

St John's SEN News

Message from Mrs Medler, SENCO

Dear Parents/Carers

Welcome to this term's edition of SEN News.

The aim of the newsletter is to provide you with information and support. Some of the links will be useful to parents of pupils with specific SEN but many of the links could be useful to families to use at home.

We are also arranging a drop-in morning in the Summer term for questions around your child and their special education needs. Further details will come out soon.

Kind regards

Sharon Medler

SENCO

01603 782520



The Local Offer

The local offer can help you find out more about support and services available in Norfolk for you and your child.

It includes information about:

- Educational support
- Health
- Social Care
- Money
- Local SEND support groups and events.

You can find your local offer on the county council's website at:

www.norfolk.gov.uk/send



Norfolk Healthy Child Programme



The Norfolk Healthy Child Programme offers help and advice to all Norfolk families as their children grow up and develop, such as :

- Toileting and bed wetting
- Eating, diet and staying active
- Development, transitions and growing up
- Emotions and behaviour
- Yearly contact if your child has additional needs
- Any other questions or worries you have?



Call: 0300 300 0123

Text: 07520 631590

Visit: JustoneNorfolk.nhs.uk



Speech, Language and Communication

When children start school in Reception we use a range of tools, including the Wellcomm Assessment, to identify children who have difficulties with speech, language and communication. If you have concerns about your child's speaking, use of language or communication please get in touch.

Just One Norfolk has a lot of information and resources regarding speech. These can be found via the following link:

<https://www.justonenorfolk.nhs.uk/speech-language/language/>

"I can" is a children's communication charity. Their website also has lots of advice and resources. <https://ican.org.uk/i-cans-talking-point/>

Families invited to workshop about shaping speech and language therapy services.

Families have been invited to a workshop event in Wymondham to help shape speech and language therapy services.

The event is being run by Norfolk and Waveney Children and Young People's Health Services. It will focus on how the service can work together with families to learn and take the next steps towards making sure every child and young person gets the speech and language support they need.

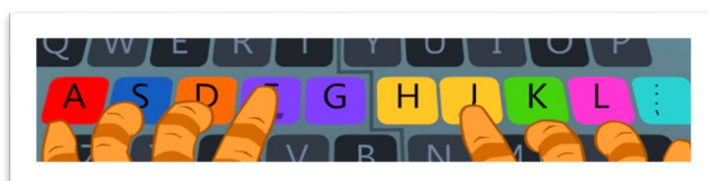
The workshop is being held at Wymondham Rugby Club on Wednesday 29th March from 09.30 am to 12 noon. Free refreshments will be provided.

Visit the Eventbrite website to find out more and book a free place:

<https://www.eventbrite.co.uk/e/speech-language-transformation-celebration-learning-next-steps-tickets-574354669277>

BBC Dance Mat is a fun way to learn touch typing and improve confidence with keyboard skills <https://www.bbc.co.uk/bitesize/topics/zf2f9j6/articles/z3c6tfr>

Immersive reader is an excellent tool for text to speech. It is available in OneNote, Word, and the web version of Outlook. It is also available in Office Lens for iOS.





Big Norfolk Holiday Fun this Easter

With a wide range of providers able to tailor their activities and support to children with SEND, and some new specialist providers, take a look at this Easter's Big Norfolk Holiday Fun.

The holiday scheme is for children and young people aged from five to sixteen. Its Easter activities will run from Monday 3rd to Monday 17th April.

To ensure the activity is right for your child, always make the provider aware when booking if your child has SEND.

Booking is now open. Visit the Active Norfolk website for more information and to book.

<https://www.everymove.uk/inspiration/big-norfolk-holiday-fun-activities>



A free online talk on Tuesday 28th March from autistic guest speakers Dean Beadle and Robyn Steward is one of the highlights of this year's Autism Acceptance Week.

The talk will be about social needs and communication styles and Dean and Robyn will speak about their experiences and share strategies.

Parents and carers are invited to attend from 1.30pm to 2.30pm. To sign up and receive a Microsoft Teams invite, email: Emma.stevens@norfolk.gov.uk



Sensory Behaviour

If you have a child who shows sensory behaviour, Falkirk Council have produced an excellent booklet which is designed to help parents/carers become more aware of the effects of sensory information and how it may impact on life skills and behaviour. It provides lots of strategies to support sensory behaviour.

<https://www.nhsggc.org.uk/media/1626/making-sense-of-sensory-behaviour-falkirk-booklet.pdf>

Here are some of the Calming Strategies suggested in the guide:

Quick fixes

- Sitting under a big, heavy blanket.
- Hands on head and pressing down.
- Tucking legs up and squeezing.
- Deep pressure massage.
- Slow rocking e.g. rocking chair.
- Giving themselves a hug.
- Lavender scents.
- Squeezing and relaxing a small fidget toy.
- Squeezing and relaxing face and/or hands.
- Snuggling into a small space.
- Sucking a "sweet" sweet.
- Sucking yoghurt/thick milkshake through straw.
- Bear hug.

Longer term ideas

- Walk after coming home from school (with backpack on).
- Press ups or chair press ups regularly through the day e.g. before school, lunch time, after school.
- Allow chill out time, prior to homework in a daily routine.
- Help with moving furniture e.g. relocating plant pots, hoovering.
- Help with manual tasks in the garden e.g. digging.
- Swimming.
- Put on a heavy coat or heavy blanket over the shoulders as part of chill out time.
- Have a corner with favourite sensory activities to go to at any time.
- Squeeze/rock against gym ball.

Use a multi sensory approach

Multisensory simply means using more than one of a child's senses at a time. For many children with SEN, learning this way is far more effective.

For example, if your child just reads a book they are using one sense, sight. But if they read along with an audiobook, they are using two senses, sight and hearing. This would be multisensory learning and would mean your child absorbs and retains the information in the book far better.

An activity should include at least two senses –seeing something (visual), hearing something related to what is seen (auditory), some form of related movement of muscles, for example speaking or writing (kinaesthetic), and touching or feeling something (tactile)

For children who are learning to read, activities where they can move, read and say the words can be great. For spelling, try writing them in chalks outside, with a finger in a tray of flour or sand, or using paints or different coloured pens as they say each letter.

Multisensory learning is useful for children of any age. For an older child, multisensory teaching can be as simple as, instead of getting them to read a book about Ancient Egypt, do a virtual tour of the British Museum and discuss the topic with them as you take a virtual walk through their Ancient Egypt galleries.

<https://www.britishmuseum.org/blog/how-explore-british-museum-home>





Social, Emotional and Mental Health

Just One Number Norfolk have a huge range of activities and advice to support children's emotional well being:

<https://www.justonenorfolk.nhs.uk/emotional-health/>

This includes information about subjects such as:

- Separation anxiety
- Building resilience
- Low Mood
- Anger
- Self confidence
- Mindfulness
- Worries and Anxieties
- Bereavement

Just One Number is a single point of access for Norfolk and Waveney Children and Young Person's Health Services. This also includes:

- The Norfolk Healthy Child Programme
- Norfolk and Waveney Children's Speech and Language Therapy Service

Families and young people can get in touch with Just One Number by calling:

0300 300 123

Lines are open Monday to Friday 08:00—18:00 and Saturdays 09:00—13:00.

Young Minds have lots of information and advice for parents about social, emotional and mental health. <https://youngminds.org.uk/find-help/for-parents/>

Early Help and Family Support

This service is for families that are experiencing difficulties, which may include mental health problems, domestic abuse, drug/alcohol dependency, school refusal, debt problems or housing issues. Advice and guidance over the phone is available.

<https://www.norfolk.gov.uk/children-and-families/early-help-and-family-support>



Useful Numbers

Norfolk SEND Partnership

Provides free confidential advice around supporting children and young people with SEND and their families. Information for families and professionals.

<https://www.norfolksendiass.org.uk/>
Telephone: 01603 704070

ADHD Norfolk

ADHD Norfolk offers support and advice for young people with ADHD/ADD and their families. Coaching service and drop ins available.

<https://www.adhdnorfolk.org.uk/>
Telephone: 01263 734808

Autism Anglia

Support for autistic children and their families. Information and resources for professionals working with autistic young people.

<https://www.autism-anglia.org.uk/>
Telephone: 01206 577678

ASD Helping Hands

Charity supporting people across the autistic spectrum in Norfolk and Suffolk. Advice and support available for families and professionals. No diagnosis required.

<https://www.asdhelpinghands.org.uk/>
Telephone: 01362 685860

Benjamin Foundation

Norfolk-based service offering support for families round housing, childcare, youth support and emotional support.

<https://benjaminfoundation.co.uk/>
Telephone: 01603 615670