

# THINGS TO DO

A weekly newsletter from SEND Supported



ISSUE 8

11<sup>th</sup> May 2020

One of the things we have seen all over the world is that kindness continues to prevail during this uncertain time. People are continuing to set up groups to offer support to the elderly or vulnerable such as collecting groceries or calling for a chat. The added benefit of helping others is that it can help reduce stress and improve our emotional wellbeing. In short: doing good does you good.

We hope that you are continuing to find our newsletters helpful. As lockdown eases, we will have an increasing focus on supporting children and young people to successfully transition back into school.

Warmest wishes and please keep safe.

Joanna and team



## EMOTIONAL WELLBEING - Kate Griffiths

Following on from last week's newsletter highlighting Professor Barry Carpenter's thoughts around the 'Recovery Curriculum' schools may be interested in the following by [Schudio TV](#):

A series of short videos with supporting worksheets that is going to be added to over the weeks – although the focus is ASC it'll likely be useful for a lot of students with SEND and could also be used in supporting Yr6-7 transition which is becoming a focus for schools now.

The following has been shared across all Birmingham Schools with the recommendation that it is referenced with secondary pupils as a way of reassuring them about the dangers of COVID-19 especially those students who are drawn towards [figures and statistics](#) to help them understand the world.



## AUTISM - Jules McLean

As previously mentioned, here is more information from [Schudio TV](#): 'Preparing Autistic & SEND Children for going back to school' is a free online course and has received excellent feedback to date. It offers practical help and resources to help you prepare your Autistic and SEND children to go back to school when the time comes.

National Autistic Society have issued social stories on the importance of keeping healthy, maintaining social distance and staying at home. Download Jules' folder from THINGS TO DO ssue 8 – RESOURCES.

[Sensory Stuck at Home](#) is a Facebook page where parents of autistic children share ideas of activities to do in the house.

Life at home during Covid-19 e-book is a free download see the [Autism Awareness Centre](#)

---



### **LEARNING - Clair Cole**

[SKIP \(Skills, Knowledge, Improve, Practice\) for Early Years Educators](#) are providing a booklet to support families in providing fun and engaging home learning opportunities. The guide aims to help parents understand more about their child's development. 'Engaging in fun experiences with your child could ease potential tension at home whilst enabling your child to be ready for their return to nursery or starting school in the future'. The guide also provides advice specific to the current situation including parenting tips, managing anxiety and helping children to develop positive personal hygiene routines.

The Education Endowment Foundation (EEF) have provided ideas for both schools and parents. Two really good resources for parents '7 top tips to support reading at home' and 'Reading with TRUST' are saved in Clair Coles' resources folder in [THINGS TO DO Issue 8 - RESOURCES](#). They give excellent advice for parents on what to read and how to read with their children. Here also is the EEF's [checklist for schools](#) to use when designing ways for parents to support their child's home learning. For further ideas go to the [Education Endowment Foundation](#) website.

[NRICH](#) provides thousands of free online maths resources for ages 3 to 18, covering all stages of early years, primary and secondary school education - completely free and available to all. They have selected some of their favourite activities and games from the NRICH collection that are ideal for working on at home without a teacher.

---



### **FAMILY & CHILDREN AT HOME - Clare Viney**

Children and Family Support are offering free parenting and behaviour advice through a 'phone line. Parenting programmes and workshops are also available. Find the Children and Family Support poster here in [THINGS TO DO Issue 8 - RESOURCES](#).



**TIME4HOPE**

Time4Hope are offering free Telephone counselling (10 sessions each) for parents who have children/young people with additional needs. The criteria are parents must live in Warwickshire or Coventry.

Please do not hesitate to call Nilam on 07761 398041 or email [time4hope@btinternet.com](mailto:time4hope@btinternet.com) for further information.

[Watch a koala at Edinburgh Zoo!](#)

[Free online courses](#) to help build parents' confidence.

And a recipe booklet from the [Happy Egg Company](#)



## Heart-warming good news stories



A [FedEx delivery man](#) in Indiana realised that it was this little girl's birthday and brought her some ice cream cupcakes so she could still celebrate even though she couldn't see her friends.



Many zoos are closed due COVID-19, and [these penguins](#) from the Shedd Aquarium in Chicago have been allowed to go wondering since there are no visitors!

See these wonderful examples of things to do at home shared by local families.

Why not plan a themed event for your family around a story such as Alice in Wonderland or favourite superheroes? This Mexican themed event was organised and enjoyed by a local



Warwick family.



If you would like to connect with other families of children or young people with SEND, please email [enquiries@sendsupported.com](mailto:enquiries@sendsupported.com) to join the weekly, online Parent 'Drop-ins' running daytime and evenings.



[www.sendsupported.com](http://www.sendsupported.com)  
[enquiries@sendsupported.com](mailto:enquiries@sendsupported.com)  
07718 299749  
[@SendSupported](https://twitter.com/SendSupported)



Joanna Burden  
Editor



Amélie Sartain  
Design