SEND NEWSLETTER

OCTOBER 2026

Welcome!

The summer may seem like a long time ago, but we're so happy to be back working with the children. It's been lovely to see everyone settling so well into their new classes, and to meet all of our new pupils in Reception!

OUR SEND TEAM

Lots of you will already know our SEND team, but the start of the year is always a good time to reintroduce ourselves.
We are here to support you with all things SEND and medical - please do contact us via the school office if we can help with anything.
We may also be in contact with you if any medication is due to expire.



Miss O'Dwyer
Assistant Headteacher and SENCo



Mrs Rouse
SEND adminstrator and ELSA / pastoral TA

ISPs

Teachers are currently updating all Individual Support Plans across the school.
These will be sent out to you via the My Child At School app and you will have the opportunity to discuss them with your child's class teacher at parents' evening.

Our Autumn term parents' evenings are on **Tuesday 20th and Wednesday 21st October,** apart from Year 6 which are on **Tuesday 20th and Thursday 22nd October.**

Stay up to date

Please do take a look at the SEND page on our school website. Here you will find out more about the SEND Team, the SEND related policies and links to further support.

School website

Telephone: 01406 363381

Email: enquiries@ls.keystonemat.org

The importance of sleep

Many parents often ask us questions about sleep. Whether you're experiencing a sleep issue or living with someone who has, it can feel overwhelming if you don't have the right information and support. We all need sleep to function, but sleeping doesn't come with a manual. It can be confusing finding the right information and advice about sleep that you can trust.

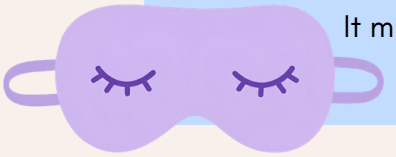
Below are a few suggested strategies that we hope you find helpful.

- Go outside in the morning and expose yourself to natural light
- Try to avoid screens for an hour before bed as the light that is emitted from screens replicates that from the sun, which can keep us awake at night
- Try to do something calming before bed, such as having a warm bath or shower
- Stick to the same sleep schedule, even on weekends
- Make the sleep environment comfortable for sleep, slightly cool, dark and quiet often work best
- Keep the bed for sleep only. Doing things such as video games on the bed can make it harder to sleep at night
- Eat a snack before bed, don't go to bed too hungry or too full
- Have something calming near the bed, if a young person is unable to sleep for a long time, then they can use this tool to calm then return to bed



Top tip

Don't change too much at once.
Instead, monitor the change you make for 2 weeks in a sleep diary.
It might take you a while to find what works best for your child.
Every child is different.



The Sleep Charity

Please find additional support from the Sleep Charity.
The Sleep Charity produces a wide range of evidence-based information on all aspects of sleep, from triggers to treatment.
https://thesleepcharity.org.uk/

