

SEND SUPPORT / 28.04.20

Dear Children,

We want to say a big 'hi' to you all and tell you that we are all still thinking of you 😊 !

Mrs. Bowes, Mrs. Errington and I are missing seeing you and doing all our lovely group work together! We are all ok and working in school and at home and we are looking forward to seeing you all again!

We just want to remind you how 'fabulous' you really are, trying to work from home 😊 If you are finding any of the work hard, you can talk to your parents and perhaps look at all the resources online together. You can also get in touch with school for further advice- your teachers are going to ring you this week too! If you were using a coloured overlay or ruler in school to help with your reading and writing, you can use it at home too.

Just remember also that it is perfectly natural to have lots of different feelings throughout the day, even having a few worries. Remember to talk through your worries and perhaps have a look at <https://www.cosmickids.com/> with a parent to 'chill out' when you need to. As we say in school 'a problem shared is a problem halved.'

If you are in year 6 and are looking forward to Secondary school, I have shared a link with your parents so that you can start having a look at what it's like when you go to yr 7. Even if you are a bit nervous, just remember a great new adventure awaits and you will have a great time! You will have a chance to make new friends as well as being in contact with older ones. Mrs. Olsen is talking with your new schools over this term and will be sharing all the things you are good at and also any good support strategies that you use in class to help you.

So keep smiling, talking and having family time,

Best wishes, Mrs. Olsen, Mrs. Bowes and Mrs. Errington 😊

Dear Parents / Carers ,

Again, we send our best wishes to you all during these difficult times. We hope that you are well and that you have found some of the SEND resources helpful.

I enclose a further range of websites that external agencies have shared with me regarding supporting children with additional needs and hope they are useful to you at this time.

With regard to Yr 6 transitions, as we have explained above, we include some support strategies from the BBC to start discussing transitions at home, if you so wish.

<https://www.bbc.co.uk/bitesize/articles/zj2grj6>

If you would like any further advice that has not been included so far, please e-mail enquires@cranwell.lincs.sch.uk and your message will be passed on to us accordingly.

Many thanks & stay safe, the SEND Team 😊

Support/ pupils with SEND	<p>Government recommendations; https://www.gov.uk/guidance/help-children-with-send-continue-their-education-during-coronavirus-covid-19</p>
Tips	<p>From the above link the following links are shared;</p> <p>Visuals2Go Website: https://www.visuals2go.com/ Description: an all-in-one app created to support people with communication and learning difficulties. For verbal and non-verbal learners</p> <p>Brain Parade Website: http://www.brainparade.com/products/see-touch-learn-free/ Description: a visual instruction app, including flash cards and picture-choosing games, for children with autism and special needs</p> <p>HelpKidzLearn Website: https://www.helpkidzlearn.com/ Description: a collection of games and resources designed for a range of educational needs and stages. It includes provision for school closure.</p> <p>Sensory App House Ltd Website: https://www.sensoryapphouse.com/ Description: a range of apps are available for pupils with Profound and Multiple Learning Difficulties (PMLD) or Severe Learning Difficulties (SLD). All are interactive and many do not require significant coordination abilities</p>
Support to help Home Learning	<p>The online <i>First Call</i> resource supports early Speech and Language skills https://www.lincolnshirecommunityhealthservices.nhs.uk/our-services/childrens-services/childrens-therapy-services/first-call</p> <p>Also the following American Website has some advice and a few free resources, supporting rhyme https://blog.allaboutlearningpress.com/teach-rhyming/</p> <p>The following website, which has a variety of links to further support strategies http://www.thesensoryprojects.co.uk/covid19-resources</p>
Tips	<p>Further support for families including support for challenging behaviour; https://www.autism.org.uk/about/behaviour/challenging-behaviour.aspx</p> <p>https://councilfordisabledchildren.org.uk/resources-and-help/im-parent</p>
Further Social, emotional and	<p>https://www.lpft.nhs.uk/young-people/lincoln/healthy-minds-lincolnshire/</p> <p>If you have concerns about a child or young person’s emotional wellbeing please contact Healthy Minds on the ‘Here4You’ line which is operational.</p>

Mental Health Support	<p>Here4You line on 01522 309120</p> <p>Lincolnshire has further bolstered its commitment to mental health with the launch of a new confidential mental health and emotional wellbeing helpline. By calling 0800 001 4331 you can speak to a member of a highly trained and experienced team of support workers who will be able to provide appropriate support- please see the above website</p>
Tips	<p>Further useful information;</p> <p>Coronavirus Booklet (included)</p> <p><u>Further useful information from Healthy Minds ;</u></p> <p>Healthy Minds have been working on some further resources to support children and young people as well as parents/carers and professionals which they hope you will find useful. Below you will find more information about:</p> <p>Online managing worries and anxious feelings workshop- 40 minute long workshop for Primary and Secondary aged children: https://www.lpft.nhs.uk/young-people/lincolnshire/young-people/helping-you-help-yourself</p> <p>Healthy Minds recommend that Primary aged children are supported by their Parents/carers/responsible adult to access this as they might need some help to understand or complete the activities. The workshop contains positive, supportive strategies that would be delivered to a group of children that are either experiencing some low level worries/anxieties or to provide education and support about some supportive strategies that are just good to know anyway on a day to day basis to help us to understand ourselves more and process our feelings.</p> <p>There are links to supporting workbooks for Primary and Secondary aged children to use alongside the workshop which are just about the video. There is also a parent pack to download under the video with advice and support for parents and carers. Please see the link below for the online anxiety workshop:</p> <p>https://www.lpft.nhs.uk/young-people/lincolnshire/young-people/helping-you-help-yourself</p> <p><u>Relaxation and Mindfulness</u></p> <p>On the same link: https://www.lpft.nhs.uk/young-people/lincolnshire/young-people/helping-you-help-yourself if you scroll down you will see lots of helpful information. If you click on the relaxation and self-soothing tab you will find some short relaxation videos which are around two minutes long. These can be used by not only children and young people, but family/carers and professionals who may be struggling and need some support :</p> <ul style="list-style-type: none"> • square breathing • finger breathing • colour breathing • my happy place exercise • progressive muscle relaxation

Coronavirus support page

On this link: <https://www.lpft.nhs.uk/young-people/lincolnshire/young-people/coronavirus-informationresource-hub> you will find resources to support emotional wellbeing in relation to Coronavirus. This is a growing resource with contributions from both CAMHS and Healthy Minds Lincolnshire. On here you will find some new helpful videos:

- 5 Ways to Wellbeing during Covid -19 (found directly on webpage, scroll down)
- Top Tips for Young People during Covid -19 (found on webpage link under "Tips/Advice on managing anxiety and mental health during Coronavirus.")
- Top Tips for Parents/Carers during Covid-19 (found on webpage link under "Supporting your child during Coronavirus.")