



SEN Newsletter

St Edmund Campion School

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Welcome from Paul Hostead

Just a very brief welcome from me. I am taking responsibility for the SENCO role while Mrs Gilbert is on maternity leave. I look forward to working with parents and carers over the coming year and please do get in touch if there is anything I can assist with.

Free Resources

A number of companies are providing free access to resources to enable them to continue learning at home.

One of these is Twinkl that have put together home learning packs and activities. Just click here to access them:

[Twinkl Resources](#)

Senca Learning are also providing free access to their online learning platform with resources from Key Stage 2—A-Level

[Senca Learning](#)

How can I support my child at home?

These are unprecedented times and particularly worrying for young people with SEN. It is important to strike a balance between ensuring they are able to engage in academic work as well as supporting their social, emotional and mental health. This is particularly important as we find ourselves now in periods of social isolation.

As well as learning resources there are a number of things that may help with your child's understanding of the Covid 19 crisis.

Newsround offer daily bulletins as well as news reports that are more accessible to children and will allow them to learn more about the virus as well as the measures that are being taken to protect people:

[Newsround](#)

For children with Autism, changes such as school closures and the changes to daily life can be particularly daunting and upsetting. A social story is a useful tool to help them understand what is going on in an easy way. An example can be found at the end of this newsletter!

Check out our 10 top tips later in this newsletter for more ideas!

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Questions and Answers

Q: Where can I go for help and support?

A: Birmingham Educational Psychology Service is providing a telephone helpline for any parent or carers of children, who feel they would benefit from a consultation with a psychologist to support them with any concerns arising at this time, for them or their families.

Areas of concern you may wish to discuss could include:

- *Anxiety around the current situation and its impact on your children and family.*
- *Supporting you to support your children's emotional needs.*
- *Concerns about family relationships.*
- *Concerns about friendships, learning, daily structure and activities.*
- *How to best look after yourself so you can support your children.*

The concerns can be related to school or family life.

You will be offered an initial telephone consultation of 30 minutes with a psychologist and a potential follow up session of another 30-minute consultation at a later date. These will be Monday-Friday, within standard working hours.

If you would like to access this service please email kate.smith@birmingham.gov.uk with the following information:

- *Your name*
- *The telephone number you would like to be contacted on.*
- *The name of your child's school.*
- *Times and dates you are **not** available for a consultation.*
- *Whether an interpreter is required for you to access this service.*

We will aim to get back to you within 2 working days to confirm a time and date for your consultation.

This service will, **as far as possible**, be confidential.



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10 Top Tips to Help Your Child

- 1. Talk to them** about what they understand- this would be a good time to check the internet on the facts with them as the information is changing daily. Talk to them about what it is, <https://www.nhs.uk/conditions/coronavirus-covid-19/> is being updated daily. Be aware of websites that may not be factually correct.
There are videos to explain to young children what it is on BBC Newsround. <https://www.bbc.co.uk/newsround/51887051>
- 2. Turn off the News on the TV in front of your child, and Limit access to social media-** There is lots of speculation on these media forms which can cause high anxiety. Limit internet access for your child and avoid uncertain conversations in front of them. Follow number 1 guidelines on the information your child is accessing.
- 3. Teach Hygiene-** Schools have been teaching all children good hygiene to protect everyone from Covid 19. As parents we can do this at home too. Below is a social story which can help children with autism to understand the virus and how children can help themselves
- 4. Provide Predictability/structure and routines-** Children with autism need lots of predictability, structure and routines. Visual timetables (pictures, checklist, symbols), diaries or calendars can help with this. Discuss with your child each morning what is going to happen that day, who they are going to be with, what activities they can do and when.
- 5. Keep them busy with fun activities-** use this time to do some fun activities at home that you may not normally have the time to do. Teaching some life skills- cooking, get them to help with housework, reading, etc. Check with your child's school of websites that can be used for fun learning activities, home work or other learning options.
- 6. Teach calming strategies-** many children with autism struggle to self-regulate and relax. Explore different options to help to reduce anxieties- yoga, breathing exercises, relaxing music, sensory games, meditation, video clips. Every child is different, and you know your child best. There are a selection of You Tube clips on many activities, but remember to check them out yourself first before showing your child.
- 7. Reassure them**
- 8. Keep it simple and factual-** avoid using too much language, and terms your child may not understand.
- 9. Food Limitations-** with supermarket shortages you may not be able to buy a good stock of your child's food options. It would be good to have a daily/weekly menu which you discuss with your child daily/weekly by giving the options that you know you have or can get easily.
- 10. Call/Video call/ or write to relatives-** If your child is missing a favourite person or worried about a relative, explore ways to keep in touch to reassure your child they are ok.



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Covid 19 Social Story

- Coronavirus can be called "Covid19".
- Coronavirus is a new type of flu.
- A flu will make you feel sick, but it is ok, you will feel better again.



- I can keep safe from Coronavirus by washing my hands with soap and water.
- I will wash my hands before I eat my food.
- I will wash my hands after I sneeze, blow my nose or touch my mouth.
- I will wash my hands after I go to the toilet.
- I will be safe with my lovely clean hands.



- I will not bite my nails or put my hands in my mouth.
- I will cover my mouth when I cough or sneeze.
- If I am not feeling well, I will tell a grown-up.
- I will not give my friends or staff high 5's, hugs or fist bumps until everyone is feeling better.
- I can do other things to be friendly, like give them a wave, an elbow bump or a dab!



Unhealthy choices



Healthy choices



- My school might need to close for a while- everyone will stay at home instead.
- It will be closed to let everyone get better.
- A grown-up will let me know when I can go back to school.



- Just like other types of flu, coronavirus will go away soon.
- I don't need to feel worried, but if I do I can talk to an adult.
- I will keep safe! Hurray!

