

# THINGS TO DO

A weekly newsletter from SEND Supported



**ISSUE 11**

**1<sup>st</sup> June 2020**

We hope that everyone had a happy half-term break and managed to enjoy family activities, perhaps beginning to see loved ones and friends at a safe distance.

As you will be aware, the Prime Minister has announced the change in coronavirus lockdown rules meaning schools will begin resuming from Monday 1st June. This adjustment for identified groups of children and young people will understandably prompt a range of thoughts and feelings for families as parents and carers consider what is in their children's best interest and how best to support them through this prospective change. The resources and links in this week's newsletter will help both families and professionals prepare and guide children and young people as we cautiously enter this next phase.

Warmest wishes and please keep safe.

Joanna and team



## **EMOTIONAL WELLBEING - Kate Griffiths**

I wanted to highlight three YouTube videos that Dr Tina Rae has shared as part of her CPD coffee Time with Dr Tina Rae. Lots of interesting practical ideas to support children and young people as they begin to transition back into schools.

[Session 1](#) - Using tools from CBT with Children and Young People

[Session 2](#)- Understanding and managing anxiety in children and young people- key tools:

[Session 3](#) - Grief and loss:



## **AUTISM - Jules McLean**

With the wider opening of schools on 1st June, Widgit have produced a downloadable FREE [Back to School Kit](#) of resources to help support signage, wayfinding and personal care around a socially distanced school environment.

[The Big Transitions](#) for Autistic and SEND Pupils after Lockdown. Practical advice and resources to help you prepare your children for the big transitions as lockdown begins to ease. This course is for Senior Leaders, Teaching staff and Parents and explores the challenges that will face children and young people going through transitions this year. FREE for a limited period.



## LEARNING – Claire

Whilst some children will be returning to school this week, for many learning at home will continue to be the way they are taught for the coming half term.

We've looked at memory in previous issues of THINGS TO DO. Parents will often say that their children have a good memory for things that happened a long time ago, eg: remembering details about a holiday, despite finding it hard to remember their homework, the equipment they need etc.

Information is more likely to be stored in long term memory if it has been rehearsed (repeated over and over), is a procedure, eg: riding a bike, driving a car, which has taken a lot of practice but once learned is hard to forget, has personal meaning eg: a day out with the family or is a topic of particular interest to the individual.

When teaching, it is important therefore to try to link any new learning to what children already know, have experience of and are interested in. If teaching a new topic, go back to what children have learned before to help them make links in their understanding. Parents can try to provide many different experiences for children and then talk about them, take photos, keep a diary (these would all be part of the rehearsal of information as mentioned above). Although we can't currently go to museums, libraries etc, many are offering really good activities and resources which families can access at home in order to continue to broaden their children's experiences. A few examples are provided below.

The [British Library](#)'s website has interesting information about the history of miniature books for children and instructions for making your own.



The [Science Museum](#) has a wealth of activities, games and videos for both primary and secondary pupils. Fancy making instant ice-cream, structures made from spaghetti, paper rocket mice?

Lots of museums, historic houses etc are offering virtual tours eg: [the Science Museum](#) and [the National Trust](#)

Get the Google Expeditions App on Google Play or iPad where you can go on virtual reality trips to museums, landscapes, cities, ancient buildings and much more all over the world.

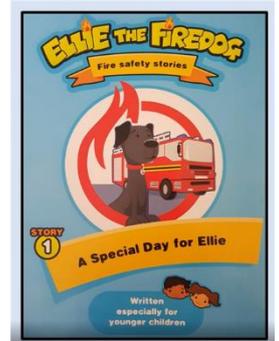
All of the above types of activities are likely to be memorable for children as they will be using several of their senses at the same time and they are fun!



## FAMILY & CHILDREN AT HOME - Clare Viney

Here are thirty [creative activities](#) for children - one for each day of June!

Warwickshire Fire & Rescue Service is running a competition for #ChildSafetyWeek which starts on 1 June. They would love as many children as possible to take part to highlight the importance of safety, especially now that many of us are spending lots more time at home with our loved ones. See the poster with entry details in [THINGS TO DO Issue 11 - RESOURCES](#)



Warwickshire Fire and Rescue Service launch [Ellie the Fire Dog video series!](#) After each the six stories, children can complete an activity set by the Fire Prevention Team to help with their understanding of the key messages within each book.

In response to Covid-19, The Prince's Trust is giving access to [free ready-go-to modules](#) for 11-19 year olds who would like to continue to build their skills at home or in school. If young people are looking to engage in this provision please email [elaine.speed@princes-trust.org.uk](mailto:elaine.speed@princes-trust.org.uk)

The government have announced [£37 million](#) for children with SEND in England - follow this link for more information.

Parent Talks Programme - these talks are a new way for parents and carers of children and young people with special needs to access support and guidance online. Parent Talks bring parents together virtually to collaborate, learn and take inspiration from today's top SEND leaders. Each talk is given by an expert who shares their experience, insight and practical advice. Parent Talks: Season 1 - launching 26 June 2020. For more information and to download the programme [click here](#)

In this edition of the [Family Information Service Newsletter](#) you will find out about #ChildSafetyWeek, taking place from 1st until 7th June, ways to stay active and have fun with a new virtual course, where to find urgent mental health support and much more.

## Heart-warming good news stories



Meet Ash, the first koala to be born at the Australia Reptile Park since the devastating bushfires a few months ago.

Meanwhile, on This Morning, viewers have been sending in pictures of their dogs in desperate need of a grooming! Many more before and after pictures can be found on [their website](#).



### And finally...

We continue to welcome photos of the things you and your children have been doing at home for inclusion in the weekly issue of THINGS TO DO. We welcome emails of your photos to [enquiries@sendsupported.com](mailto:enquiries@sendsupported.com)



Kit is busy counting out spoonfuls of oats to correspond to the number in the cake cases. A wonderful example of learning through play!

Eden has also been busy this week and made pancakes with chocolate sauce & banana 🍌 She baked a sponge cake & instead of jam made a blackberry compote and added buttercream - all delicious! Eden and her three siblings worked together to complete a craft project, something to remind them of their time in Lockdown...



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



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