

# SEND Newsletter

SPRING 1 EDITION

## Top Tips:

### School's focus on ASD

At our school, we celebrate the fact that every child functions and experiences differently.

Autism Spectrum Disorder (ASD) is a developmental difference that affects how people communicate, interact, and experience the world around them.

### Local Support:

- **Autism Together (formerly Wirral Autism):** One of the UK's leading specialist providers. They offer a range of family support, including 1:1 guidance, parent workshops, and "Family Adventures" (structured social events). Their Rainbow Resource Centre in Birkenhead serves as a hub for children and families.
- **SENDLO (Wirral's Local Offer):** The definitive "one-stop shop" website for all SEND services in the Wirral. It provides directories for education, health, and social care support.
- **WALK Team (Wirral Autism & Learning Disabilities Keyworkers):** A specialist service for children and young people (0-25) who are on the "Dynamic Support Database." They provide keyworkers to help families coordinate between different agencies and prevent mental health crises.
- **Merseyside Autistic Children's Society (MACS):** A volunteer-led charity run by parents and grandparents. They host social sessions such as adventure play, swimming, and bowling for children, alongside parent support.
- **COSMOS (Community of SEND Mothers Obtaining Solutions):** A newer peer-led group that provides a platform for parents and carers to share experiences and influence local SEND policy.
- **Creating Community:** Offers peer-led support groups specifically for parents of children with mental health and SEND needs, supported by the local NHS trust.

- **Visual Timetables:** Use a simple "Now and Next" board (even a whiteboard or drawing) to show that after "Homework" comes "iPad Time."
- **Sensory "Chill-Out" Spaces:** Create a small, quiet corner with cushions, a blanket, or a pop-up tent.
- **Clear, Direct Language:** Try to avoid metaphors or sarcasm (e.g., instead of "pull your socks up," say "please try your best"). Give one instruction at a time and allow a "processing pause" of about 10 seconds before repeating it.
- **'Zones of Regulation'** - help children to understand their feelings and what they can do to regulate:
  - Blue Zone:** Feeling sad, bored, or tired.
  - Green Zone:** Feeling happy, calm, and ready to learn.
  - Yellow Zone:** Feeling frustrated, worried, or "wiggly."
  - Red Zone:** Feeling angry or out of control.

If you have concerns about your child or would like to discuss how we can better support them in the classroom, please don't hesitate to reach out to our school's SENDCo (Special Educational Needs Coordinator).