

<p style="text-align: center;">www.swanlandeducationtrust.co.uk</p> <p style="text-align: center;">SEND NEWS May 2020</p>	<p><u>Useful Contacts</u></p> <p>Swanland Education Trust SENDCo – Miss E Evans elizabeth.evans@swanlandeducationtrust.co.uk</p> <p>Dunswell School Office : 01482 855279</p> <p>FISH : 01482 396469 (Families’ information service hub)</p> <p>Hull Parent Carer Forum www.hullparentcarerforum.co.uk</p> <p>Kids (Hull): 01482 467540</p> <p>The Local Offer – Hull The Local Offer – East Riding</p>
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We have now completed 9 weeks of lockdown and I am sure, as a family, you have had to overcome a range of challenges. Each of our families are working to support us as a school as we find our way through these unprecedented times. We thank you for that.

Teachers and Teaching Assistants are all working hard to prepare a range of work for children and provide online learning support through the school website, Seesaw and Tapestry. Sometimes, this can feel overwhelming. Please let us reiterate the message from all teachers and the senior leaders – do not feel obliged to complete all the work provided. Work with your child to enable them to access the work they can. Work together and develop a good working relationship. Do what works for you and your family.

We wanted to share some useful information with you, to help, guide and support you and your families through these times.

Useful Links

<http://eastridinglocaloffer.org.uk/>

The Local Offer has updated in line with the current climate and has some useful guidance and resources that may help – including support with wellbeing and social stories to help explain to children why things are happening and they are not able to attend school.

<https://contact.org.uk/>

Contact is a charity for families with disabled children. They support families with the best possible guidance and information. They bring families together and support each other. They have some useful information about Covid-19 on their website.

<https://chatterpack.net/>

The Chatterpack website offers some digital resources to support with anxieties, ADHD and some simple speech and language resources that may be useful.

<https://www.themathsfactor.com/>

The Maths Factor is a useful website that may break down areas of maths into smaller chunks. This could potentially be more accessible for children who require additional support with maths development.

<https://www.booktrust.org.uk/books-and-reading/have-some-fun/>

There are some lovely activities based on different books and suggestions for books for specific age ranges. This could help if you need inspiration for different books to read for pleasure at home.

Stories about Coronavirus for Children

Visual stories are a useful way of helping children to understand the Coronavirus. Here are some links to some good examples:

ELSA: Coronavirus Story for Children:

<https://www.elsa-support.co.uk/coronavirus-story-for-children/>

Hello! Story about Coronavirus for young children:

https://660919d3-b85b-43c3-a3ad-3de6a9d37099.filesusr.com/ugd/64c685_319c5acf38d34604b537ac9fae37fc80.pdf

A social story about pandemics (Carol Gray):

<https://carolgraysocialstories.com/wp-content/uploads/2020/03/Pandemics-and-the-Coronavirus.pdf?fbclid=IwAR23zxNlbEumpw4oKIM7Xy3VlKnA25b8Gi53N6YiFleKB9Vx0LQypSPYzzg>

A Social Story about the coronavirus:

<https://www.ppm.org/wp-content/uploads/2020/03/The-Corona-Virus-Free-Printable-Updated-2-The-Autism-Educator-.pdf>

Promoting Children's Wellbeing

Advice for young people who are feeling anxious about Coronavirus (Young Minds):

<https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/>

There will be times when it might be difficult for children, young people and adults to stay regulated over the coming weeks - especially if you have to stay indoors for extended amounts of time. Regulation is not just about feeling calm and relaxed - it also includes feeling energised and alert. Take time to think...am I calm? ...do I need more energy? ...what am I feeling? ...how are the people around me feeling?

Cosmic Kids have many fantastic videos to calm or energise you.

<https://www.cosmickids.com/>

Routine

We all feel like the hours and days are passing us by, but having a simple (flexible) structure to your day can help children to feel safer and more in control of what is happening around them.

Simple things like:

- Waking up at a good time
- Doing some exercise
- Having regular drinks and meals
- Doing a little schoolwork
- Helping with a job in the house (clearing the table, loading the dishwasher)
- Having some contact with someone from out of the home (family member, friend, teacher)

Just to keep some focus to the day and to have little things to look forward to.

Life Skills

Whilst on lockdown, now could be a good time to teach some essential life skills.

Such as:

- learning to tie shoelaces
- Cooking simple meals or recipes
- Making the bed and changing the sheets
- Helping with simple DIY projects
- Learning to type (BBC Dance Mat is a good website)
- Sewing or other craft activities

This can be a lovely opportunity to share activities and skills together.

We know that lockdown can be tough on families for a varying number of reasons. Please be reassured that we are here to support in any way that we can. Please do not hesitate to get in touch with us if you would like our help and support with anything.

Well Done



Well done to Darcy Barker for becoming a Student Ambassador for Dyslexia Sparks. Before Lockdown, Darcy allowed us to take this picture for the newsletter. We intended to post an interview with Darcy about this achievement because we know that before lockdown she was asked to do some special jobs as part of her role. We will post more about this role when Darcy is able to continue with it.



We are all very proud of you Darcy.

Thank you

We know that lockdown can be tough on families for a varying number of reasons. Please be reassured that we are here to support in any way that we can. Please do not hesitate to get in touch with us if you would like our help and support with anything.

Thank you to Jenny Richards for providing some of the useful links on this newsletter.

Thank you to you all for your continued support during these unprecedented times. We hope to see you soon.

