

# Welcome!

Our termly SEND newsletter will keep you up to date with the latest advice and guidance, SEND related events going on in school and information on how you can find further support. We hope you find it useful.

Our SEND Vision - Every child deserves a broad, balanced and enriching education. Our role as a school is to provide a welcoming and inclusive environment with adaptive teaching to support every child to reach their full potential.

## Meet the team



Mrs Taylor  
ELSA/Nurture  
Support



Mrs Wickens  
SENDCo



Mrs McGeehan  
Acting  
Headteacher



Pauline  
Brookes  
SEND Governor

Jen Evans  
SEMH  
Governor

### Some Useful Contacts/Weblinks:

Oxfordshire Local Offer - The Oxfordshire Local Offer is a way of providing information to families with children with special educational needs and disabilities in Oxfordshire.

[Oxfordshire SEND local offer | Oxfordshire County Council](#)

SENDIASS - Information and advice, for parents/carers, children, and youngpeople with Special Educational Needs.

[SENDIASS Oxfordshire | Information, advice & support in Oxfordshire](#)

The BBC has put together a Parent's Toolkit with activities, advice and personal stories about parenting and special educational needs and disabilities to help support families.

### SEND Glossary

We know that sometimes schools and other professionals can use terms or phrases that not everyone is aware of. This section will aim to shed some light on some terms each issue:

ADHD: Attention Deficit Hyperactivity Disorder

ASD: Autistic Spectrum Disorder

CAMHS: Child and Adolescent Mental Health Services

EHCP: Education, Health and Care Plan

PDA: Pathological Demand Avoidance

[SEND tips and advice - BBC Parents' Toolkit - BBC Bitesize](#)

[The BBC have added further information to their Parent Toolkit specifically focusing on eating and sleeping.](#)

[How to help your autistic child try new food - BBC Bitesize](#)

[How do I get my child to sleep? - The Super Tutors - BBC Bitesize](#)

At our last SEND Coffee Afternoon, we discussed using resources at home to support organisation and help put routines in place. Please use this link to access the resources we shared with you.

[Parents' Home Organisation and Routines Resource Pack](#)

**SEND Pupil Profiles**

Before February Half Term (Friday 14<sup>th</sup> February) our class teachers will have contacted you to arrange your child's Pupil Profile Meeting. This meeting is an opportunity to review your child's targets from Term 1 and Term 2, discuss the targets your child is currently working on during Term 3 and Term 4 and time to share the support/strategies being used with your child on a daily basis.

Once you have had your meeting, you will be sent a copy of your child's Pupil Profile so you can see/keep a record of your child's journey of learning this academic year.

Our next Pupil Profile Meeting will happen during week beginning Monday 31<sup>st</sup> March. This meeting will also include your Parents' Evening so rather than having a Parents' Evening on Tuesday 11<sup>th</sup> March or Thursday 13<sup>th</sup> March you will have a combined meeting week beginning Monday 31<sup>st</sup> March.

If you have any questions about this, please do not hesitate to ask.

**Next Educational Psychologist Parent Workshop**

Thank you to everyone who attended our first Parent Workshop led by our Educational Psychologist on Monday 13<sup>th</sup> January. The focus for this session was Behaviour and Emotional Regulation. As promised, please find the slides from the training attached to today's email.

Our next Parent Workshop is on Monday 3<sup>rd</sup> March starting at 14:00. The focus of this meeting will be resilience and anxiety (these areas were requested following parents' feedback).

- How to build emotional resilience
- What is anxiety and how to support children who worry
- Coping with life events for example transitioning from Primary School to Secondary School
- Strategies we can all use to support regulation and de-escalation techniques

We look forward to another exciting, informative afternoon with our Educational Psychologist, Ali Tonks, Mrs McGeehan, Mrs Taylor and myself.

Again, following the meeting we will send out the slides from the training session.

### SEND Coffee Afternoon

Our next SEND Coffee afternoon will be on Friday 14<sup>th</sup> March at 14:30. This meeting will be led by Mrs McGeehan and myself - it will be an open discussion on how we can work together to best support your child both in school and at home, time to ask questions of us and learn from each other's' experiences.

Your child does not need to be on the SEND register to come along to our SEND Coffee Afternoon.

Please come along, enjoy a chat, a hot drink made for you and some yummy biscuits.

### Children's Mental Health Awareness Week W/B Monday 3<sup>rd</sup> February

The theme this year is 'Know Yourself, Grow Yourself' - if you would like to find out more, please use this link [Families - Children's Mental Health Week](#)

During this week we will have focused professionally led workshops about Mental Health and Wellbeing and why it is important to look after ourselves. Children will try out five different ways to well being and explore new ways to improve how they feel.

Recommended reads:

The Anxious Generation by Jonathan Haidt (for parents/carers)

The boy, the mole, the fox and the horse by Charlie Mackesy (for KS2 children)

The huge bag of worries by Virginia Ironside and Frank Rodgers (for KS1 and KS2 children)

Have you filled a bucket today? A guide to daily happiness for kids by Carol McCloud and David Messing (Reception and KS1 children)

Me and My Fear by Francesca Sanna (Reception and KS1 children)

There are so many books we could recommend so please use this link for further suggestions: [6 books with a mental health theme | BookTrust](#)



### Spotlight - Autism

Autism, sometimes called autism spectrum disorder or condition, is a neurodevelopmental condition that can affect the way a person:

- Communicates and interacts with others
- Experiences their senses
- Thinks and behaves

Autism is a lifelong condition that is present from birth, even though it may not be apparent until later. It is not the result of an illness or of any trauma a child may have experienced.

Autism is referred to as a spectrum condition because each person is different and has their own strengths and challenges. Some autistic people require significant support in their daily lives, while others need less support, and many autistic people live independently.

Some autistic people have other conditions alongside their autism such as a learning disability, attention deficit hyperactivity disorder (ADHD), developmental co-ordination disorder (dyspraxia) or epilepsy.

Autistic people can often experience anxiety and some autistic people may have mental health conditions alongside their autism such as anxiety and depression.

Whilst we do not fully understand what causes autism, research has shown that there is a genetic link and that it can present in other family members through generations. However, autism can also appear in families for the first time.

There are increasing opportunities for support for individuals to be part of the community; access supported living; additional support at university; in the workplace, however there is still more to be done. Much has been achieved in raising awareness of autism in the past years and moving forward we support the autistic community in the pursuit of understanding and ultimately, acceptance.

Recommend book - This is my brain! A book on Neurodiversity by Elise Gravel

For further information about Autism please visit the National Autistic Society website at:  
<https://www.autism.org.uk>



Also watch the following video clip which helps to explain autism:  
<https://youtu.be/Lk4qs8jGN4U>

As always, thank you for all your support and encouragement. Please remember if you have any questions regarding SEND your child's class teacher is the first port of call as they support your child on a daily basis. If you then have any further questions, please do not hesitate to contact the office and make an appointment to meet with me. I am at Holy Trinity on a Monday and a Friday.

Enjoy your week!

Mrs Wickens