

Learning Support News

Keeping parents & carers up-to-date



HERE COMES THE SUMMER!

Mrs Hare (SENDCo), Mrs Roberson (Assistant SENDCo) and TAs.

Everyone's looking forward to the break, right? Right?! As parents, carers and families of children with Special Educational Needs, your feelings may be a little different. The break in routine, the lack of clarity, the additional expense, the worry about getting back into a new school year - particularly if your child struggles with attendance - can all take the shine off these sunny days. For others, this is a really welcome opportunity to throw all care to the wind and really relax. Whatever your style, I hope we can give you some useful information in the next few pages to complement it.

In this edition, you'll find information about the secret three senses you may not know about, and how these may affect people with SEND. We'll also cover executive function skills and give you some pointers to support the people in your life who may struggle with some of them.

We hope you find this newsletter (and those that come in the future) a useful addition to your contact with school, and a helpful resource for supporting your child. If you need to get in touch, our email addresses are: SENCo@meole.co.uk and AssistSENCo@meole.co.uk.



Newsletter Highlights

The 8 Senses

Executive Function Skills

Learning Support Information

Local Support Information



Meole Brace School



An extra THREE SENSES?!

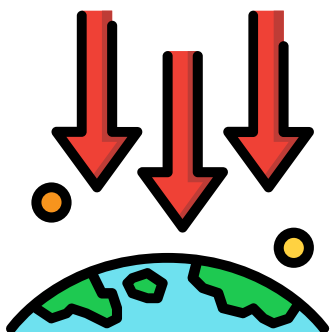
We all know the 'classic' 5 senses - touch, taste, sound, smell, sight. All of these can be involved in 'sensory overload' for students with ASD, ADHD and other neurological differences. But did you know about the other three?

Vestibular

Vestibular is all about motion - spinning, swinging, balancing, tipping, and so on. Do they like to spin in a circle or on a swing? Do they tip their chair or stool? Do they sit 'wonky'? These are all ways for someone to self-regulate, and are really comforting for some people. It can help them to feel safe, calm, balanced. Give them plenty of opportunities to indulge these sensations safely, and they'll be calmer and happier. If things seem to be getting stressful during the break, suggest an activity that will indulge this sense. It may help.



Interoception is all about feelings - what is happy? What is sad? What is hunger? What is thirst? Sometimes, people with a neurodiversity don't recognise their feelings. These can be emotional OR physical. You might find it helpful to prompt them to drink or snack, or to work through an emotions wheel to support better emotional literacy. There are some examples in this newsletter to help.



Proprioception is all about grounding. People with ADHD in particular need 'heavy work' to help them calm and regulate their mood. Jobs like carrying, pushing, lifting, pulling, and so on can be really helpful - and you'll notice a change in mood. Mowing the lawn, loading and pushing a wheelbarrow, stacking bricks, flipping tyres and other jobs that need strength are great to support emotional regulation. Bouncing is good too. In fact, any physical activity will support positive mood. If your child has a tendency to 'sit about' in the holidays, maybe introduce some physical movement and see if you notice a difference.



ZONES OF REGULATION

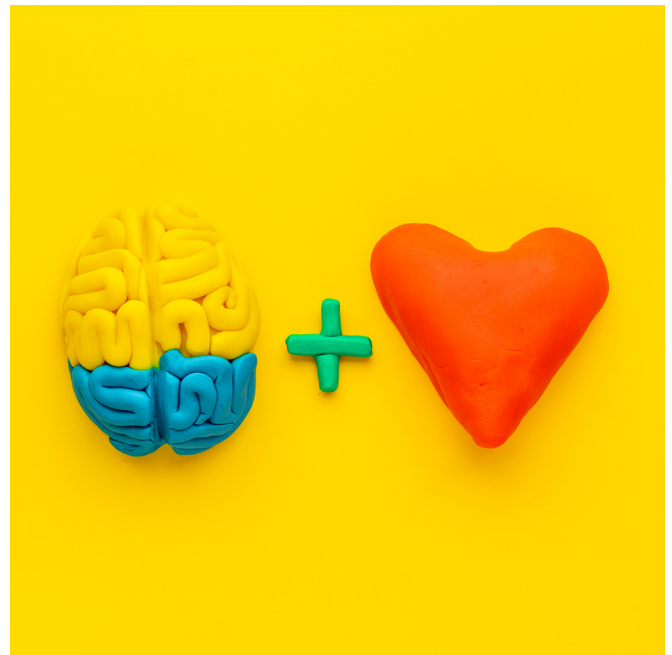


These QR codes will take you to some helpful pages about emotional regulation. There are free printables and advice to support you. Sometimes, it can be hard to recognise or talk about how you feel, or to understand how your actions can make others feel. Zones of regulation can help with this.

EMOTIONAL INTELLIGENCE



These QR codes will take you to some helpful pages about emotional intelligence - how to support it, how to develop it, how to talk about it. There are pages for adults, teens and children on each, so you can find the guidance you need for anyone in your household.

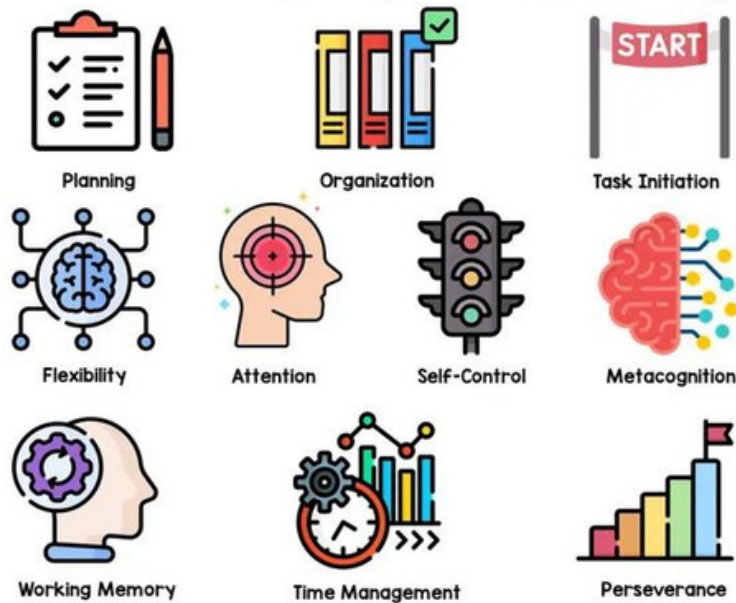


If anxiety is an issue for your teen, there are lots of strategies here to support them. Having some colouring or simple puzzles to hand can help re-regulation and get big feelings back under control. Yoga, pilates or something more fast-paced can help too. If they struggle to talk about it, they can write it, act it out, draw it, film it - anything to explore how they feel.

Turning off your wi-fi at a set time every evening (ideally not too late) will relieve a lot of tension after the initial panic! It's amazing how much being online interferes with your emotional intelligence.



EXECUTIVE FUNCTIONS



When we struggle to manage our executive functions (the ones that help us to be 'successful' and feel in control), it can be upsetting. You can support your teen's executive functions in lots of ways:

- **Planning and organisation** - use To-Do lists, visual calendars and time to reorganise their bedroom.
- **Task Initiation** - if it's hard to get started, create a schedule, count down to tasks, talk about the task before you do it.
- **Flexibility** - talk through any changes to plans, remind them of the strategies to manage anxiety, explain clearly why change needs to happen.
- **Attention** - begin with a short period of attention and then gradually extend it, talk about why a task needs focus, give regular breaks that include physical activity.
- **Self-Control** - go through the Zones of Regulation or Emotional Intelligence activities regularly to remind them how other people can feel, talk clearly about how you're feeling and encourage them to do the same.
- **Metacognition** - being aware of what you know and what you don't is really important, so if you're asking your teen to do something new, talk it through first - what have they done before that might help them with this?
- **Working Memory** - practise using memory rather than relying on lists or maps, play memory games, try giving one instruction, then two, then three, increasing each time.
- **Time Management** - explain how long you think a task or trip or journey should take, and plan it out with timing. If you're giving your teen a job to do, make sure they're really clear about how long something will take.
- **Perseverance** - this is all about positivity! Big up your teen! Let them know you believe they CAN - and they probably will!

WHAT'S HAPPENING IN SCHOOL?



ASPIRATIONS
TALKS - SIGN UP
ON SCHOOLBUDDY
FOR A TALK FROM
A REAL PERSON
ABOUT THEIR REAL
JOB.

READING, WRITING,
SPELLING & MATHS
SUPPORT - IF YOU'VE
GOT A PLACE, MAKE
SURE YOU GO! IT'S
HELPFUL FOR YOUR
FUTURE.

AFTER SCHOOL
CLUBS - YOU CAN
FIND THESE ON
SCHOOLBUDDY.
TURN YOUR HOBBY
INTO SOMETHING
MORE!

SPECTRA SUPPORT
- REMEMBER TO GO
TO YOUR GROUP
SESSION TO GET
EXTRA HELP!

HOMEWORK CLUB -
WE'RE HERE IN
TUTOR TIME &
AFTER SCHOOL TO
HELP YOU
SUCCEED!

WELLBEING
WORKSHOPS -
LOOK OUT FOR THE
TIMETABLE AND
SIGN UP WITH
YOUR TUTOR!

WE RUN LOTS OF INTERVENTIONS IN LEARNING SUPPORT. WE'LL LET YOU KNOW IF YOUR CHILD HAS A PLACE ON ANY GROUPS, AND ANY HELP TO REMIND THEM TO ATTEND IS ALWAYS Hugely APPRECIATED. WE MONITOR OUR SUPPORT CAREFULLY TO MAKE SURE IT'S EFFECTIVE AND WE'RE WORKING HARD TO MAKE MORE PLACES AVAILABLE FOR THOSE WHO NEED THEM.

Extra Support.

UNDERSTANDING YOUR CHILD
SOLIHULL APPROACH

ourplace

NHS

WWW.INOURPLACE.CO.UK

FREE Online course for parents
'UNDERSTANDING YOUR CHILD'S MENTAL HEALTH & WELLBEING'

ONLINE LEARNING
(AVAILABLE 24/7)

WORK THROUGH THE CONTENT
ANONYMOUSLY AT YOUR OWN PACE

COMPLETE PART 1

COMPLETE 'UNDERSTANDING YOUR CHILD' OR 'UNDERSTANDING YOUR CHILD WITH ADDITIONAL NEEDS' (SOLD SEPARATELY*)

COMPLETE PART 2

*PREPAID FOR RESIDENTS ELIGIBLE FOR AN ACCESS CODE



UNDERSTANDING YOUR CHILD
SOLIHULL APPROACH

inourplace

NHS

Online course
Understanding your relationships

Relationships can be difficult, complicated, fun, satisfying, exciting, annoying, bring out the best in us, bring out the worst in us. We are often in one, but we don't often spend much time on them. So here's the chance!

FREE with an access code!
Worth £48 per couple

Do you live in Shropshire and Telford & Wrekin?

Get started with 3 basic steps:

1. Visit www.inourplace.co.uk
2. Enter access code*: **DARWIN18**
3. Begin learning

*Sign In or Registration required

Features:

- 11 Modules
- 15-20 mins (per Module)
- Integrated Notebook
- Quizzes
- Certificate

www.inourplace.co.uk
Available 24/7. Anytime. Anywhere.



ONLINE ANTENATAL course

FREE across Shropshire and Telford

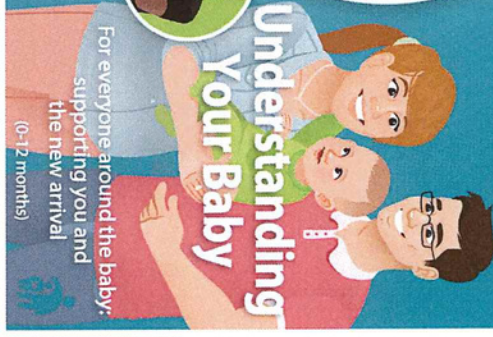
Written by Registered Midwives & NHS professionals

Part of the Solihull Approach series 9 Modules, lifetime access Available 24/7

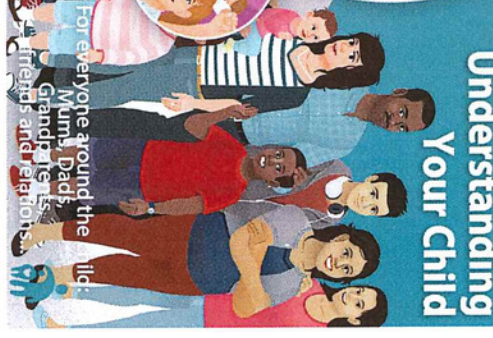
Go to www.inourplace.co.uk
Apply this 'Access Code' to get access for FREE
DARWIN18
For technical support contact solihull-approach-parenting@heartofengland.nhs.uk or 0121 296 4448 Mon-Fri 9am-5pm



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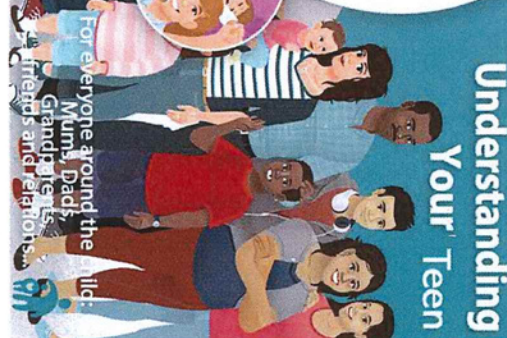
ONLINE course FOR PARENTS

FREE across Shropshire and Telford

Written by Psychologists, Psychotherapists, Health Visitors & NHS professionals

Part of the Solihull Approach series 11 Modules, lifetime access Available 24/7

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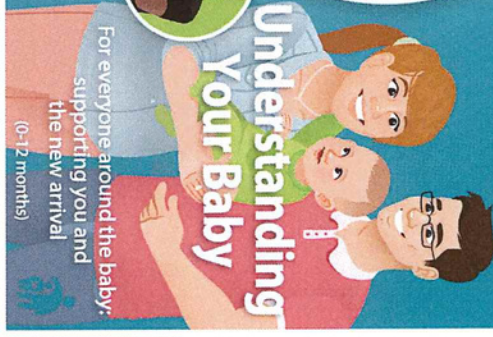
ONLINE POSTNATAL course

FREE across Shropshire and Telford

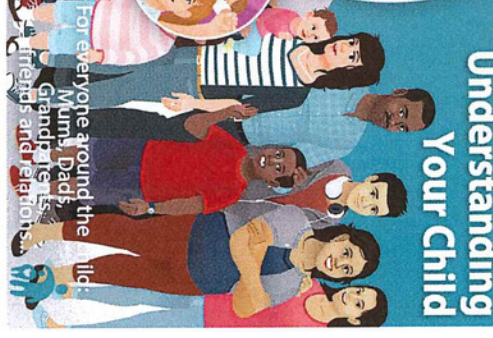
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Online course for teenagers

'Understanding your brain' (for teenagers only!)

- Have you noticed changes in your behaviour?
- Do you sleep more than you used to?
- Want to know why teenagers are more open-minded?

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Relationships can be difficult, complicated, fun, satisfying, exciting, annoying, bring out the best in us, bring out the worst in us. We are often in one, but we don't often spend much time on them. So here's the chance

- Do you feel your relationship needs some attention?
- Do you feel you are drifting a bit lately or things have been difficult?
- Would you like to meet with other parents and carers?
- Are you looking for a way forward?

Why not join us for our 4 week workshop with one 2 hours session each week.

WORKING ON YOUR RELATIONSHIP

There are 2 different workshops on offer this Spring:

- Starts Wednesday 25th January for 4 weeks, 12.30-2.30pm in Shrewsbury
- Starts Wednesday 8th March for 4 weeks, 12.30-2.30pm in Shrewsbury

To book a place on the workshop or for further information, including the venue please contact the Parenting Team by emailing parenting.team@shropshire.gov.uk or call 01743 250950







Shropshire IASS

Information Advice & Support Service

Free

Confidential and impartial information, advice and support for children, young people (0 to 25) and their parents and carers about

special educational needs and disabilities

(SEND), including related health and social care issues.



01743 280019

✉ iass@cabshropshire.org.uk

f /IASSShropshire

🖱 www.cabshropshire.org.uk

"I can't thank
my advisor
enough for the
**support, guidance,
understanding,
reassurance and
encouragement**
she has given me."

Social Prescribing client



What can I expect?

Your advisor will contact you to introduce themselves and book your first appointment. Your first appointment will be up to 45 minutes long.

Your advisor will listen and provide help based on what matters to you.

Your advisor can support you for 3-6 months and help you to make positive changes to improve your health and wellbeing.

How can I access Social Prescribing?

Social Prescribing is available to those aged 18 years and older across the whole of Shropshire.

You can refer yourself to Social Prescribing by calling **0345 678 9028** Monday to Friday, 9am – 5pm and selecting the self-referral to Social Prescribing option.

Or you can email
healthylives@shropshire.gov.uk
with the subject
"Social Prescribing self-referral".

Alternatively, you can ask for a referral at your GP practice.

Social Prescribing

"A very inspiring programme"

Walking groups

Befriending

Housing advice

Fitness classes

Social activities

NHS



Shropshire
Council

Shropshire
together



What is Social Prescribing?

Social Prescribing is a free and confidential service to help you improve your health and wellbeing. With the support of a trained advisor, you will be able to access further support and community groups in your area, such as:



Walking groups



Befriending



Housing advice



Fitness classes



Social activities



Employment support

"I find Social Prescribing a breath of fresh air and I'm so glad that my medical practice put me in touch with this process.

My advisor is a cheerful, compassionate, helpful person to deal with; she has advised me on many things throughout the past few weeks, listened and talked through my anxieties with me."

Social Prescribing client



Who is it for?

Social Prescribing can help if you:

- Feel lonely or isolated
- Are caring for someone
- Are feeling low, stressed or down
- You want to lose weight or quit smoking
- Want to get more active
- Need help accessing housing or financial advice
- Want to get involved with your local community
- Want to improve your management of a new or long term condition

**"I felt listened
to and heard.
I felt valued
and respected.
I never felt
pressured"**



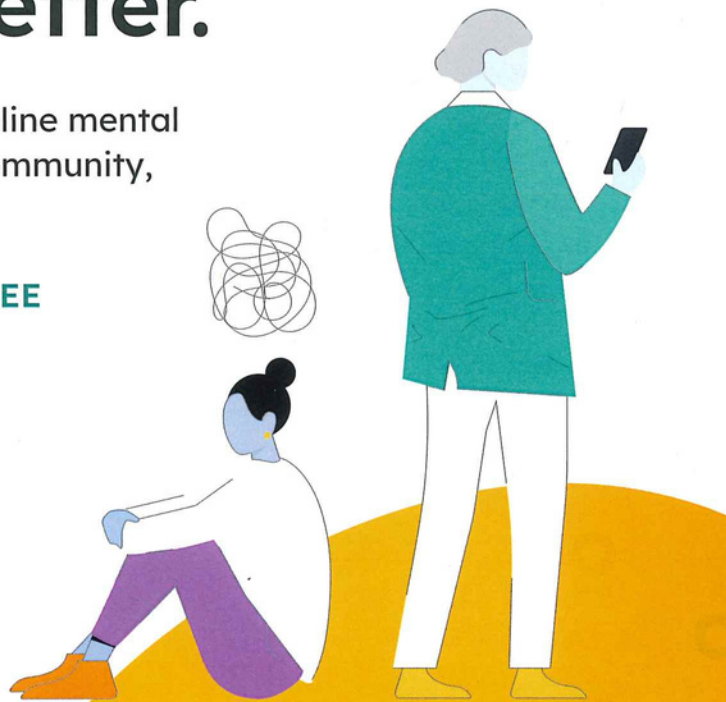
SCAN TO JOIN FOR
FREE TODAY

Get support. Take control. Feel better.

A confidential, online mental
health support community,
available 24/7.

Join today for **FREE**

16+



Sign up today with
your postal code

Visit **togetherall.com**