

SEND Newsletter

Spring 2024



SEND UPDATES

Feedback from Parents SEND questionnaire.

In response to the SEND questionnaire from the last Newsletter, it highlighted that communication between the SENCo and parents could be improved.

With that in mind, I am going to offer Parent SEND Surgeries.

For one week each term (Autumn, Spring and Summer), I will block out a week of my diary so that you can ring the school and book a 25-minute appointment with myself, at a time that is convenient to you during the school day.

If you are unable to attend in person, you can request a phone call at a specific time, again ringing the school office to book the slot.

The first week for Parent SEND Surgeries will be the week commencing Monday 19th February. Appointment slots will be available from 09:00 – 16:00. Please note, I do not work at Long Sutton on a Tuesday.

Please ring the office from Monday 5th February – Friday 9th February to book your appointment.

Individual Education Plans (IEPs)

IEPs are currently being reviewed again and will be emailed to you ahead of parents evening. Please read the IEPs before parents evening, so you can arrive equipped with any questions or concerns you wish to raise.

There has been a short review period this time around, to get the review cycle back in line with parents evening to enable face-to-face discussions with your class teacher about the progress of your child(ren).

Going forwards, the IEPs will be reviewed in the Autumn, Spring and Summer term with at least 10-12 weeks between each review.

The IEPs are due to be reviewed again in the summer term where you will be invited to book an appointment with your class teacher to discuss the IEPs. The dates for this will be confirmed in the Summer SEND Newsletter.

IMPORTANT DATES

26th February 2024

14:00 – 15:00 at Long Sutton.

SEND Coffee afternoon with The Working Together Team (WTT)

Join us with an external agency speaking about 'Making sense of Autism'.

14th March 2024

13:45 – 14:45 at Lutton St Nicholas.

SEND Coffee afternoon with LPCF (Lincolnshire Parent Carer Forum)

Date TBC (summer term)

13:45 – 14:45 at Long Sutton

SEND Coffee afternoon with Educational Psychologist (EP).

SCHOOL WEBSITE

Don't forget to take a look at the SEND section of our school website. Here you will find SEND documentation and links to outside agencies.

[Special Educational Needs and Disabilities at Long Sutton Primary School](#)

FREE ONLINE PARENT WORKSHOP – DYSLEXIA OUTREACH

Thursday 29th February 2024 at 7:00 – 8:00pm

Dyslexia Outreach are hosting a FREE, online workshop, sharing strategies to support learning.

This is open to ALL parents who would like ideas on supporting their child(ren) with reading, spelling, maths, memory, and organisation.

If you would like to attend, please email Odette Read, stating your child's school and year group:

odette.read@lincolnshire.gov.uk

MY HAPPY MIND – OUR HAPPINESS HEROES

We are very fortunate at Long Sutton Primary School to have a group of enthusiastic, passionate, and eager Happiness Heroes.

Together, they have organised a calm and quiet space, "The Happy Hub", where children who would like a bit of peace and quiet away from the playground can attend one lunch time per week. Here the children can sit and talk quietly, complete puzzles, colour and/or read.

The first week was very popular which is amazing. Well done to our Happiness Heroes for working so hard to help the children in our school.



USEFUL CONTACTS

SEND Local Offer

[SEND Local Offer – Lincolnshire County Council](#)

ADHD Lincs



ADHD Lincs is a registered charity which provides support and information to families and individuals who are living with Attention Deficit Hyperactivity Disorder (ADHD) and associated learning differences. They are committed to raising awareness of ADHD and educating the public and professionals about the impact of ADHD to realise their full potential. www.adhdlincs.org

Sleep Seeker



If you are a parent of a child with ADHD and experiencing extreme or regular sleep disruption and tiredness, **you are not alone!** Sleep is central to a child's wellbeing and children need about nine to ten hours of sleep a night, but this is easier said than done! This website is designed to support children with their sleep and to help create healthy sleeping habits. [SleepSeekersAW2 \(addiss.co.uk\)](http://SleepSeekersAW2(addiss.co.uk))

INSPIRATIONAL QUOTES

KINDNESS
is a gift
everyone can
afford to give.

UNKNOWN

STORIES by storie





SENSORY PROCESSING

WHAT IS SENSORY PROCESSING?

Sensory processing refers to the way we interpret information received from the environment and from within our bodies. This information gives us a sense of who we are, where we are and what is happening around us. Our senses are hearing, touch, sight, taste, smell, proprioception (body awareness), interoception (emotions and social interactions) and vestibular (balance and movement). When our senses are integrating correctly, we can respond appropriately to any sensation. For example, we can take off an itchy jumper or take a deep breath to smell the flowers.

WHAT HAPPENS WHEN A YOUNG PERSON EXPERIENCES SENSORY PROCESSING DIFFERENTLY?

A young person may have difficulty working out what is happening inside and outside of their bodies due to sensory information not being accurate. For example, the noise of a fire alarm is like someone screaming in their ear, or a piece of artwork on the wall keeps grabbing their attention because their brain hasn't registered, they have seen it before.

A young person may move constantly to get additional feedback if their body is not providing enough information as to where their arms and legs are. Children may struggle to communicate how they feel resulting in the possibility of being disorganised in a world they cannot make sense of. These children need support around them to learn strategies to make life a little easier.

SENSORY CIRCUITS AT HOME

Sensory Circuits are a great way to both energise and settle children and young people into the day. The aim is to focus concentration in readiness for the day's activities. Sensory circuits can be completed at regular times throughout the day. It is important that the experiences included in a sensory circuit reflect your child/young person's sensory preferences and avoid any sensory experiences they are averse to.

The aim of a sensory circuit is to provide a way for children and young people to regularly receive controlled sensory input. These are three sections in a sensory circuit and the order is important: alerting (2 activities), organising (2 activities), calming (1 activity).

1. **Alerting** – to provide both vestibular and proprioceptive stimulation as these can help the children to become more alert. Activities can include bouncing on a mini trampoline, space hopper or gym ball; spinning a hoop; bunny hops, crab walks, frog jumping, squat jumps, running on the spot, jumping; gym ball for rolling over and bouncing on; skipping; action rhymes – row row row your boat/head, shoulder, knees and toes.
2. **Organising** – activities that provide a motor challenge and requires the child or young person to plan, organise and/or sequence their movement. Activities can include balancing on a beam, walking along a straight line; log rolling; climbing wall bars; throwing bean bags into a target or small balls/scrunched paper into a bucket; arm push ups against a wall; blowing bubbles or blowing paper all to a target; skipping and jumping over a moving rope.
3. **Calming** – activities to provide proprioceptive input and heavy muscle work which can have a calming and organising effect. Activities can include having balls rolled over their backs (gym ball); hot-dogs (rolling child up tightly in a blanket); massaging hands, feet, arms or legs; weighted blankets; yoga poses.

WHERE CAN I GET SUPPORT?

NHS Lincolnshire's Children's Therapy Services:

Lincolnshirechildrenstherapyservices.nhs.uk

ASPENS

Aspens are working with the NHS, LCC and Lincolnshire Parent Carer Forum to deliver free online support workshops for parents and carers on sensory processing differences throughout the county of Lincolnshire.

<https://www.aspens.org.uk/>

DR GRIFFITHS (EP)

30-minute online video on sensory processing.
[LPS Sensory Challenges Workshop \(youtube.com\)](#)