



SEN Newsletter

Issue 2
Autumn Term
October 2024

Inclusion

What a busy half term this has been! The children have all made an excellent start to the new school year supported by all the fantastic inclusive practice across the school.

To ensure that Inclusion is at the heart of everything we do, we have:

1. Started our SEND Newsletter
2. Held our first SEND Parent Coffee Morning
3. Had a visit from our governor with special responsibility for SEND
3. And appointed our new Y6 Inclusion Prefect



SENCo

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



Contact information:

Jemma.wallace@robertmiles.notts.sch.uk

Please join us for our next
SEND Parent Coffee Morning
on **Friday 8th November**
9 – 10 am

Joanna Lake from MHST (mental health support team) and Mrs Ward our school ELSA, will be talking to parents about different strategies and ways of supporting children's mental health.



Low self-esteem is one of one the many issues I see children for. It can be hard for a child to see the positives when they are struggling. One of the things that is good to do with your child, to help tackle this is to discuss positive moments or achievements from the day. Whilst walking home, eating dinner together or getting ready for bed, tell your child 3 positive things about your day and then encourage them to do the same. It can be anything from doing a great piece of work, remembering all the things needed for the day, eating a favourite food, enjoying time with friends or simply enjoying the feeling of some sunshine on your face.

Mrs Ward (School ELSA)



Spotlight focus...

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



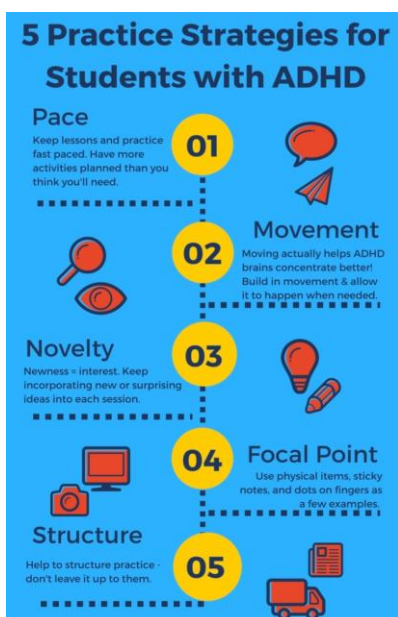
ADHD – Awareness is Key!

October is ADHD awareness month and the theme for this year is "Awareness is Key!" The purpose of this month is to shine the spotlight on Attention Deficit/Hyperactive Disorder (ADHD), raising awareness, busting myths and celebrating the resilience and triumphs of those with ADHD.

There are 3 types of ADHD:



School use many different strategies to support pupils with ADHD, always considering the unique needs of each individual child. There are also many ways you can help your child with ADHD at home:



Tips for Parenting a Child with ADHD

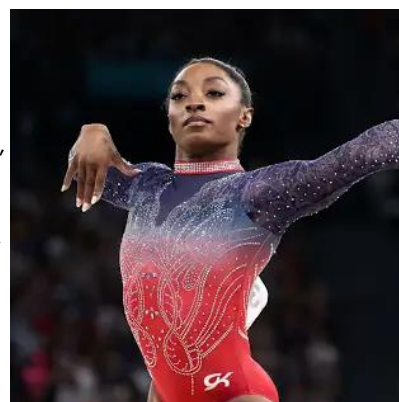
1. Encourage physical activity
2. Reduce screen time
3. Set and stick to bedtimes
4. Find structured tasks that your child enjoys
5. Give quality attention
6. Give lots of praise
7. Develop simple routines
8. Use firm but gentle consequences
9. Use organization tools
10. Coordinate with school
11. Manage your own stress

Inspirational people with ADHD

Simone Biles, considered one of the greatest gymnasts of all time, is the most decorated gymnast in history. She rose to fame in 2013, when she won two World Championship gold medals for the USA at the age of 16.

In a tweet, Simone said "Having ADHD, and taking medication for it is nothing to be ashamed of, nothing that I'm afraid to let people know."

Simone has been praised for helping address the stigma surrounding ADHD.



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 Universal, Targeted and Specialist provision?

Universal, targeted and specialist (sometimes referred to as Wave 1, Wave 2 and Wave 3 provision) are terms used to describe the different levels of support available for children with special educational needs and disabilities (SEND).

Universal

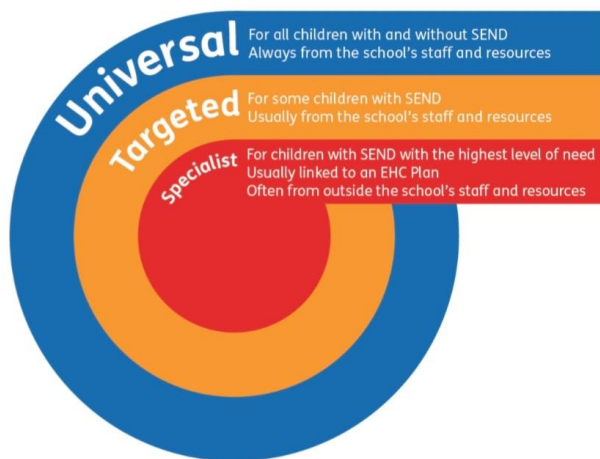
Services that are available to all children in the setting, staff are expected to make reasonable adjustments within this for children with SEND.

Targeted

Additional support for children who need more help, such as small group interventions, extra staff or assistive technology.

Specialist

Intensive, individual support for children with more complex needs, such as assessments and direct work with specialists. Specialist support may include the creation of an Education, Health and Care Plan (EHCP).



Here are a few examples of the universal and targeted provision offered at Robert Miles Junior School:

Universal Provision	Targeted provision
<ul style="list-style-type: none"> High quality teaching practices Visual timetables Clear routines and expectations Chunking of new information and tasks Considered / flexible seating plans Differentiated / adapted activities and tasks Movement breaks Emotion coaching language Key words and vocabulary emphasised Specialist pens Coloured overlays Wobble cushions Writing slopes Some additional intervention groups run by school staff 	<ul style="list-style-type: none"> Individual support plan in place Lego therapy Social skills intervention ELSA Social stories Dyslexia interventions / Wordshark Physiotherapy interventions Small group teaching for English and Math Pre-teaching / post-teaching e.g. of key vocabulary TA support Talking tins and alternative ways of recording Lunch club Small step assessment – B Squared progression steps