

# THINGS TO DO

A weekly newsletter from SEND Supported



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I can't quite believe that we have reached the May half term holiday! I am sure that many of the children in your household will welcome the break from home-school learning and the opportunity to enjoy different activities. As you will already be aware, schools will remain open during the half term break, with communication lines maintained throughout. We are grateful to all schools across the UK who continue to work untiringly in preparing for the safe return of some of their children and young people after the summer half-term on 1<sup>st</sup> June.

This week SEND Supported led a 'Transition to Year 7' workshop for parents and carers of children who have an ASC. It was well attended and provided an opportunity to share resources and ideas. We will be sure to issue additional dates for follow-up sessions in smaller groups, enabling meaningful discussions around individual needs.

Warmest wishes and please keep safe.

Joanna and team



## EMOTIONAL WELLBEING - Kate Griffiths

[Yes Futures](#) is a charity which works with schools to provide intensive support programmes for children struggling with self-esteem and resilience.

They have launched Home Grown Skills, a completely free resource bank for parents and teachers to support young people's wellbeing and personal development during this period.

The series of activity sheets are designed to take between 20-50 minutes each and can easily be adapted for different ages and levels. The resources can be used independently by a child, need only a pen and paper and are fun to complete



## AUTISM - Jules McLean

Look at [this booklet](#) on how to teach siblings about autism. This might be helpful right now with siblings spending so much more time together

Also, see Russ Harris' [FACECOVID video](#) on maintaining mental health.

You may be interested in this webinar available for 4 weeks from Tuesday 19th May: *The New Normal* - Preparing the psychological environment for a return to school for parents and carers delivered by Warwickshire Educational Psychology Service. It will be pre-recorded recorded and can be accessed in your own time. Click [The New Normal](#) to register.



## FAMILY & CHILDREN AT HOME - Clare Viney

In this special edition of the [Family Information Service Newsletter](#) you will find out everything about the importance of 'playing' in the lead up to the half-term break!

Forests at home have some great ideas for outside fun [here](#).

And here are ten more [nature activities](#) for children if you're self-isolating at home.

Here are some [creative dance sessions](#) for families.

[Wriggle at Home](#) have produced bite-sized creative dance videos aimed at children aged 2 -5 and their parents/carers. These sessions are fully inclusive with Makaton signed videos.

And for those who'd like to improve their [cricket skills](#) ...

Follow this link to find out how to access [support and funding](#) for essential items if you are raising a disabled or seriously ill child.



## Heart-warming good news stories

An adorable, but sadly endangered, pygmy hippo was born at Colchester Zoo a few weeks ago, you can see a video of the little one [here](#).



Also, PE teacher Rafferty Gunn from Watford decided to run a marathon in his garden to raise money for the NHS, with the added twist of wearing crocs! So far he has raised an incredible £11,800, and you can read more about him [here](#).

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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