



A positive difference, everyday, everyone

Term 2 SEND Newsletter

IMPORTANT DATES

4 January

World Braille Day

18 January

Blue Monday

6 February

Time Talk Day

1 March

World Hearing Day

8 March

International
Woman's Day

21 March

World Down
Syndrome Day

2 April

World Autism Day

7 April

World Health Day

19-25 April

MS awareness week

Welcome to our termly SEND newsletter! A newsletter addressing all things related to SEND (Special Educational Needs and Disabilities). **In this issue** find out about good mental health through the **Young Minds** team, also support available through the **Rainbow Resource** and **accessible Christmas activities** for all the family

At St Martins Garden Primary School, our children are at the centre of everything we do. We aim to identify the needs of all pupils as early as possible. This is part of our graduated approach, in which we **Assess, Plan, Do, Review**. This ongoing cycle ensures that effective provision is put in place and also removes barriers to learning. We have a range of interventions taking place daily in our school to meet the needs of all of our children. We believe in **inclusivity** for all and strive to make this a reality for all our pupils.

Rainbow Resource

[CLICK HERE](#)

The **Rainbow resource** is Bath and North East Somerset's **local information for families** with a child with a **special educational need or disability**.

Within the online resource you can find useful links to support **groups, activities, clubs, benefits, information, advice** and **guidance**.

There is lots to support parents and carers of a child with SEND.

www.rainbowresource.org.uk

Do have a look at this link to see an **A-Z of ASC support**

[Autism Support](#)

Pupil Passports for those pupils with an Education Health Care Plan (EHCP) or on the SEND register have been shared at the end of last term. We will be updating and reviewing them to be shared at the end of Term 3. Any questions please get in touch



Margaret Coates Centre Lead
Mr Michael Bogg



SENDCO:
Mrs Angela Horn

MORE INFORMATION AND IDEAS TO SUPPORT MENTAL WELLBEING AT:

<https://youngminds.org.uk/find-help/for-parents/>

USEFUL CONTACTS

- SEND Partnership Service

Tel: 01225 394382

Text: 07530 263401

- Special Educational Needs BANES

Tel: 01225 394306

- Admissions & Transport
Tel: 01225 394312

YOUNGMINDS

VIDEOS TO EXPLAIN MORE

Young Minds Parent Lounge Videos



Anxiety

A video explaining how to spot and support a child going through **anxiety**.



Giving Emotional Support

A short video giving tips on providing **emotional support** to your child



Dealing with Anger

A video explaining what might be behind **angry** outbursts and what your child might be showing you.

Quick, easy ideas for the Christmas holidays to do with all the family from **Young Minds**

As we continue through lockdown and the challenges that brings we continue to hear from families talking about the effect it is having on mental health and well-being.

20 Activities for 20 minutes is aimed from **Young Minds** at getting families **having fun** and **talking**. We have chosen our **top 10**...be sure to click the link to find out the full **20**!
[**20 Activities for 20 Minutes**](#)

Parent Helpline: 0808 802 5544

Available from 9:30am to 4:00pm Monday to Friday

<p>Share your music</p> <p>For some people music is how they connect with the world. If this is true for your child, try sharing some music together by creating a playlist. You may surprise each other with your choices and even introduce each other to something new.</p>	<p>Ready, set...bake</p> <p>Baking is a great way to have fun together and there are so many 20-minute bakes to choose from. Keep it simple with fairy cakes, scones, traybakes or energy balls.</p>	<p>Take a walk</p> <p>Sometimes taking 20 minutes is as simple as taking a walk, whether it's through nearby countryside, to the shops or around the block with the family dog.</p>	<p>The '5 things' game</p> <p>An easy one for you if you're on the move, challenge one another to name five things you can see, four things you can touch, three things you can hear, two things you can smell and one thing you can taste.</p>	<p>Create a boredom jar</p> <p>Using an empty jar and pack of lolly sticks (pieces of paper also work well), write on each stick an activity you and your child can do when they're bored. Activities could include watching their favourite film, baking, crafting or spending time with you.</p>
<p>Sing it</p> <p>From car singing to serenading the family in the kitchen, turn up your favourite ballads and sing along.</p>	<p>Put on your dancing shoes</p> <p>If your child loves to dance, let their feet do the talking. Ask them to pick out their favourite song and dance like you mean it!</p>	<p>Indoor Picnic</p> <p>20 minutes isn't quite enough time to head out to the beach with a picnic blanket, but it's perfect for having one indoors. Lay out a blanket, pick out your family's favourite finger food and have a picnic in the comfort of home.</p>	<p>Build an indoor fort</p> <p>Use blankets, bed-sheets, cushions, chairs and fairy lights to create your own cosy little fort. Be warned: it will take several attempts to keep it all up, but so worth it once you're inside!</p>	<p>20 minutes of craft</p> <p>There are so many crafts you can do in 20 minutes. You could paint a plant pot, make a friendship bracelet, try origami, create a photo collage or make a musical shaker</p>