



## Rosherville Church of England Academy



*At Rosherville we embrace the Christian ethos, within a nurturing environment where everyone can 'ASPIRE, BELIEVE and ACHIEVE.'*

### SEND Newsletter Spring 2022

We hope you all had a lovely break and wish you and your families a Happy New Year. In spite of these uncertain times, it is great to see that the children have returned with their usual enthusiasm to learn. We understand that it is not always easy for them to adjust to the changes. As always, if you have any concerns, please do not hesitate to get in touch with me at Email: [macfarlanet@aaat.uk](mailto:macfarlanet@aaat.uk) or Tel: 01474 365 266

Kind regards

Tracy Macfarlane  
SENDCo

Thank you to all the parents who came to our **Zones** of Regulation workshop last term. We are continuing to build on the success of its introduction to school and the children are becoming more able to regulate their emotions using techniques taught in class.

#### WHAT ARE THE **ZONES** OF REGULATION®?

The Zones is a programme which uses a systematic, cognitive-behavioural approach to teach us to recognise, acknowledge and regulate our feelings, energy and sensory needs.

#### **It teaches students:**

- Vocabulary of emotional terms
- How to recognise their own emotions
- How to detect the emotions of others (read others' facial expressions)
- What may trigger certain emotions
- How others may interpret their behaviour
- Problem solving skills and strategies to regulate our emotions

## Working with parents to meet the needs of the children

As you will know, all children identified as having a Special Educational Need and/or Disability will have a personalised plan, outlining the additional support they are receiving in school. Class Teachers and/or myself will have discussed this additional support with you and gathered your views and feedback at parent meetings last term. Where possible we also try to gather the views of the children on the support they receive and discuss with them their strengths and difficulties. Last term's plans have now been formally reviewed and support is in place for this term. A draft copy of the revised plan will be sent home soon and we encourage your views and feedback before it is finalised. As usual we will send a response slip with the plan but if you would rather discuss it in person, please contact me or the Class Teacher to make an appointment to meet with us.

## Useful websites:

**KCC** - [www.kelsi.org.uk/special-education-needs/special-educational-needs](http://www.kelsi.org.uk/special-education-needs/special-educational-needs) for information, advice and support for families with special educational needs and disabilities (SEND), aged 0-25.

**NHS** - [www.kentcht.nhs.uk/childrens-therapies-the-pod/](http://www.kentcht.nhs.uk/childrens-therapies-the-pod/) for details on resources and links for physiotherapy, occupational therapy and speech and language.

[www.kentcht.nhs.uk/service/school-health/counselling-and-emotional-health/](http://www.kentcht.nhs.uk/service/school-health/counselling-and-emotional-health/) for mental health and well-being.

**PARENT SUPPORT** - <https://wearebeams.org.uk/> for information for parents and carers to help them make the best choices for their child.

<https://adhdfoundation.org.uk/> for people who live with ADHD, Autism, Dyslexia, Dyspraxia, Dyscalculia and Tourette's syndrome.

<https://www.ifieldschool.com/page/?title=SMILE&pid=11> for information and advice on understanding autism, ADHD, dyslexia, dyspraxia, dyscalculia, language and communication difficulties, Downs syndrome and behaviour management.

Next **Ifield SMILE PARENT SUPPORT GROUP** 13/01/2022 9.30am to 12.30pm

For further information please contact: 01474 536924