

# Special Educational Needs and Disability (SEND) Newsletter

Botley C of E Primary School



## Upcoming dates

Parent/Carer coffee mornings  
At Botley All Saints Church  
**9.30-11.00**

**Thursday 18<sup>th</sup> January**  
**Internet safety**  
**(this one is in school)**

## Important links

Information report  
[Click here](#)

SEN Policy  
[Click here](#)

SEND Support links  
[Click here](#)

Hampshire Local Offer  
[Click here](#)



## Welcome to Botley C of E Primary School's newsletter dedicated specifically for Special Educational Needs and Disabilities

We are nearly at the next well deserved break for the children and there are lots of exciting Christmassy activities going on in school over the next week.

Thank you to Sam Churcher and Rob Atwell who presented at the last two coffee mornings and to those who joined us. They were both fantastic sessions with lots of useful parent discussion and they were able to help with lots of your questions. Since then we have been able to signpost many parents onto the fantastic Barnardos parent support groups for children pre and post diagnosis. We've had great feedback from these groups which are either face to face or online. If anyone has any questions on these, please contact myself or Mrs Thomson.

### Pupil Passports

Pupil passports were sent out prior to parents evening for all those children on the schools SEND register. If anyone hasn't seen their child's passport, please let their teacher know. The children's targets will be updated for the spring term and shared before the next parents evening.

### Difficulties with home learning

Difficulties with home learning is something that comes up regularly and I felt that it was worth sharing these tips again. Firstly, I think it's important to know that you are not alone and this can be challenging, particularly with those children who have additional needs. It is an important life skill they need to learn so rather than completely avoid it here are a few ideas that may help:

- **Don't try and do it all:** Split the homework into smaller tasks, focus on one area and then extend this when they feel able.
- **Keep what you do short and sharp:** Set the amount of time you expect your child to spend on it. This will be personal to each child and it could be as short as 5 minutes to start with.
- **Be consistent:** Have a set day and/or time when to do it.
- **Remove distractions:** Turn off the TV or any screens.
- **Provide Support:** Allow your child to have a go by themselves but help if required. If they have completed something by themselves and it is wrong, don't panic. It doesn't have to be perfect and it is better for the teachers to see where they have struggled so they can make adjustments in the classroom.

## Christmas holidays struggles

Christmas can be a wonderful and exciting time but it can also be a struggle for some, particularly those with neurodiversity. It can be a time where children display more challenging behaviours and/or anxiety. Christmas can cause changes in routine and normal activities – the environment is decorated, the lighting is different, bedtimes and getting up time may vary and mealtimes may also change. There may be lots of visitors, loud noises, unstructured timetables and this can lead to children feeling confused, increase anxiety and lead to children feeling unsettled. Here are a few tips below to think about during the festive period to help with these times:

### Strategies for Home

#### Try to make Christmas a predictable, planned event:

- \* Talk about Christmas beforehand. Explore fears and hopes. Think about coping strategies.
- \* Involve the children in the planning, allow them to have some control over the events.
- \* Prepare a schedule for Christmas— who is around, what will happen and when.
- \* Use the advent calendar as the countdown and schedule of events.
- \* Prepare your children ready for the next school term— what will they be learning, why the classroom will look different (the decorations will be put away before they are at home, displays will change etc).

#### Keep to the house routines:

- \* Try to maintain the daily routines; particularly the child or young person's individualised routines for getting up, washing, dressing, bedtimes and meal times, even Christmas dinner.

#### Keep to the house rules:

- \* Stick to the house or individual rules about time on social media or gaming consoles.
- \* Maintain the usual boundaries and behavioural expectations.

#### Provide opportunities for emotional regulation:

- \* Build in quiet times to the festive days, after each exciting point providing time to calm, regulate and touch base.
- \* Make time to get some fresh air or take some physical exercise.
- \* Be thoughtful about noise levels, allocating a 'quiet room' where noisy games and activities are kept away from.

As we move into the final week of the autumn term, please enjoy all the Christmas festivities in school and if you have any questions or concerns, please come in and see us or send an email to myself or Mrs Thomson.

We wish you all a very Merry Christmas and a Happy New Year.

Mrs Kate Roberts

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