



# SEN Newsletter

Issue 1  
Autumn Term  
September 2024

## Welcome!

Welcome to our first newsletter dedicated specifically to Special Educational Needs.

We hope that you find this useful for information and to keep up to date with all the SEN news and updates that take place here at Robert Miles Junior School.

If you have any suggestions of what you would like in future SEN newsletters, please let the school office or Mrs. Wallace know.



## SENCo

Our Special Educational Needs Co-Ordinator (SENCo) is Mrs. Wallace.



Contact information:

Jemma.wallace:@robertmiles.notts.sch.uk

Please join us for our first  
**SEND Parent Coffee Morning**  
on **Tuesday 8<sup>th</sup> October**  
**9 – 10 am**

Please come along to meet the SENCo, ask any questions/discuss any concerns and chat to other parents.



ELSA is a short-term intervention that supports pupils with their emotions. They spend time talking about how they feel and learn strategies to help them cope. Areas of support include; self-esteem, friendship issues, loss and bereavement, managing strong emotions, anxiety/worries and emotional regulation.

Our school ELSA is Mrs. Ward.

Please contact your child's class teacher for a referral.



### SEN Glossary:

We know that sometimes schools and professionals can use terms or phrases that not everyone is aware of. This section aims to shed some light on some terms each issue.

#### What is the SEND Local Offer?

Local Offer is a guide to services and support for children and young people who have Special Educational Needs (SEN) or are disabled, including those who have Education, Health Care (EHC) Plans, aged 0-25 in Nottinghamshire. You can find resources (such as the newsletter seen below), services, support, activities and events on the Notts Help Yourself website (link below)

[SEND Local Offer – Nottinghamshire County Council](#)



## Newsletter

Edition 2

September 2024

### Family Hub Networks are coming to Nottinghamshire

In March 2024, Nottinghamshire County Council Cabinet agreed to roll out Family Hub Networks across Nottinghamshire. These Hubs will bring organisations together such as council teams, the NHS and community partners to provide joined up services for families as early as possible.

We will be changing Children's Centre buildings into Family Hubs, offering services for families from pregnancy through to a young person's 18th birthday by April 2025.

Our first networks have just been launched in Retford, Newark and Sutton in Ashfield. Family Hub Networks will be launched in Netherfield and Mansfield South & East in September 2024.



Cllr Sinead Anderson and Cllr Tracey Taylor at the Family Hub launch at Sutton Library.

This newsletter is for local parents, carers and those who work with families in Nottinghamshire and aims to keep people updated with plans and developments. This newsletter also provides us an opportunity to get your views and ideas for how you think Family Hub Networks can be delivered with lots of local organisations working together to identify and meet the needs of families.

### Other useful websites:



Autism Information & Advice Service



# Spotlight focus...



(Each newsletter will spotlight on one area of special educational needs)

## Proprioception Exercises

Proprioception is a sense that tells us where our bodies are in relation to other objects and open spaces, and how our different body parts are moving. We get messages from our muscle and joints telling our brain where we are.

Proprioceptive exercises can calm and soothe the nervous system and should be used pre-emptively where possible (ahead of known difficulties for the child, such as transition points etc). The strategies can be used at home as well as school.

To support the school to home transition at the end of the day parents can:

- Bring a crunchy snack (apple, carrot, crisps)
- Avoid too much language / questions and use connection statements instead (i.e. I've been really looking forward to seeing you).
- Plan some outdoor time after school or have a low sensory den at home (this can be a simple homemade one) so that children can decompress after the day.

Click on the logo below to find out more about Proprioception (body awareness) and autism.



**Proprioception**

**Activities**

Proprioceptive activities can help people to feel calm, grounded and can help with concentration and focus. It can also support our body awareness and overall confidence.

Here are some activities to try that are rich in proprioception:

- Carrying books or something with a little weight
- pushing or pulling games
- Chair push ups (great for the classroom!)
- Blow bubbles or chew
- Jumping games or trampolining
- Carrying a backpack for short periods
- Crawling
- Animal walks such as crab walk, dog & bear crawl