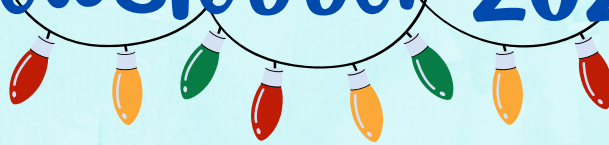




Autumn SEND newsletter 2022



SEND at Queens

SEND reviews

Just before the holidays, parents of children on the SEN register were invited to review targets. Thank you to those of you who were able to attend. Feedback has been very positive around our changes to make these meetings more collaborative. The reviews will be sent out next week, so for those who were unable to attend, you will have the opportunity to comment and send back your feedback.

Parent Coffee Mornings

In November, I hosted the first of our half termly SEND coffee mornings. Those who attended found it really useful to see that they weren't alone out there. We also discussed what future agendas of the coffee mornings will be and what parents would like to see in the SEND section of the website. I'm currently looking into outside agencies/speakers coming in to talk to parents about the following areas of SEND:

- Autism
- De-escalation strategies
- Anxiety
- Sensory needs

These will be on a Tuesday morning, straight after the drop off. Anyone is welcome to attend, your child does not have to be on the SEND register.

Website

The SEND area of the website will be updated in early Spring to include lots of resources and links to the different areas of SEND.

Link to Warwickshire's SEND Local Offer: www.warwickshire.gov.uk/send



This half term's topic is around sensory needs

What is a sensory need?

When a child has difficulties receiving and/or responding to information from their senses. They struggle to manage and cope with anything that triggers their sense(s) in a certain way (this can be unique to the child). The senses affected could be sound, light, touch, taste, smell or temperature. There are 8 official sensory areas which children could have over-sensitivity or under-sensitivity responses to. These are:

Proprioceptive needs - awareness of where your body is in space.

Vestibular needs - our balance and movement, including visual-spatial awareness and organisation.

Visual needs - visual stimulation including lights, colours and eye contact

Olfactory needs - this is reactions to smells and can affect diet. These children can often smell smells strongly that often go unnoticed by others.

Tactile needs - textures, children will often avoid certain textures or have an uncontrollable need to touch everything.

Auditory needs - this hearing sensory need can be one extreme to another and seems to be the most common in school currently. Children either struggle with certain noises or volume or need extreme volumes.

Oral needs - these children often like to bite or chew, be a picky eater and struggle to brush their teeth.

Interoceptive needs - these are more internal sensations and the feelings that come with them. These are your children who will often have meltdowns for no reason. They often can't associate feelings of being hungry, thirsty, hot, cold or pain with the physical sensations.

The following pages list some top tips for outings and family events at home, including present giving.

I hope you find the information useful.

Here are some tips for parents to be aware of:

Sensory tip 1 - PREPARATION

Be prepared in advanced. Make sure changes to routine, visitors or visits are shared with your child as soon as possible and as regularly as possible. Maybe a visual calendar might help. Talking to children about the experiences and what to expect will help and might be the difference between an ok, smooth day and a big melt down.

Sensory tip 2 - TRIGGERS

Know your child's triggers. With this you can plan to avoid or reduce those sensory sensations. You can have regulation strategies to prepare and use during the experience. It is also a good idea to let your visiting family and friends know before you meet so they are aware, can prepare to react and support in the right way to help not increase the meltdown or dysregulation.

Sensory tip 3 - LENGTH, SIZE and CROWDS

Consider the length, size and venue for your planned events. You know your child and what they can or cannot cope with so keep that consistent. Lots of places have started to do low arousal shopping experience or SEND events, would these be helpful? Limit time with other people or at places.

Sensory tip 4 - REGULATE, REGULATE, REGULATE.

Remember to regulate before, during and after events and situations. What helps to get them and keep them calmer? How can this be transferred into your planned activities? Plan them into your events and activities and make sure you have it available.

Sensory tip 5 - NEW FOODS = NEW TEXTURES

A meal out is usually different to normal dinners. If your child struggles with tastes and textures can you add these in the build up to your meal out? If not, consider what they do eat, plan ahead so that it doesn't become a negative experience.

Sensory tip 6 - NEW ACTIVITIES

Prepare your child for new things e.g. hotels, plane and train rides, a new town etc. Look at videos online, explore the website, have a plan, remember the other tips too.