

SEND & PASTORAL / WELLBEING SUPPORT - 21.09.20

Dear All,

I hope you and your families are well in these difficult and challenging times. I wanted to let you know of further resources and interventions that may accompany or support your child's classwork that has already been set for them over the next fortnight. If you are unsure of how to differentiate your child's work further, please do not hesitate to get in touch with their Class Teacher and /or myself so that we can fully support you at this time.

Many thanks and kind regards,

Nicky Olsen / SENCO & Pastoral Team

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Support for pupils with ASD	https://www.nhs.uk/conditions/autism/support/
Useful websites	https://www.autism.org.uk/ https://www.ambitiousaboutautism.org.uk/information-about-autism/education
Useful tips	<ul style="list-style-type: none">• Children with Autism need structure and routine. You can help by using visual timetables to let them see what is happening at each step of the day, so they know in advance what they will be doing next. This will relieve some of their anxiety. This website has some great examples of visual supports, linked to timetables and daily routine cards : https://www.autism.org.uk/advice-and-guidance/topics/communication/communication-tools/visual-supports Also you can create a free account at twinkl to access further visual timetables : https://www.twinkl.co.uk/resource/t-c-081-visual-timetable-for-home-1• You might want to set a specific place for your child to complete their work. At school they may use timers and visual support to help them break down their work into smaller achievable steps. The use of 'first....then' cards can help in sequencing work too. If their normal way of working is by using a laptop or 'scribe,' you can continue this at home• If you need to talk about the Coronavirus to your child, there is a good social story to be found on : www.THEAUTISMEDUCATOR.IE by Amanda Guinness (found under the heading/ Autism then resources). Another good story can be found on the ELSA website : https://www.elsa-support.co.uk/wp-content/uploads/2020/03/Story-about-Coronavirus.pdf• If your child needs support with emotional resilience, the 5-point scale may be used to support children with managing their emotions : https://www.5pointscale.com/• Social stories and comic strip cartoons can help children understand different situations and perspectives and address inappropriate behaviour : https://www.autism.org.uk/about/strategies/social-stories-comic-strips.aspx

	<ul style="list-style-type: none"> • If you need to support your child’s Sensory needs, the following website is full of useful ideas : https://inclusiveteach.com/2020/03/20/150-sensory-learning-idea • Mind mapping, is also a helpful tool to support your child structuring and developing written work : https://kidengage.com/blog/2019/02/mind-mapping-for-children-how-to-teach-children-to-use-mind-maps/
Support for pupils with ADHD Useful websites	https://www.adhdfoundation.org.uk/information/parents/ http://www.adders.org/resources.htm https://youngminds.org.uk/media/3671/adhd-updated-dec-2019.pdf
Useful tips	<ul style="list-style-type: none"> • Routines and structure can help support your child. You could create a quiet space for them to learn with no distractions, use positive praise, clear boundaries and set up a reward system. The 5-point plan as discussed above can support with any frustrations that your child may have throughout the day • Sensory toys / equipment is useful to support concentration- use as needed and let you child have plenty of have natural breaks between working • Ask them to do one task at a time and chunk it down into small achievable steps • Provide checklists or visual timetables to support organisation (as described above) • Mind mapping is very important in helping children break down their work and sequence their writing : https://kidengage.com/blog/2019/02/mind-mapping-for-children-how-to-teach-children-to-use-mind-maps/ • Provide lots of opportunities for exercise, movement and relaxation : https://www.youtube.com/user/CosmicKidsYoga
Support for pupils with Dyslexia Useful websites	https://www.bdadyslexia.org.uk/advice/children/how-can-i-support-my-child https://www.understood.org/en/school-learning/learning-at-home/homework-study-skills/8-working-memory-boosters https://childmind.org/article/understanding-dyslexia/ https://dyslexia-assist.org.uk/for-parents/what-can-i-do-at-home-to-help-my-child/
Useful tips	<ul style="list-style-type: none"> • Allow children to use a word processor to complete some written tasks. This highlights spelling errors and offers alternatives. If they can’t type, encourage them to learn, so that they are able to use a word processor with more speed and fluency. You could also ‘scribe’ some of their work for them, so that they don’t feel overwhelmed by the task : https://www.bbc.co.uk/bitesize/topics/zf2f9j6/articles/z3c6tfr • Memory games are available on : https://www.weareteachers.com/working-memory/

	<ul style="list-style-type: none"> • Some children may access age related audiobooks to develop their love of reading. This will develop their vocabulary and comprehension, without them even realising that they are learning : https://stories.audible.com/start-listen • Paired reading. Encourage children to read one page and you read the next. Read some books to them for pleasure and invite them to read a section if they want to, this will help develop their love of books and stories • This website is useful in showing how to use mind mapping, when structuring and developing written work : https://kidengage.com/blog/2019/02/mind-mapping-for-children-how-to-teach-children-to-use-mind-maps/
Support for pupils with Dyspraxia Useful websites	<p>https://dyspraxiafoundation.org.uk/</p> <p>https://dyspraxiafoundation.org.uk/wp-content/uploads/2013/10/classroomguidelines.pdf</p>
Useful tips	<ul style="list-style-type: none"> • A word processor may be used to complete some written tasks. If they can't type, encourage them to learn, so that they are able to use a Word Processor with more speed and fluency. Pupils may need to finish one task at a time : https://www.bbc.co.uk/bitesize/topics/zf2f9j6/articles/z3c6tfr • Offer routines and structure and create a quiet space for them to learn with no distractions. Checklists and visual timetables could be useful and natural breaks could be helpful too • Give them something to fiddle with whilst you are talking to them or if you want them to focus. It can also be helpful to let them move around whilst they listen • Help your children develop their fine and gross motor skills and core stability https://www.lincolnshirecommunityhealthservices.nhs.uk/application/files/2915/2285/5110/1st_Move.pdf
Support for pupils with Dyscalculia Useful websites	<p>https://www.sess.ie/categories/specific-learning-disabilities/dyscalculia/tips-learning-and-teaching</p> <p>https://www.bdadyslexia.org.uk/dyslexia/neurodiversity-and-co-occurring-differences/dyscalculia-and-maths-difficulties</p>
Useful tips	<ul style="list-style-type: none"> • Your child may need to concentrate on one problem at a time • Using lots of visual and physical resources that the children can move around may help with developing understanding • You could Include children in supporting you with everyday maths problems e.g. cooking, measuring, money etc. • Some good websites to support include : https://blog.brainbalancecenters.com/2016/02/5-strategies-for-managing-dyscalculia https://www.understood.org/en/school-learning/partnering-with-childs-school/instructional-strategies/at-a-glance-classroom-accommodations-for-dyscalculia

<p>Support for pupils with Speech and Language needs</p> <p>Useful websites</p>	<p>https://www.lincolnshirecommunityhealthservices.nhs.uk/our-services/childrens-services/childrens-therapy-services/first-call</p> <p>https://www.thecommunicationtrust.org.uk/resources/resources/resources-for-parents/</p> <p>https://ican.org.uk/i-cans-talking-point/parents/</p> <p>https://chatterpack.net/blogs/blog/list-of-free-speech-language-communication-and-send-resources-for-schools-and-parent-carers</p> <p>https://cdn.shopify.com/s/files/1/0088/6797/1123/files/ChatterPack - Building vocabulary.pdf?242</p>
<p>Useful tips</p>	<p>Speech Sounds</p> <ul style="list-style-type: none"> • Model speech to the children by repeating words back to them correctly <p>Understanding</p> <ul style="list-style-type: none"> • Give children time to process what you have asked and respond • Use simple language and break instructions down into smaller steps • Encourage children to answer questions, such as who, what, where, when and why? when reading their books. Encourage them to tell you the story in their own words <p>Expression</p> <ul style="list-style-type: none"> • Talk about all your experiences in detail, teaching new vocabulary all the time • Discuss vocabulary in books, making sure the children understand the meaning of tricky words <p>Social Communication</p> <ul style="list-style-type: none"> • Play lots of games with your child to encourage social skills, such as taking turns and winning and losing • Use a visual timetable and visual aids to provide structure and routines and continue to work on Speech and Language targets set by the Speech and Language Therapist (if already seen)
<p>Support for our Young Carers</p> <p>Useful websites</p>	<p>https://www.carersuk.org/help-and-advice/health/looking-after-your-health/coronavirus-covid-19</p> <p>https://www.gov.uk/government/publications/young-carers-and-young-adult-carers-providing-care-during-coronavirus</p> <p>https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/897433/COVID-19_Young_Carers_Easy_Read_Guidance.pdf</p>
<p>Useful tips</p>	<ul style="list-style-type: none"> • The above guidance aims to help Young Carers to understand COVID-19. It includes support and can signpost them to relevant information, support and

	<p>advice. It also looks at practical ways young carers can look after their own well-being</p> <ul style="list-style-type: none"> • The guidance is also helpful for those who provide services to support young carers or young adult carers such as those who work in education, young carer support workers, charities, and local councils • The guidance covers six main areas including: <ul style="list-style-type: none"> · Understanding Coronavirus: what you need to know to stop coronavirus spreading · Practical advice and support: what you can do to prepare, who to talk to and what to do if you think someone you know has coronavirus · Managing money & benefits, food & medication: what you need to know · School and education: studying at home, resources to help, contact with school · Young adult carers: how to continue to support your family when you are not living at home · Staying well & keeping safe: looking after your feelings and your body and staying safe on the internet
<p>Social, Emotional and Mental Health Support</p> <p>Useful websites</p>	<p>https://www.lpft.nhs.uk/young-people/lincoln/healthy-minds-lincolnshire</p> <p>Information for parents of how to support children though COVID19 https://www.who.int/docs/default-source/coronaviruse/helping-children-cope-with-stress-print.pdf?sfvrsn=f3a063ff_2</p> <p>Young Minds - Talking to your child about Coronavirus and 10 tips from their Parents Helpline to support family wellbeing: https://youngminds.org.uk/blog/talking-to-your-child-about-coronavirus/</p> <p>Mindful and relaxation exercises that parents can do with younger children to help with managing anxiety : https://www.youtube.com/user/CosmicKidsYoga https://www.headspace.com/meditation/kids</p>
<p>Recent update from the Healthy Minds Team</p>	<p><u>PASTORAL and WELLBEING SUPPORT</u></p> <p><u>Virtual Workshops</u></p> <p>The following workshops are being run on various dates between September and December, online via Webex and can be booked onto via Eventbrite:</p> <ul style="list-style-type: none"> • Improving a young person’s wellbeing (Primary) for Parents/Carers • Improving a young person’s wellbeing (Secondary) for Parents/Carers • Secondary Self-Esteem (Ages 11-16) • Secondary Emotional Wellbeing (Ages 11-16) • Parent/Carers Supporting Children with Anxiety and Additional Needs - two session online event. (This event is a ‘Support Club’ and requires content to be completed prior to access. Please read the information on Eventbrite for further details)

The team will be releasing tickets on a monthly basis, so keep an eye out on the Eventbrite page for dates and times. More information can be found on the website: <https://www.lpft.nhs.uk/young-people/lincolnshire/whats-new/healthy-minds-lincolnshire-upcoming-online-workshops>

The Eventbrite page can be accessed via this link: <https://www.eventbrite.co.uk/o/healthy-minds-lincolnshire-20000004846>

Pre-recorded online workshops

Just a reminder that Healthy Minds have also have created several online recorded workshops for both young people and parents on a variety of concerns. These can be accessed via their website <https://www.lpft.nhs.uk/young-people/online-workshops>. In the coming weeks they will be adding a 'Managing angry feelings workshop' suitable for primary aged children, with the support of an adult

Of course as always, if you have concerns about a child or young person's emotional wellbeing please contact the team on the Here4You line which is operational as normal on 01522 309120 (available Monday to Friday 09.30 – 16.30). Alternatively, please visit <https://www.lpft.nhs.uk/young-people/lincolnshire/home> where you can find useful information and self-help advice