



ASHMOLE PRIMARY SCHOOL

SEN Newsletter



Emotion coaching is a way of helping children cope with their feelings and learn to self-regulate. We use this approach across the school.

Emotion Coaching

Step 1: Empathize, Label and Validate

- "I see..." or "I notice..."
- "I hear..."
- "Are you feeling..."
- "Is there anything else that you are feeling?"
- "I imagine that feels..."
- "Tell me about that."
- "Are you saying that..."
- "It sounds to me like you feel _____, because _____. Is that right?"
- "How does that make you feel?"

Step 2: Deal with the Bad Behavior (if applicable)

- "It's okay to feel _____, but it's never okay to _____."

Step 3: Problem-Solve

"The best ideas come from the kids themselves, when they explore the problem from their own perspective and knowledge."

- "Tell me what happened to make you feel this way."
- "What can you do to solve this problem?"
- "What might happen if..."
- "Let's take a look at some different choices..."

End of another year.

It's July already and nearly time for our summer holiday. The year has passed so quickly. I have included some hints and tips for a peaceful break on the final page.

Thank you again for your continued support. Have a fantastic summer holiday, have fun and we'll see you in September.

Mrs Toal

SENCO



Useful websites.

SENDIASS - Special Education Needs and Disability Information, Advice and Support Service

<https://www.barnetlocaloffer.org.uk/organisations/27214-barnet-special-educational-needs-and-disability-information-advice-and-support-service-sendiass>

SENDIASS is a free service to residents that provides high quality, bespoke, impartial and confidential support to ensure that our service users are at the heart of decision-making processes and are fully informed of their options and rights that affect theirs or their families lives.

www.autism.org.uk The National Autistic Society website, the main UK charity for supporting people with ASD and their families

www.attentionautism.com For more information on Attention Autism and how you can support your child to develop attention and turn-taking skills

www.iassnetwork.co.uk Advice and support for parents of children with SEN

www.autismuk.com Information on ASD

www.autismspeaks.org - A comprehensive site, with a useful resource library

www.oneplaceforspecialneeds.com/main/library_social_stories.html

A really useful set of social stories to share with children, covering topics ranging from coping with a new baby in the family to getting a haircut to making friends.

<https://www.pdasociety.org.uk/>

A useful website for families living with an Autism PDA profile

SEN Parent Meetings

Thank you to all the parents and children who were able to attend the SEN coffee mornings this year. It was lovely to see you all and share SEN information.

We really appreciate your time and support.

If your child is already at Ashmole Primary School and you would like to make an appointment with your child's new teacher in September please make an appointment through the office and we can discuss the new support plans and the transition to the new class.



The summer break is a time children often look forward to because it means a rest from school for a few weeks.

No strict schedules - no classes -no homework. However, for some children this change in routine can be difficult. Autism Parent Magazine have some tips to help the summer holidays be as stress-free as possible:

1. Plan ahead - This can often help children adjust to changes easier, and it helps to know what is going to happen next. Some parents provide a visual or written schedule and then try to stick with it as much as possible.
2. Use timers/alarms - Using timers that have a visual cue can be useful if children are not yet able to tell the time independently. For example, if you are leaving the house in 15 minutes, a countdown timer can help regulate the time left until the change in routine.
3. Use social stories - These are a great way to introduce and explain concepts and situations in a visual form. Social stories may increase the child's understanding of a social concept and can help the child understand what is going to happen. By letting your child know ahead of time what is going to take place, the potential anxiety and stress associated with the activity may decrease. For more information on social stories visit <https://www.autism.org.uk/advice-and-guidance/topics/communication/communication-tools/social-stories-and-comic-strip-conversations>
4. Allow extra time - When creating a schedule, it is important to remember that each activity/event may not start at the exact time, so it is useful to allow extra. If timing is problematic then times can be left out, with just a list of tasks/activities in order.
5. Introduce your child to new places or activities - If you are going somewhere new, it may be useful to introduce your child to these beforehand. For example, you could visit the place before, or if that's not possible, then look at the website and pictures together. Stay safe and have fun!

