

THINGS TO DO

A weekly newsletter from SEND Supported



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18th

Since the government's recent announcement, all schools are now focused on considering how they might best start to re-open in the safest possible way. In this week's newsletter we will begin to provide resources and links which guide adults and support children and young people with their transition into school, and consider those who will be moving on to different settings come the autumn term.

It's easy in times of danger to be so concerned with protecting our children that we can sometimes treat them as passive and vulnerable, which doesn't then make them feel safe. It is important to provide children with age-appropriate ways to make them feel active and capable during the pandemic whilst not breaching any of the social-distancing rules. This in turn will help their eventual return to school. Activities such as driveway art are helpful in providing a message to children that they can cope with what is happening and they are also contributing to others in their community by lifting people's spirits and making a connection.

Warmest wishes and please keep safe.

Joanna and team



EMOTIONAL WELLBEING - Kate Griffiths

Following on from the Government's announcement that schools will begin to prepare to welcome pupils back I thought it would be useful to share the managing unexpected endings and transitions from the [Anna Freud Institute](#).

In it they look at what the evidence tells us about unplanned endings and transitions. They also include a list of approaches to help children and young people who may be feeling a sense of loss as they face up to changes that they may not have been able to process. Also available on their website is a recording of a [live Q&A](#) about unexpected

endings and transitions which has lots of ideas and examples from schools and practitioners as they prepare for their schools to reopen.

AUTISM - Jules McLean



Reachout ASC have used Widgeit Software to create resources through the lockdown with a collection of free social stories focusing on return to school. Download Jules's folder in [THINGS TO DO Issue 9 - RESOURCES](#).

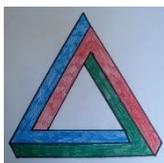
If you have a young person at home who is struggling with anxiety, panic or low mood, you may want to support them in putting together a 'coping box'. Some young people may choose to call it a 'self-soothe' box, a 'calm down' box or a 'hope box'...whichever works best for them. This is an idea recommended by many mental health professionals as a tool young people can turn to when they are overwhelmed by their emotions to help them feel calmer and more in control. The box should contain things that ground the young person, making them feel more relaxed, distracting them from anxious thoughts and evoking positive thoughts or memories. For ideas and examples of boxes that young people have made see this factsheet from the charity [Papyrus](#).



LEARNING - Clair Cole

The focus so far has mainly been on literacy, so this week we turn our attention to Maths. Remember, the key thing with Maths is to make the abstract concepts as visual and hands on as possible. I've been talking to lots of parents who are teaching maths concepts as part of their everyday activities eg: weighing ingredients, playing board games, dividing food eg: a pizza into portions, counting and sorting things in the garden. Here, also, are some websites to take a look at:

[Artful Maths](#) are providing a selection of fully-resourced lessons with a 'mathematical art' theme. These activities will help to reinforce many important mathematical skills and concepts such as measuring, constructing, symmetry, 2D and 3D shapes, while producing some visually stunning results. Activities here for all ages – some are quite challenging and will also require concentration and attention to detail.



Some teachers and parents have been asking about how parents can teach their children to tell the time. Please see Clair Cole's folder in [THINGS TO DO Issue 9 - RESOURCES](#) for ideas.

[Third Space Learning](#) have a wealth of information for schools and parents about all Maths topics including time, with an emphasis on concrete and picture resources.

[Blutick](#) is offering free access to Blutick Premium for teachers, parents and students until at least 1 September 2020. They are covering the Maths curriculum for 11 – 16 year olds. Every topic has a teaching video and a detailed example; pupils then receive feedback as they work through their calculations.



FAMILY & CHILDREN AT HOME - Clare Viney

Warwickshire School Health and Wellbeing Service (WSHWS) have put together a booklet to support both children and parents/carers with the transition from year 6 up to secondary school, during this time. It contains tips and advice, an activity and a preparation checklist, and reiterates that school nurses are here to help when needed. Download Clare Viney's folder in [THINGS TO DO Issue 9 - RESOURCES](#).

'[Good days in unusual times](#)' is a small book of tips for how to take care of yourself and have good days, kindly produced by a talented clinical psychologist and illustrator.

[30 Days Wild](#) is a fun, feel-good challenge run by The Wildlife Trusts every June. Back for its sixth year, it brings people closer to nature where they live, taking small actions that can collectively have a big impact! From little things such as watching a bee from your window or feeding the birds, to giving up single-use plastics for a month ...

A collection of free, curriculum-linked resources to educate and entertain children at home by [Premier League Primary Stars](#)

[SPEECHLINK](#) are also offering free support to parent(s) and carer(s) of children with speech and language difficulties.

In this edition of the [Family Information Service Newsletter](#) you will find information on continuing to keep your children safe at home, advice on how to reduce parental conflicts, how to cope with a crying baby, and much more.

Heart-warming good news stories



12-year-old Cameron has been 3D printing his own PPE, and with the help of the police, had it safely delivered to his grandma's care home 70 miles away in Swindon!



Also, due to the lockdown, the smog over New Delhi in India has lifted a remarkable amount, as you can see from the picture.

(left: October 2019, right: April 2020)

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



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