



Welcome

Welcome to the 3rd SEND newsletter. Throughout the newsletter I have included tips and guidance on how to support students to navigate through different experiences from transitions to post-16 as well as supporting reading at home and homework.

SEND Surgeries are still available and take place on a Tuesday afternoon. If you would like to book a 15 minute consultation to discuss provisions, please email pcs-senddepartment@swale.at to book your appointment.

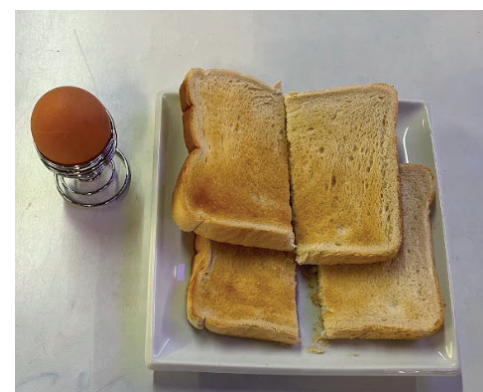
This year we are holding our first SEND Showcase, to showcase out amazing SEND students and the work they produce. Our SEND Showcase will be held on **Wednesday 24 January 2024**.

We will be providing a SEND workshop to support students and parents/carers with revision preparations and techniques. This event will be open to both Year 10 and Year 11 students and will take place on **Thursday 22 February 2024**. We will send more information out after the Christmas break.

It brings me great pleasure to share with you examples of what our students have been learning and baking within Life Skills. Students have really embraced the lessons and have engaged well with the breakfast meals that they have been cooking. Next term they will begin to look at lunch meals and prepare these.

They have been busy making:

- Pancakes
- Boiled Egg and Soldiers
- Omelettes
- Homemade Granola
- Breakfast Bruschetta
- Other Treats





Supporting Reading At Home

Ensuring a supportive learning environment at home significantly contributes to your child's academic success. Here's a guide with strategies to enhance reading and learning experiences in the comfort of your home:

1. Establish a Reading Routine
2. Create a Cozy Reading Space
3. Lead by Example
4. Read Aloud Together
5. Encourage Questions and Discussions
6. Utilise Educational Apps and Websites
7. Visit the Library Regularly
8. Set Realistic Goals
9. Create a Learning Calendar
10. Connect Learning to Real Life
11. Provide Positive Reinforcement
12. Embrace Multisensory Learning

Remember, the key is to make reading and learning enjoyable, fostering a positive attitude towards education.

By creating a supportive and engaging environment at home, you're laying the foundation for a lifelong love of learning in your child.



Supporting Homework At Home

Homework is an integral part of your child's academic journey, and your involvement can significantly impact their success. Here's a guide with strategies to create a supportive environment for homework at home:

1. **Establish a Homework Routine:**
 - Set a consistent time each day for homework.
 - Establishing a routine helps create a sense of structure and predictability.
 - Introduce a homework planner or organiser to help your child keep track of assignments, due dates, and priorities
2. **Create a Dedicated Homework Space:**
 - Designate a quiet and organised space specifically for homework.
 - Ensure it is free from distractions and well-equipped with necessary supplies.
3. **Break Down Tasks:**
 - Teach your child to break down large assignments into smaller, manageable tasks.

- This approach helps prevent overwhelm and fosters a sense of accomplishment.
- 4. **Encourage a Positive Mindset:**
 - Promote a positive attitude towards homework.
 - Reinforce the idea that challenges are opportunities for growth and that effort is a crucial part of the learning process.
- 5. **Be Available for Support**
- 6. **Schedule Breaks**
- 7. **Set Realistic Time Limits**
- 8. **Communicate with Teachers**
- 9. **Celebrate Completion**

Remember, your role is to provide guidance and support, fostering an environment where your child feels confident and capable of tackling homework challenges.

By incorporating these strategies, you're helping to instil essential skills that extend beyond the homework itself.



Exam Preparations

Encourage a balanced approach by emphasising the importance of regular breaks, healthy meals, and sufficient sleep. Create a quiet and organised study environment at home to minimise distractions.

Foster open communication, allowing your child to express any concerns or stress they may be feeling. Lastly, instil confidence by acknowledging their efforts and reminding them that exams are just one measure of success.

1. Establish a Consistent Routine:

Encourage a structured daily routine that includes designated study periods, breaks, meals, and a consistent sleep schedule. A well-organised routine can help reduce stress and create a conducive learning environment.

2. Emphasise the Importance of Breaks:

Remind your child that short breaks during study sessions are crucial for maintaining focus and preventing burnout. Encourage activities that help your child relax and recharge, such as brief walks or enjoyable hobbies.

3. Healthy Lifestyle Habits:

Highlight the significance of proper nutrition and hydration for cognitive function. Ensure that your child eats a balanced meal and stays hydrated. Adequate sleep is equally important, so encourage a good night's rest, especially during exam periods.

4. Open Communication Channels:

Foster an open line of communication between you and your child. Create a supportive environment where your child feels comfortable discussing any concerns or challenges they may be facing.

Being aware of emotional well-being is key during stressful times.

5. Promote a Positive Mindset:

Remember to emphasise the importance of a positive mindset. Celebrate your child's efforts and progress rather than focusing solely on grades. A positive approach can boost confidence and motivation, contributing to overall exam success.

Here are some strategies you can try to support your children during exams:

Goal Setting and Planning:

- Help your child set realistic goals for each study session and exam.
- Encourage them to create a study schedule, breaking down tasks into manageable chunks.

Active Learning Techniques:

- Suggest effective study techniques like summarising information, teaching concepts to someone else, or creating flashcards.
- Encourage the use of visual aids and diagrams to enhance understanding.

Provide a Distraction-Free Environment:

- Help create a quiet and organised study space, free from distractions.
- Limit screen time and encourage the use of apps or tools that promote focused studying.

Encourage Regular Breaks:

- Stress the importance of breaks to prevent burnout.
- Suggest activities like stretching, short walks, or quick mindfulness exercises during breaks.

Positive Reinforcement:

- Focus on praising effort and hard work rather than just outcomes.
- Celebrate small achievements and milestones to boost confidence.

Support Emotional Well-being:

- Be attentive to your child's emotional state and offer a supportive environment.
- Encourage them to share any concerns or anxieties about exams.

Healthy Lifestyle Habits:

- Emphasise the importance of a balanced diet, regular exercise, and sufficient sleep.
- Ensure your child is well-nourished and getting proper rest during the exam period.

Practise Past Papers:

- Incorporate past exam papers into study sessions to familiarise your child with the exam format and style of questions.
- Reviewing past papers can also help identify areas that need more focus.

Utilise Resources:

- Make use of educational resources, online platforms, and study guides to supplement learning.
- Consider hiring a tutor if additional support is needed in specific subjects.

Encourage Self-Care:

- Remind your child to take care of their mental and physical well-being.
- Encourage activities they enjoy as a way to relax and de-stress.

Support for students with autism

During exams requires a thoughtful and individualised approach. Here are some strategies for parents:

Understand Your Child's Sensory Needs:

- Be aware of your child's sensory sensitivities and preferences. Create a quiet and comfortable exam environment that minimises sensory distractions.

Prepare in Advance:

- Gradually introduce the concept of



exams and establish a routine for studying. Familiarity with the process can reduce anxiety.

Visual Supports:

- Use visual aids, schedules, and charts to help your child understand and prepare for exam-related activities. Visual cues can provide clarity and structure.

Break Down Instructions:

- Break down exam instructions into smaller, manageable steps. This can make the tasks less overwhelming for your child.

Practice Relaxation Techniques:

- Teach and practice relaxation techniques such as deep breathing or mindfulness. These strategies can help manage stress and anxiety.

Individualised Study Plans:

- Tailor study plans to your child's learning style and strengths. Use their interests to make the learning material more engaging.

Accommodations and Support:

- Collaborate with teachers to implement any necessary accommodations, such as extended time or a quiet space for exams.
- Ensure that your child has access to any support personnel they may need during exams.

Maintain Consistency:

- Stick to a consistent routine during the exam period. Predictability can provide a sense of security for children with autism.

Celebrate Efforts:

- Acknowledge and celebrate your child's efforts rather than focusing solely on the outcomes. Positive reinforcement can boost confidence.

Communication with School:

- Maintain open communication with your child's teachers and support staff. Share insights about your child's needs and work together to create a supportive learning environment.

Remember that each child with autism is unique, so it's essential to tailor these strategies to your child's specific needs and preferences. If you have concerns, collaborating with teachers and professionals can help create a more inclusive and supportive exam experience.

Supporting children with dyslexia involves recognizing their unique learning styles and providing strategies that cater to their strengths. Here are some tips for parents:

Multisensory Learning:

- Emphasise multisensory learning approaches that engage multiple senses. This can include activities that involve touch, sight, and sound to reinforce learning.

Reading Aloud:

- Read aloud to your child regularly to model proper pronunciation and intonation. Encourage them to read along, and discuss the material together.

Use Technology:

- Leverage technology tools such as audiobooks, text-to-speech software, or speech recognition tools. These can provide alternative ways for your child to access and comprehend information.

Structured Reading Environment:

- Create a structured and organised reading environment. Use clear labels, colour-coded materials, and visual cues to assist with organisation and navigation.

Break Down Tasks:

- Break down tasks into smaller, manageable steps. This helps your child approach learning in a more sequential and less overwhelming manner.

Provide Additional Time:

- Advocate for additional time on exams and assignments. Extra time can alleviate stress and allow your child to demonstrate their true understanding.

Highlight Strengths:

- Focus on your child's strengths and interests. Encourage activities that align with their passions, boosting confidence and motivation.

Mind Mapping:

- Introduce mind mapping techniques for organising thoughts and ideas. Visual representations can aid in comprehension and memory recall.

Encourage Self-Advocacy:

- Teach your child about their learning style and help them develop self-advocacy skills. This empowers them to communicate their needs with teachers and peers.

Celebrate Progress:

- Celebrate small achievements and progress. Recognize the effort your child puts into learning, fostering a positive attitude towards their educational journey.

Reading Games and Activities:

- Engage in fun reading games and activities that promote literacy skills. Turning learning into a playful experience can make it more enjoyable.

Professional Support:

- Seek professional guidance and support from teachers, special education professionals, and literacy specialists. They can provide tailored strategies and resources.



Remember, the key is to create a supportive and understanding environment that embraces your child's unique strengths and challenges. Working closely with educators and professionals can help tailor strategies to your child's specific needs.

Year 9 Options:

Guide: Supporting Your Child in Choosing KS4 Options

Choosing KS4 options is a significant milestone in your child's academic journey.

As a parent, your support and guidance play a crucial role in helping them make informed decisions.

Here's a step-by-step guide to assist you in this process:

1. **Start Early:**
2. **Understand Their Interests:**
3. **Research Career Paths:**
4. **Attend School Information Sessions:**
5. **Encourage a Balanced Approach:**
6. **Consider Long-Term Goals:**
7. **Consult Teachers & Career Advisors:**
8. **Discuss Study Skills & Workload:**
9. **Explore Extracurricular Opportunities:**
10. **Be Supportive & Open-Minded:**
11. **Review and Reevaluate:**
12. **Plan for Post-GCSE Options:**

POST - 16

It is never too early to start thinking about post-16.

Supporting students with Special Educational Needs and Disabilities (SEND) as they transition to post-16 education is crucial for their success. Here's a guide for parents and carers:

Guide: Supporting Students with SEND in Post-16 Education

Navigating the transition to post-16 education can be a significant milestone for students with SEND. As a parent or carer, your support and advocacy play a vital role in ensuring a smooth and successful transition. Here's a guide to help you navigate this process:

1. **Early Planning:**
 - Start the planning process early. Begin discussions about post-16 options during the latter stages of Key Stage 4, involving both the school's special education team and relevant external agencies.
2. **Understand Your Child's Needs:**
 - Have a thorough understanding of your child's specific needs, strengths, and challenges. This information is crucial when exploring suitable post-16 options.
3. **Attend Transition Planning Meetings:**
4. **Research Post-16 Options:**
5. **Visit Potential Post-16 Providers:**
6. **Communicate with Educational Professionals:**
7. **Understand Legal Rights:**
 - Familiarise yourself with the legal rights and entitlements of students with SEND in post-16 education. This includes understanding the

support available under the Special Educational Needs and Disability Act.

8. Collaborate with Local Authorities:

- Work closely with local authorities to ensure a smooth transition. Understand the process of obtaining an Education, Health and Care (EHC) plan, if applicable, and ensure that it reflects your child's post-16 goals.

9. Explore Financial Support:

- Inquire about available financial support for students with SEND. Some post-16 providers may offer bursaries or additional funding to support students with specific needs.

10. Foster Self-Advocacy Skills:

- Encourage and support your child in developing self-advocacy skills. This includes helping them communicate their needs, preferences, and goals to educators and support staff.

11. Establish a Support Network:

12. Monitor Progress and Adjust:



Remember, each student with SEND is unique, and finding the right post-16 setting involves careful consideration of their individual needs and aspirations.

Your advocacy and involvement in the process can make a significant difference in their post-16 journey.

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SENDCo