



A positive difference, everyday, everyone

Term 3 SEND Newsletter

IMPORTANT DATES

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 **sensory overload** through the eyes of a young person, learn more about **working memory** and also see apps to help with **sleep, teeth brushing** and **relaxation**.

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.

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 have been shared with parents of those children on the SEND register. The current one will be reviewed in May and you will receive the final Pupil Passport for the year at the end of Term 5.

Any questions please get in touch.



Margaret Coates Centre Lead
Mr Michael Bogg



SENDCO:
Mrs Angela Horn

MORE INFORMATION AND IDEAS TO SUPPORT CHILDREN WITH SENSORY NEEDS:

USEFUL CONTACTS

- SEND Partnership Service

Tel: 01225 394382

Text: 07530 263401

- Special Educational Needs BANES

Tel: 01225 394306

- Admissions & Transport
Tel: 01225 394312

VIDEOS TO EXPLAIN MORE

Young Minds Parent Lounge Videos



Sensory overload

A video to explain a little more about what **sensory overload** feels like



Carly's Cafe

A short video showing what it might feel like if you are **not** able to **communicate verbally**.



Working Memory

A TED talk explaining **working memory** and how it affects everything we do.



Check out these free apps to help with sleep, teeth-brushing and worry....

This is an app called **Sleep Town**, it encourages the user to develop healthy sleep patterns. As the user leaves the device untouched a town builds. Children love challenging themselves to see how bigger town they can build while they sleep.

<https://sleeptown.seekrtech.com/>



Sleep Town

- Developing healthy sleeping patterns
- Gamification
- Free, with premium options (join friends etc.)
- Customisable goals
- Consider "Forest" during the day for short bursts of work



- IOS and Android
- Being tested by the NHS
- Measures heart rate and suggests activities based on pupil's state of mind
- Teaches breathing techniques



Chill Panda is for children and adults who want to learn how to manage stress and worry and feel better.

Chill Panda uses the camera on a smartphone or other mobile device to capture your heart rate.

The app uses your device's LED light to measure the volume of blood flowing through

your fingertip as your heart beats.

Chill Panda asks you to rate your mood to work out your current emotional state.

You are then encouraged to take part in a variety of playful tasks and activities, including breathing and light exercise.

Brush DJ is a fun and educational tool to help people improve their oral hygiene.

The app uses music from your mobile device and plays it for two minutes.

You get a buzz every 30 seconds to remind you to change sides and a round of applause when you finish.



Brush DJ

Categories: [Dental](#), [Child health](#)
Free