



Abbey Lane Primary School

SEND Newsletter, Autumn 2024

Hello everyone,

Welcome to the back to school, we hope you had a wonderful summer and are all keeping well and safe. In this newsletter, we will share with you: what's been happening in school, our next Sheffield Parenting Hub training, the date of our next coffee morning and a new regulation activity.



Miss Bryan,
SENDCo



Miss Moralee,
SMHL



Miss Hunt
SEND TA

Focus - Zones of Regulation

This half term we have reintroduced the Zones of Regulation across school.

During the first 4 weeks, pupils learnt about each of the different zones, as well as being taught a variety of regulation activities. After this, they created their own toolbox of activities to help them regulate their emotions. Finally, they will look at how to recognise when their problems are big, medium or small and how they can manage them. The older children will also look at how their inner voice can either coach or criticise them and how this impacts them each day.

If you would like to find out more about the Zones of Regulation, come along to one of the short presentations, held on both parents' evenings, at 4pm, 4.30pm and 5pm, in the main hall.

Timid to Tiger programme.

We're excited to announce that we will be hosting Sheffield Parenting Hub at school for their Timid to Tiger programme.

Thursday 9th January - Thursday 27th March, 9 - 11.15am.

'This programme will help you manage your child's worries and help them become more confident. We know it can be very difficult raising an anxious child. Many parents tell us they can be torn between pushing their child to face their fears but wanting to protect them when they are frightened and worried. It can be hard to know the best thing to do. This programme is designed to help parents understand anxiety and to give them strategies for building their child's confidence. As a parent you are in a great position to help them learn to deal with their worries.'

We have space for 12 parents to attend, so if you would like to come along to the 10-week programme, please contact Miss Moralee via the school email: enquiries@abbeylane.sheffield.sch.uk



Coffee Morning

We will be holding our next SEND coffee afternoon on **Monday 25th November, 9 - 10am**. A peer support worker from Sheffield Parent Carer Forum will be attending to share how SPCF can help you. If you are interested in attending, please sign up on Parent Evening booking system. <https://abbeylane.schoolcloud.co.uk>

This term's regulation activity is

Push palms

Place the palms of your hands together in front of you. Gently push them together for the count of 3 and breathe in, then release for the count of 3 and breathe out. Repeat.



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/>