



# Abbey Lane Primary School

## *SEND 2023-24 Newsletter, Summer 2*

Hello everyone,

Welcome to the Summer term, we hope you are all keeping well and safe. In this newsletter, we will share with you: ideas for managing change, the family communication seminar, our next coffee morning and a new regulation activity.



Miss Bryan,  
SENDCo



Miss Moralee,  
SMHL



Miss Hunt  
SEND TA

### Focus - Managing change

From a change in their daily routine, to a change in year group or a change of school, each child feels and reacts differently to each of these situations.

In our Y1 Shining Stars group, we have looked at how we manage the changes in our lives. Understanding change starts by recognising that it just means that something is different. It is important to acknowledge and validate children's feeling and emotions towards the changes they experience and help them recognise that everyone reacts differently. When talking about changes, it is useful for children to recognise that their feelings towards a situation may change over time; initially nervous, then excited and happy. There are a variety of ways we can help manage the feelings around changing situations: remembering past experiences and what we did before, looking for things that are familiar to us help us feel settled, doing things we enjoy and repeating positive affirmations or phrases to ourselves. It's also important that children know who their trusted adults are, people they can talk to and share how they feel.

### Sheffield Parent Hub, Family Communication seminar

When: Tuesday 25<sup>th</sup> June, 9 - 10.30am

Where: Small Hall, Abbey Lane Primary School.

A practical seminar for parents and carers of school aged children. Why communication quality matters to your child's education and how to create the best relationship environment for your children. This seminar covers the following helpful topics:

- Setting a good example for your child.
- Home and school environments - how to help your child.
- What we do and say - the difference it makes.
- Learn simple effective skills of being assertive to improve communication in your relationships.



To take part, please sign up scan the QR code or follow the link below:

<https://www.eventbrite.co.uk/e/family-communication-seminar-tickets-873229762727?aff=ebdsoporgprofile>



### Coffee Afternoon.

We will be holding our next SEND coffee afternoon on **Wednesday 12<sup>th</sup> June, 2-3pm**. You'll be able to meet the team and we can find out from you how we can best support you.

Please sign up on Parent Evening booking system.

<https://abbeylane.schoolcloud.co.uk/>

### Turtle breathing.

Slowly breathe in for the count of 3 and lift your shoulders up to your ears. Hold your breath for 3 and then slowly lower your shoulders down as you breathe out for 3.

You can gently roll your shoulders back as you lower them to release any tension. Repeat at least 3 times.



### Support outside of school

Sheffield Parent Hub: Sheffield City Council's Parenting Specialists provide group based and one to one parenting support for parents and carers of children, from babies to teenagers. <https://www.eventbrite.co.uk/o/sheffield-parent-hub-17631456258>

Sheffield Parent Carer Forum: We are an independent group of parents and carers of children and young people (0-25) with special educational needs and disabilities.

<https://sheffieldparentcarerforum.org.uk/>