

Over the last few weeks it has been lovely to meet many of you to discuss your child's journey with Marriott on the SEND pathway. Please do make your child's class teacher the first port of call as they are with them on a daily basis and can tell you about provisions, how they are presenting and such things. Sadly, my role is more about paperwork! Next half term I will be spending time in all classes to put faces to names of those children I am less familiar with.



### HUB

Children in the hub have been working incredibly hard across the curriculum. They are still working on reading, writing and maths as the curriculum requires but with a higher adult to child ratio and working at the pace that suites them. Soft starts, brain breaks and additional interventions are also planned into the timetable.

SENDIASS Leicester offers free, confidential and impartial information, advice and support to parents and carers of young people aged 0-25 with special educational needs or disabilities (SEND) as well as young people themselves.

They can offer you advice and information on key issues like Special Educational Needs and provision. We can also offer support on Education, Health and Care Needs Assessments and Plans and matters relating to social care and health.

They can also give you practical support with tasks such as:

- \* Understanding complicated documents and reports
- \* Completing paperwork
- \* Attending meetings with you to ensure your views are heard

This You Tube video about how they can support you as parents: <https://youtu.be/dxQsWtCzXqU>

<https://sendiassleicester.org.uk>  
Tel: 0116 482 0870



Email: [info@sendiassleicester.org.uk](mailto:info@sendiassleicester.org.uk)  
Facebook: SENDIASS Leicester  
Twitter: @SendiassL

**Free** NHS sight tests are available at opticians for children under 16 and for young people under 19 in full-time education.



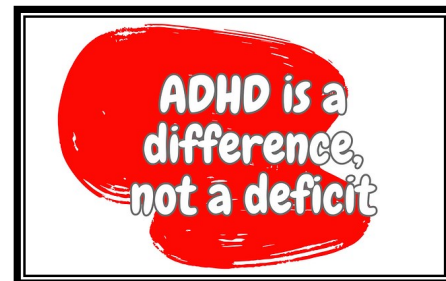
### Why are eye checks are important?

The sooner any eye problem is found, the sooner you and your child will be able to get any treatment and support needed.

Children may not realise they have a vision problem so, without routine tests, there's a risk a problem may not be spotted. This may affect their development and education.

If you have any concerns about your child's vision see a GP or go to an opticians.

There are a number of opticians locally but if you are having difficulty finding one then contact Mrs Power who will be able to point you in the right direction.



We have partnered with ADHD solutions who will be coming to school to run a session on **Tuesday 7th November** in the morning. If you are interested then please contact Mrs Power via the office to book a place (priority will be given to those children diagnosed or undergoing investigation).

ADHD Solutions aims to improve the life chances of people with Attention Deficit Hyperactivity Disorder (ADHD), empowering children/young people, adults and their families to take control of their situation, develop strategies for use at home. Identifying critical times and triggers, preventing crises occurring, risk of adverse outcomes including educational underachievement and social exclusion.

Further information can be found at: [www.adhdsolutions.org](http://www.adhdsolutions.org)

Caring for a child with attention deficit hyperactivity disorder (ADHD) can be challenging. The impulsive, fearless and chaotic behaviours typical of ADHD can make everyday activities exhausting and stressful. Although it can be difficult at times, it's important to remember that a child with ADHD cannot help their behaviour. People with ADHD can find it difficult to suppress impulses, which means they may not stop to consider a situation, or the consequences, before they act.

Some key tips from the NHS website [www.nhs.uk/conditions/attention-deficit-hyperactivity-disorder-adhd](http://www.nhs.uk/conditions/attention-deficit-hyperactivity-disorder-adhd) are:

- ⇒ Plan your day so your child knows what to expect
- ⇒ Set clear boundaries and make sure everyone knows what behaviour is expected
- ⇒ Be positive for specific things
- ⇒ If asking your child to do something—Give brief instructions and be specific
- ⇒ Set up your own incentive scheme (points chart or star chart)
- ⇒ Intervene early—watch for warning signs and distract your child, if possible, taking them away from the situation
- ⇒ Keep social situations short and sweet
- ⇒ Make sure your child gets lots of physical activity during the day
- ⇒ Keep an eye on what your child eats—do certain foods trigger your child to be hyperactive
- ⇒ Stick to a bedtime routine

Other organisations that offer advice and information about ADHD.



<https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/adhd>



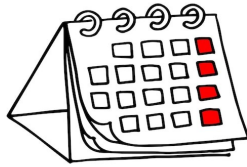
<https://www.ukadhd.com>



<https://www.bbc.co.uk/bitesize/articles/zw28qyc>

## KEY DATES

Halloween discos: 30th Oct  
 Odd socks day: 13th Nov  
 Anti-bullying week: w/c 13th Nov  
 Children in Need: 17th Nov  
 Teacher day: 4th Dec (pupils not in school)  
 Christmas jumper day: 8th Dec  
 Term ends: Thur 21st Dec











We know for some children a change in structure, routine or activities can be tricky. Hopefully, you can prepare your child for the change. There is however no expectation that they will join in. If they want to wear uniform then that is fine.





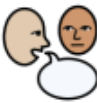



Below is a social story that you could use with your child to prepare them.

 We  are going to  be wearing  some  different  clothes  on \_\_\_\_\_

because . You can  dress up  too  if you  would  like.

 Everyone  will  look  different  on  this  day  because we

 will  all  be wearing  different  clothes.  It will  be ok.

If  you  get  worried  or upset  tell  your  teacher  or an adult

 so they  can  make  you  feel  better.  The next day  everyone

 will  be wearing  uniform  again.

If you would like a printed copy of this newsletter then please contact the of-

