

SEND NEWSLETTER

SEPTEMBER
2025

Welcome back!

Where did the summer go? I hope you had a restful time ready for another busy school year. A special welcome to all our new starters who have joined us.

OUR SEND TEAM

My name is Miss O'Dwyer and I am the SENCo for our school. I am responsible for the provision for our pupils with SEND, as well as those with medical conditions.



These SEND newsletters will be sent to all families three times per year, and hopefully will be informative for all parents.

Class teachers are usually your first contact to discuss anything SEND, but I can also help.

You can contact me via the office or via email: senco@ls.keystonemat.org

Mrs Rouse is our SEND administrator.

She will be contacting parents of pupils with asthma cards and health care plans over the coming weeks to ensure we're all up to date. She may also contact you if medication has expired.



SEND online

We have a page dedicated to all things SEND on the school website. Here you'll find our SEND policies and links to helpful outside agencies. Our inclusion page also has links to resources.

[SEND page](#)

[Inclusion page](#)

Upcoming dates

Parents' evenings will be held on **Monday 20th and Wednesday 22nd October.**

Your child's individualised targets (called an ISP) will be shared with you via email ahead of these meetings.



ADHD Focus

ADHD

ADHD has been in the news a lot recently, and it can be hard to find more information online without becoming overwhelmed. This page aims to explain more about the condition and where you can find support, if you need it.

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 on the individual, home life and society.


They can be contacted for support on 07483 166 042 or by emailing info@adhdlincs.org


What is ADHD?

ADHD stands for Attention Deficit Hyperactivity Disorder. It's a neurodevelopmental condition that affects how the brain processes attention, activity levels, and impulse control.

Here's a quick breakdown of what it can typically involve:

 **Inattention:** Difficulty focusing, forgetfulness, and being easily distracted.

 **Hyperactivity:** Excessive movement, fidgeting, or restlessness—especially in situations that require calm.

 **Impulsivity:** Acting without thinking, interrupting others, or struggling to wait your turn.

ADHD can show up differently in different people. Some may be mostly inattentive (previously called ADD), while others may be more hyperactive or impulsive— or a mix of all three.

It's often diagnosed in childhood but can continue into adulthood, and many adults only discover they have it later in life.

Medical conditions update

Asthma cards

New asthma cards will be sent home in the first few weeks of term to all children who have an inhaler in school. This includes seasonal asthma.

To help us help your child, please return all asthma cards as soon as possible. Without them, we cannot administer inhalers in school.

Health care plans

Over the year we will continue to review health care plans annually.

If you feel your child has a medical condition which requires daily care in school, please contact Miss O'Dwyer so we can complete a health care plan. This helps all staff working with your child to understand their medical needs.

Health care plans are not required for administering short term prescription medications.

Nut free school

As we have a number of pupils with nut allergies, we are now a nut free school.

If someone has a nut allergy it is not just eating nuts that can cause a severe reaction. Just being touched on the skin or smelling the breath of someone who has had nuts or a product containing nuts can trigger anaphylactic shock (which can cause breathing and swallowing difficulties).

First aid staff in the school are trained to use the Epi-pens (an injection of adrenalin) which is required immediately if this happens.

We ask that you have no nut products in lunch boxes or brought into the school as treats.

Medications

As part of our Trust policy, we can only accept prescribed medications in the original pharmacy packaging, including instructions for administration, dosage and storage (this excludes insulin).

We also need written permission to administer this. Please hand in all medications to the office who will store them securely.