

# THINGS TO DO

A weekly newsletter from SEND Supported



ISSUE 12

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We hope that everyone is well and families experienced a positive and productive start to the second half of the summer term.

The coronavirus (COVID-19) pandemic has brought many new and unexpected challenges to us all. In the current climate, it is more important than ever that we support our children and young people's mental health and well-being. As schools prepare to see increasing numbers of pupils return, building and nurturing each student's resilience is essential. Mentally Healthy Schools have produced a sixth free toolkit full of useful resources and guidance for school staff, parents and carers.

Find the sixth toolkit in [THINGS TO DO Issue 12 - RESOURCES](#)

Warmest wishes and please keep safe.

Joanna and team



## EMOTIONAL WELLBEING - Kate Griffiths

Schools I've been talking to this week are all saying there is almost too much in the way of guidance, articles and resources to support students to return to school, so I have been aware of this and have tried to sift through and pick out the things that I have found most useful and interesting. (and haven't taken too long to read as I know how busy everyone is at the moment!)

Mary Meredith Head of Inclusion at Lincolnshire County Council has recently written a blog '[Five Ways To Help Children Heal When Schools Reopen](#)'.

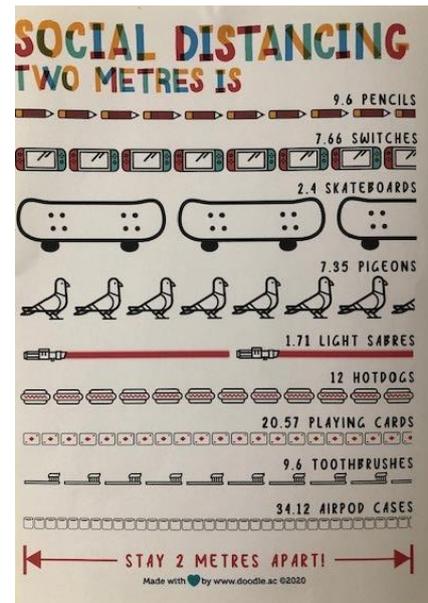
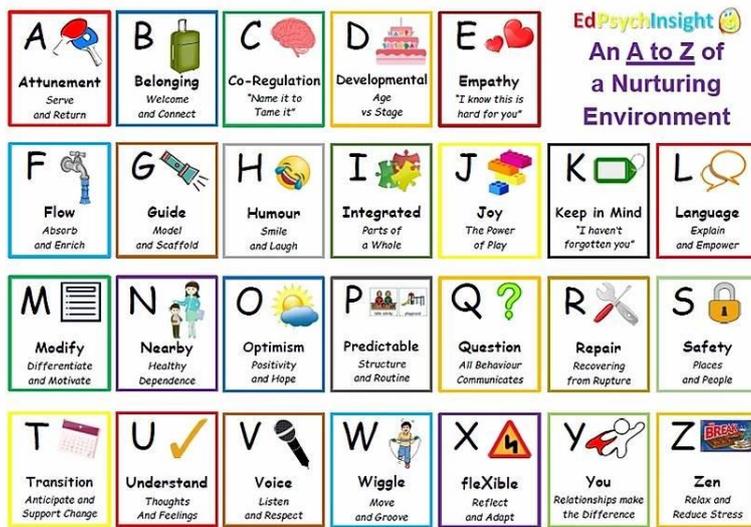
The five areas she looks at are:

1. Holding a formal act of remembrance as a community
2. Placing relationships front and centre and building social capital
3. Identifying and supporting children most in need of social buffering
4. Reaffirming boundaries, rules and routines as safety measures
5. Re-evaluating and reaffirming core values

[Dr Chris Moore](#), an EP from Belfast, has a number of very interesting articles and graphics on his website. A really useful read is his article around using the principles of nurture to help support children back into school from a home under lockdown.



Among the many visuals Dr Moore has is his A-Z of a nurturing classroom which I think is a great reminder to have displayed on the wall.



Another great child friendly visual is Doodle's free 2 meters poster that can be downloaded from [here](#) to display in your classroom.



### LEARNING - Clair Cole

I'm focusing today on the joy of stories and poems.

I've provided links in previous issues to some performance poetry and storytelling but, if you haven't already, please do take a look at 'Kids' Poems and Stories with [Michael Rosen](#), his official video channel. Lots to make you laugh and think!

More great poetry written and performed by [Joseph Coelho](#)

Check out '[Love My Books](#)' who provide a wealth of ideas and activities including weblinks and video links

Some children might enjoy learning how to draw illustrations for books. The following authors have made videos demonstrating how to draw the characters from their stories:

[Nick Sharratt](#)

[Ed Vere](#)

[Lydia Monks](#)

[Sarah McIntyre](#)

Finally, [Read Successfully](#) are offering a 20% discount on their trugs (teach reading using games) products throughout June. If schools don't already have these reading games, now would be a good time to take a look at these excellent resources which are a fun way to develop reading skills.



## AUTISM - Jules McLean

Resources for Parents from [Yes Futures](#)

Learning doesn't only happen in the classroom. We learn some of the most important life skills at home and from other experiences. In order to be happy, successful and fulfil their personal potential, young people need confidence, resilience, communication and self-awareness. Take a look at the helpful resources which include a positivity calendar, wellbeing workout, mindful moments, journey planner, learning about strengths, getting to know yourself.



## FAMILY & CHILDREN AT HOME - Clare Viney

Reading with your child, sharing stories, and encouraging imagination: Picking up a book and reading with your young child can be a very warm and loving experience. While you have their undying attention as they anticipate the next part of the story, it is a lovely way of strengthening the bond between a parent and their child and can help them become a reader for life. Read [Top Tips for sharing books with your children.](#)

Chapters 1 and 2 of J.K. Rowling's new story [The Ickabog](#) have arrived!



## Homeschool History

Fun history lessons for all the family, presented by Horrible Histories' Greg Jenner. Full of facts and jokes, the series brings to life a broad range of historical topics.

Stratford District and Children Family Centre are running a range of activities throughout next. To find out more see the poster in [THINGS TO DO Issue 12 - RESOURCES](#)

## Keeping Children Safe During Lockdown and Beyond

The Child Accident Prevention Trust (CAPT) is reaching out to families feeling the pressure during lockdown to highlight easy wins that can keep children safe with a pack that contains safety top tips, fact sheets and activities to do with children.

## Become involved in Carer's Week

This year, people across the country are continuing to face new challenges as a result of the coronavirus outbreak. Now, more than ever, it's important that we highlight the challenges that the 6.5 million people caring, unpaid, across our nations are facing.

In this edition of the [Family Information Service Newsletter](#) you will find out about Breastfeeding Celebration Week, how to apply for emergency Covid-19 funding in England, supporting your children to learn at home and much more.



## Heart-warming good news stories

Four years ago, this swan was widowed when her partner flew into a building but has recently found a new mate and now has beautiful new cygnets!



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



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



Joanna Burden  
Editor



Amélie Sartain  
Design