



Issue no. 5

# SEND Newsletter

Your termly newsletter about our school!

## Welcome back to school!

We hope everyone had a restful break and we look forward to a busy and eventful final term ahead! Where has this year gone?

## Did you know?

It is believed that Albert Einstein, Isaac Newton and Bill Gates have Autism, as all display traits of ASD.

## In this term's newsletter

- Get to know...  
Miss Cavanagh
- Strategies to survive the summer
- Share a book
- Swimming
- Local SEND activities
- Dates for the diary

## Dates for the diary

- Wednesday 26th June from 13:30 - Provision Family Picnic & Sports Afternoon for Squirrels, Otters and Foxes
- Friday 19th July - Last day of term
- Wednesday 4th September Back to School

## Contact our SEND team

 01582 359412

 [sendteam@surreystreetprimary.com](mailto:sendteam@surreystreetprimary.com)



## Local Activities

**BETTER**

SEND Swimming With Better At Better, they believe that swimming is for everyone, no matter what your support and access needs are.

That's why they offer a range of SEND swimming lessons at many of our pools and leisure centres.

From 1:1 sessions for those who need extra help to group classes for more confident swimmers!

[www.better.org.uk](http://www.better.org.uk)



## Meet the Staff...



Who: Miss Deborah Cavanagh

Job title: Squirrels Class Teacher

Describe your role: I'm the teacher for the KSI Provision Class - Squirrels.

How long have you worked at SSPS?

Since 2016. I started off doing supply in KSI, moved to Reception and then set up the Nursery.

What do you think makes you the best person for the job?

I am passionate about making sure all children reach their potential and I love the challenge of working out how to make that happen. I'm pretty patient and I love making a mess!!!

What do you like doing in your free time?

As all the children know, I am always singing and in my spare time, I like to sing on the stage in musicals, pantomimes and concerts. I also love going to the theatre and eating out.

## Reading at home

Reading should be a fun, relaxing activity that children can do anywhere. At home, at school, on a train/bus/car etc. However, some children, including those with special or additional educational needs (autism, dyslexia and ADHD) can find reading challenging.

This is especially true if their phonics skills, such as segmenting and blending words were not secured in the early years of their life.

Children with SEN, including those with autism, ADHD and dyslexia are often very visual learners. When reading with your child, start with books that they are interested in and that have lots of colourful pictures. Use the pictures to support their understanding and talk about what is going on in the picture before you begin with the text. This will provide children with the context and can help them predict the words in the text.

### Tips for a successful read

- Choose a book that is appropriate for the child's level of development and interests. (The Book Trust has a search facility which allows you to search for books according to stage and topic.)
- As much as practically possible, remove distractions, particularly background noise such as music
- Share a book wherever the child is comfortable,
- Don't bombard the child with lots of questions, instead comment on the pictures and allow pauses for them to comment or make sounds - sharing books should be additional talking time for the child, not just the adult.
- Don't read for too long, little and often is best.
- If you would like further tips and book recommendations, then please help yourself to a Surrey Street Primary School reading booklet in reception.





## Tips for



### Surviving the Summer holidays with a SEND child

Summer holidays with a SEND child can be challenging. You need to be well-prepared and have a plan in place to ensure a smooth and enjoyable experience for both you and your child. Repetitively discuss dates and the specific activities in order to mentally prepare your child so they know what to expect. Preparing your child for change is key especially those with ASD who depend upon their routines. The holidays for most of us are filled with changes and differences, even in everyday routines. The loss of even the normal school schedule is typically enough to cause problems for many children. Creating social stories that discuss upcoming activities and how to behave during these changes, can help decrease stress levels for your child. Using visual timetables is also highly beneficial.

#### Be Prepared

It is important to maintain regular routines and schedules as much as possible, even if you are travelling. These may include mealtimes, bedtime routines, hygiene schedules, and many others. As most children with SEND needs have sensory issues and are picky eaters, try to have the same foods available. This will provide some "sameness" and comfort. Also, have your child's favourite sensory objects or toys available.

#### Maintain reasonable expectations.

Your child is likely to have some meltdowns or tantrums related to changes and stressors inherent to the holidays. Understand that the importance of the holiday for your child is that he/she enjoys it and not that he/she enjoys it in the same exact way everyone else enjoys the holiday. Be patient and understanding, remember that your child may need extra support during this time, practice patience and try to remain calm in challenging situations.

#### Stay active

Engage in outdoor activities to keep them stimulated, take walks in the park or play sports together, encourage physical exercise to release energy. Swimming or cycling can be great options. Offer praise and positive reinforcement for their efforts. Celebrate small victories and accomplishments.

#### Support

When the going gets tough seek support from others! Connect with other parents of SEND children for advice and support, join online forums or support groups for guidance and most importantly, don't be afraid to ask for help when necessary!

Surviving the summer holidays with a SEND child is possible with proper planning, patience, and support. By taking proactive steps and staying positive, you can make the most of this time with your child and create lasting memories.





# LET'S GO SWIMMIN'8

Some of you may be aware that we take one of our provision classes Foxes swimming once a week. It has been amazing seeing the children grow and develop their confidence. Looking back at the first few weeks the majority of children refused to get into the water. However, thanks to the patience and determination of all the staff that attend with Foxes, EVERY single child going now goes into the water and thoroughly enjoys their swimming sessions. It would be amazing if you could take your child swimming at the weekends or in the holidays. Please see the front page for further details for SEN friendly swimming sessions.

## L.O.A.F



Loads of Autistic Fun (or L.O.A.F. for short) is a Saturday morning activity group which the whole family can attend. It runs fortnightly during term time from 10am to 1pm and provides an inclusive environment where all children up to age 12 (those with autism and their siblings) and their parents/carers are welcome and supported by trained staff and volunteers.

LOAF provides a place where autistic children and their families can feel comfortable, accepted and valued.

It is a calm, supportive environment that enables the children to feel safe, join in and not be judged if they don't. The first session would be free but the usual cost is £10 per family.

After the first visit, families will need to become members of Autism Bedfordshire to be able to attend further LOAF sessions.

Currently LOAF is at 4 venues throughout the county:

1. Bedford - Wootton Lower School, Harris Way, Wootton, Beds, MK43 9BX
2. Biggleswade - Ivel Valley Special School, Hitchmead Road, Biggleswade, SG18 ONL
3. Leighton Buzzard - The Rushmere Park Academy, East Street, Leighton Buzzard LU7 IEW
4. Luton - Pastures Way Nursery School, Pastures Way, Luton, LU4 OPE

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*"All kids need is  
a little help,  
a little hope,  
and someone  
who believes in them."*