornings are as follows:

- Thursday 18th January
- Thursday 29th February
- Thursday 18th April (Please note new date!)
- Thursday 20th June

It would be lovely to see lots of parents attending. The sessions are planned with a view to making them relevant to the needs of as many parents as possible at NRJS. In order to help us to make the Coffee Mornings as relevant and accessible as possible, please could I ask parents and carers to complete [this Google Form](#).

## TIPS FOR SURVIVING THE FESTIVE PERIOD IN A NEURODIVERGENT HOUSEHOLD

The Christmas period is often jam-packed with exciting events and outings. This can be overwhelming for some people - especially those who are neurodivergent. Rather than stressing yourself out planning lots of fun activities and trips (and running the risk of your child shutting down or refusing to leave the house), why not work together as a family to plan only one or two special outings instead.

Building in 'rest'/recovery days after special events can also be extremely helpful!

Once you have planned out your plans for the holidays, try creating a simple timetable, use it to discuss plans and prepare your child and display it where they can see it.

Be prepared for quickly-changing emotions. The excitement of Christmas can be overwhelming for some children. When they are unable to communicate with their words, they might display behaviours others might see as 'naughty' or 'extreme' when your child may be trying to tell you that they need some quiet time or space.

Remember that your child may not feel comfortable showing or accepting affection from family members they rarely see. This is okay - even if others may perceive it as rude! Try not to be stressed or pressured by extended family members being disappointed or unhappy about this - stick to your guns!

Use social stories and visual prompts to help to prepare your child for any out-of-routine events and experiences such as carol concerts or pulling Christmas crackers.

You can download a free support pack from Widget by [clicking here](#).



Be kind to yourself!

As parents and carers, we often have high expectations of ourselves to make Christmas a magical time for our families. Keep Christmas simple and don't be afraid of straying from 'tradition'. For example, opening presents in front of others can be overwhelming - could the present opening be spaced out throughout the day? If your child has a limited diet and ends up having to have chicken nuggets for Christmas dinner, that's okay! Pick your battles and make sure that you enjoy Christmas too.

**MERRY CHRISTMAS**