

# 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.

Please also remember to keep visiting the SEN section of our school website which is updated regularly.

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](http://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](http://JustoneNorfolk.nhs.uk)



## Dyslexia Awareness—Reading/Spelling Strategies

Further to our recent parent/carers café, we have put together some of their tips and advice.

So what is dyslexia?

Dyslexia is evident when....

- Accurate and fluent word reading and spelling develop incompletely or with great difficulty despite appropriate intervention
- Characteristic features are difficulties with: phonological awareness, verbal memory and processing speed
- Dyslexia occurs across the range of intellectual abilities
- Co-occurring difficulties may be seen in aspects of language, motor co-ordination, mental calculation, concentration and personal organisation, but these are not, by themselves, markers of dyslexia.

(Rose 2009)

The British Dyslexia Association (BDA) adds:

- Some individuals experience visual and auditory processing difficulties
- Dyslexic readers can show a combination of abilities and difficulties that affect the learning process
- Some individuals have strengths in areas such as design, problem solving, creative skills, interactive skills and oral skills.

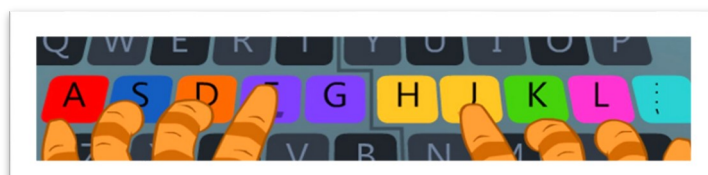
## Learn to touch type

**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>

[www.typingclub.com](http://www.typingclub.com)

<https://www.doorwayonline.org.uk/typing/>

**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.





## Reading without tears

- **Choose a book that you are both interested in**—recommend books but do not impose what you are going to read
- **Find a comfortable place where you won't be disturbed**
- **Make time available**—15 minutes four times per week is enough. Establish a routine and stick to it.
- **Make your child feel empowered.** Get him/her to hold the books and turn the pages. Don't insist that she/he is reading aloud.
- **Make your child feel supported.** Scan the first page for difficult words and practice them. Wait no longer than 5 seconds before you help with a word. Share the reading by taking turns.
- **Make your child feel successful.** Count the number of long words read. Compare how much more you are reading in the time. Underline all the words your child can read straight off.
- **Use e-readers and books with technology**
  - ⇒ <https://nosycrow.com/?s=stories+aloud>
  - ⇒ <http://www.alexrider.com/>
  - ⇒ <http://www.jacquelinewilson.co.uk/>
- **Turn on the subtitles!**

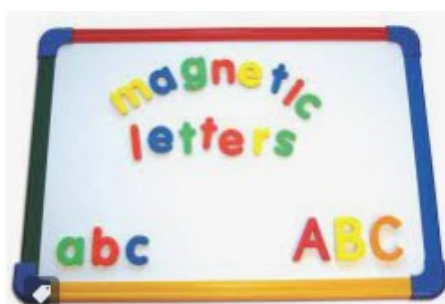
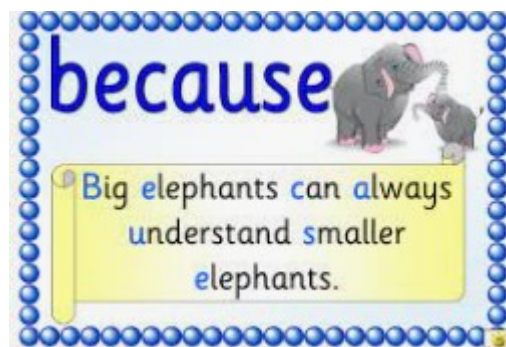




## Spelling Strategies

1. **Link** a new word with a word you know already  

AND  
SAND  
BAND  
STRAND
2. Beat or clap out the **syllables** **DIFF—I—CULT**      **UN—DER—STAND**
3. Find words within words    **FAT—HER**      **TO—GET—HER**
4. Change the sound of the word    **WED—NES—DAY**      **W—HERE**
5. **Highlight** the difficult bits    **GUARD**      **SEPARATE**
6. **Be hands on**— use magnetic or plastic letters to make up the word, break up and make again
7. **Trace** the letters with your finger and say the names out loud (works well using Ipad/tablet 'Kiddsdoodle' app)
8. **Visualise**—take a photograph of the word with your mind, close your eyes and 'write' it on your eyelids
9. Remove or add prefixes and suffixes    **UN—like—LY**      **IN—vis— IBLE**
10. Use a **mnemonic**





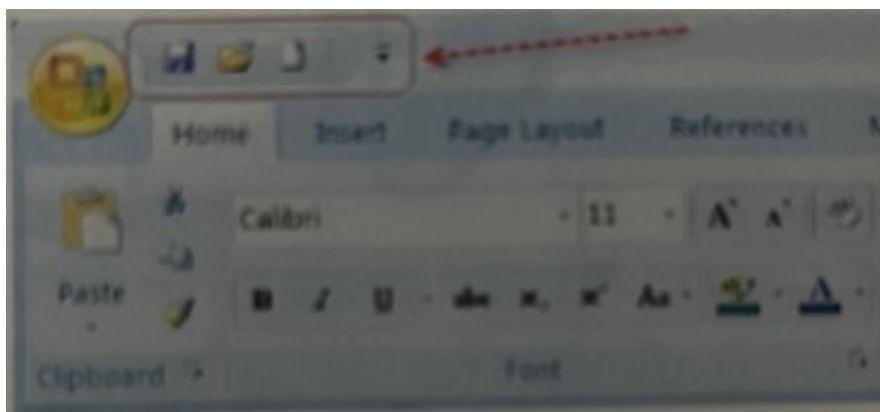
## Getting the most out of your computer

- Use a dyslexia friendly font. For example: Calibri, comic sans, Candara, Verdana

<http://opendyslexic.org/>

<https://www.dyslexiefont.com/>

- Change the **background colour** to off white
- Choose a dyslexia friendly **font size** (at least 12 and no bigger than 16)
- Change the **line spacing** to 1.5
- Learn to touch type
- Modify the **Quick Access Toolbar** - include at least 'undo' and 'spell check'  
- add 'speech'
- **Hide** everything except the quick access toolbar  
- Press Fn and F1 or Ctrl and F1 at the same time
- **Switch off** the spell check while thinking





## 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.





## 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