

SEN Newsletter

Spring Term
February 2026



Welcome to the Spring 1 SEN Newsletter. Your child's class teacher is your first point of contact if you have any concerns or for day-to-day queries. However, if you require further information or guidance, you are more than welcome to contact Mrs Wallace our Special Educational Needs Co-Ordinator (SENCo).

Contact information:
Jemma.Wallace@robertmiles.notts.sch.uk



Wednesday 20th May 2026
9am

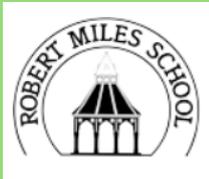
We will be joined by
Ms Brentley Toothill SENCo
for a Q&A around transition
and provision



CELEBRATE DIVERSITY
ROCK YOUR
SOCKS

Monday 23rd March – Rock your Socks!

We are raising awareness about **World Down Syndrome Day** by wearing mismatched socks!



Emotionally Based



Spotlight: Emotional Based School Avoidance (EBSA)

What is EBSA?

EBSA isn't just about a child not wanting to go to school. It's a complex issue that involves strong **emotional responses** to attending school. EBSA refers to severe difficulty attending school due to emotional factors. It's characterised by extreme distress when faced with going to school. Unlike truancy, children with EBSA often stay at home with their parents' knowledge. For some, an avoidant strategy might be used to miss particular lessons, whilst others might resist attending altogether.

'Attendance resistance' can arise suddenly in response to a significant event, or it can be more insipid, developing slowly over time.

Recognising signs:

Physical symptoms:

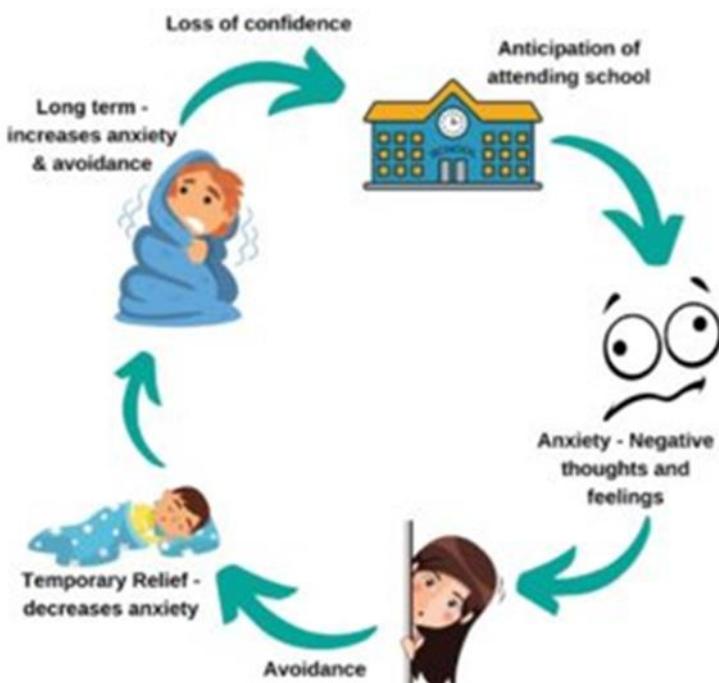
Frequent complaints of stomach aches, headaches, or feeling sick. These often occur on school days and may disappear at weekends or holidays.

Emotional signs:

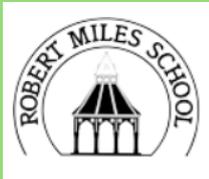
Increased anxiety, particularly around school-related topics. Tearfulness, irritability, or mood swings. Difficulty sleeping or changes in appetite.

Behavioural changes:

Reluctance or refusal to get ready for school. Increased clinginess or separation anxiety. Withdrawal from friends or activities they used to enjoy.



The most common way of managing anxiety is avoidance. When we avoid the anxious situation, we get an immediate relief. However, this is only a short-term solution as when we face the situation the next time the anxiety reaction is much greater due to the increased anticipation of the event. This happens in EBSA. Young people who are anxious about attending school get an immediate sense of relief when they avoid school, however the fear of attending the next day is then much greater. They are then even more likely to avoid school again. This is called an avoidance cycle.



Spotlight: Emotional Based School Avoidance (EBSA)

Working with Schools and Professionals:

Collaboration is key

Building positive relationships:

Open, honest communication with school staff is important.

Regular meetings can help track progress and adjust support as needed.

Advocating for your child:

Share your insights about your child's needs and what helps them.

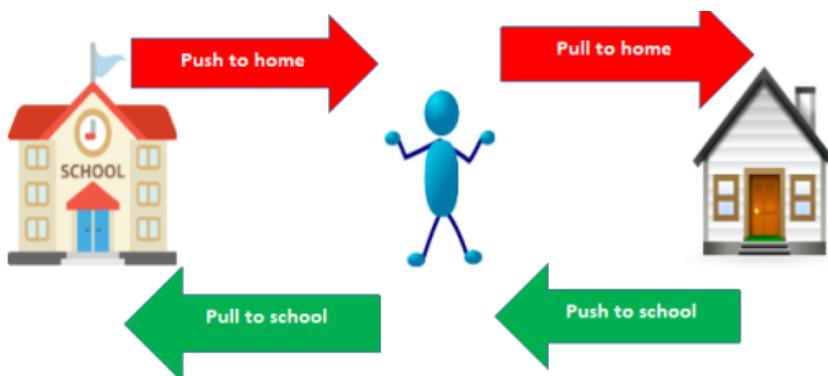
Don't be afraid to ask questions or request clarification.

Accessing appropriate support:

This might include educational psychologists, CAMHS, or specialist EBSA teams.

Your child's school or GP can often help with referrals to these services.

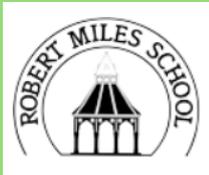
Consider the Push and Pull factors:



Information from:

<https://www.edpsyched.co.uk/blog/ebsa-key-points-every-parent-should-know>





Signposting to parent sessions and events:

Neurodevelopmental Support Team (NST)

Parent Support Programmes and Workshops

NST offer a variety of evidence-based interventions for families of children and young people exhibiting indicative behaviours of Autism/ADHD, both before and after diagnosis.

- Cygnet
- Sleep Tight
- ADHD/NFPP
- Parent Workshop
- Educational Transition Support

How to book: You can book a place on one of our programmes providing you are registered with a Nottinghamshire GP (excluding Bassetlaw and Nottingham City).

You will need to click the link below OR copy/type this link into your browser then complete and submit the online form.

We will then send you a list of available workshops with further information about each programme.

<http://bit.ly/NST-opt-in>

Families of children who are adopted, in kinship care or previously in care

<https://www.eventbrite.co.uk/e/emotion-coaching-training-tickets-1982491110278?aff=oddtcreator>

Emotion Coaching
How to Support Your Child When Their Feelings Get Big

A workshop available to Nottinghamshire families of children who are adopted, in kinship care and/or were previously in care

2nd July 2026

This session will cover how children and young people understand emotions and what can happen when their feelings overwhelm them. We will look at Emotion Coaching - a way for families to teach children about their emotions and respond "in the moment" when big feelings happen.

9:30AM - 3:30PM

Park Plaza Nottingham
11 Maid Marian Way
Nottingham NG1 6GD

BOOK NOW:
<https://www.eventbrite.co.uk/e/workshop-for-families-of-children-who-were-previously-in-care-tickets-97798428867?aff=abdsopergprofile>

For More Information, Contact Us:
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