



SFPS SEND NEWSLETTER

Autumn 2023

Dear Parents/Carers,

'Tis the season to be merry and bright! During the festive season, a sense of excitement permeates the school environment as our students actively participate in various activities such as the nativity play, Christmas crafts, and celebratory events. Through meticulous planning and thoughtful consideration, we've endeavoured to ensure that the recent weeks have been not only enjoyable but also accessible for all. Our efforts include the provision of breakout spaces, scheduled movement breaks, utilisation of sensory aids to address sensory needs and emotions, implementation of visual timetables, and pre-tutoring initiatives. This comprehensive approach aims to create an inclusive and enriching experience for every child in our school community.

In November, we warmly welcomed Rowan Bale, our new Speech and Language link worker, to the school. Rowan will play a crucial role in supporting the development of speech and language in specific children, complementing the efforts of our Educational Psychologist and Communication and Autism worker. Beyond individual support, Rowan will contribute to whole-school development by conducting classroom visits and reviewing our existing provisions dedicated to enhancing speech and language development. Stay tuned for updates as we continually strive to enhance our support.

After reflecting on valuable feedback received after the workshop led by Simon Currigan, we are excited to announce enhancements to our parent support. In addition to the originally scheduled workshops, which focus specifically on supporting parents in managing challenging behavior, we will now be introducing standalone SEND (Special Educational Needs and Disabilities) parent workshops.

These dedicated SEND workshops will provide comprehensive strategies and information tailored to address the unique needs of parents navigating the realm of Special Educational Needs and Disabilities. They will also provide a platform for parents to meet and share their experiences. The initial behaviour workshops will proceed as planned for parents seeking support in managing challenging behaviour.

Stay tuned for upcoming dates, as we continue to expand our provision to better meet the diverse needs of our parent community. We appreciate your ongoing engagement and look forward to providing valuable insights and support to all parents.

Coming Soon...

Coffee Mornings and Drop In Spring Term

Come and meet the external agencies that work with school TBC

Behaviour Workshops
15.1.23
5.2.23
4.3.23
15.4.23

Have a wonderful Christmas and happy new year.

Miss Hurved

Managing Anxiety

For all the fun and festivities it brings, the Christmas holiday also represents a break in routine, which can have an effect on a child's emotions.

1. Check in with your child

Talk to your child and identify what they look forward to the most about Christmas. Find out if there's anything they are worried about or would like to do differently this year. We know that talking to your child about how they're feeling can be hard. So in the lead-up to the holidays, you could take 20 minutes with your child to do an activity you'll both enjoy. This can create a relaxed space to start that conversation.

2. Plan ahead

Plan to spend time together, but – crucially – plan for each of you to have time to yourselves, whether that's through separate activities or having some unstructured down time.

For children whose parents are separated, they may worry about split loyalties and may feel very anxious if asked to make a decision about which parent to spend Christmas day with. It is often really helpful for the adults concerned to make a joint decision together, relay the decision and then work on how to make those plans work for everyone.

3. Discuss plans for time with extended family

If you are planning to spend time with extended family, check out how your child feels about this. Think about how you can make this time the least stressful together – that could be by agreeing minimum lengths of time or where your visits and meet-ups take place.

4. Understand their needs

It can be hard, but understanding what each of you in the family needs is crucial to reducing stress and the risk of family arguments. Do some need more sleep than others? More space and time alone? Understanding what matters to each individual in the family, and then planning ahead, is the key to reducing anxiety.

5. Get out of the house

Make sure everyone gets out of the house regularly, even if it's for a brisk walk around the block. During the holidays, the sense of cabin fever and everyone being stuck indoors for a few days can cause tensions to rise.

6. Do what's best for you

At this time of year, there's a lot of talk about the 'perfect Christmas'. But when it comes down to it, you know your child the best. Make decisions that suit you, even if this means doing things differently. That way you'll have a Christmas that's perfect for you and your family.

Click on the links below to view a variety of books that can help children with anxiety

[Wemberly Worried by Kevin Henkes](#)

[When My Worries Get Too Big by Kari Dunn Buron](#)

[Worry Says What? by Allison Edwards & Ayesha L Rubio](#)

[The Bear Who Lost His Sleep by Jessica Lamb-Shapiro](#)

[What to Do When You Worry Too Much by Dawn Huebner & Bonnie Matthews](#)

[Wilma Jean the Worry Machine by Julia Cook](#)

[What to Do When You're Scared and Worried: a Guide for Kids by James J. Crist](#)

[Jack's Worry by Sam Zuppardi](#)

[Angry Octopus: Children Learn How to Control Anger, Reduce Stress and Fall Asleep Faster by Lori Light](#)

[Anxious Little Pishy by Brittany Joseph](#)

[Bubble Riding a Relaxation Story by Lori Light](#)

