July 2025

St Gregory's SEND Newsletter

Issue 9

Dear Parents/Carers,

Welcome to our ninth issue of the termly SEND newsletter. We hope you will find it useful. We want to continue to work closely with the St Gregory's community to support pupils and parents on their journey throughout St Gregory's. Our SEND newsletter is where we will celebrate the great achievements of some of our children, share topics of interest and also signpost some useful information and advice.

As we approach the Summer holidays, we want to take a moment to acknowledge the hard work and dedication of our wonderful parents and carers. This time of year can be both exciting and challenging, so we encourage you to take some well-deserved time to rest, recharge, and enjoy special moments with your loved ones. Whether it's a quiet afternoon, a fun activity, or simply a chance to slow down, your well-being is just as important as your child's.

We hope the tips and ideas in this newsletter help make your holidays a little smoother and more enjoyable. Thank you for being part of our wonderful community.
Wishing you and your loved ones a peaceful and enjoyable break!

If you have any suggestions for future topics and content to include in our newsletter, please don't hesitate to get in touch.

Mrs Wright

SENCO/Deputy Head teacher

To view the SEND section on our school website please visit:

https://www.stgregorysps.co.uk/send/

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Spot light on Tourette's:

What is Tourette's?

Tourette's Syndrome (TS) is a neurological condition that usually starts in childhood, typically around the ages of 5 and 10. It causes a person to make involuntary sounds and movements called tics.

These can be:

Motor tics – e.g. blinking, facial movements, head jerking

Vocal tics – e.g. throat clearing, grunting, repeating words

Tics can change over time and may get worse when a child is stressed/anxious, excited, or tired. It's important to note that not everyone with TS swears or uses offensive language (a symptom called coprolalia), and this is actually quite rare.

The severity of tics can vary greatly from person to person. Some individuals may experience mild tics that cause minimal disruption, while others may have more severe tics that interfere with daily life.

Many people with Tourette's syndrome also experience other conditions, such as Obsessive-Compulsive Disorder (OCD), Attention Deficit Hyperactivity Disorder (ADHD), or learning difficulties.

Continued on page 3

Spot light on Tourette's Syndrome continued....

Diagnosis:

There's no single test for Tourette's syndrome. Tests and scans, such as an MRI, may be used to rule out other conditions. Children can be diagnosed with Tourette's syndrome if they've had several tics for at least a year. To get a diagnosis, your GP may refer you to different specialists, such as a neurologist.

Treatment:

Whilst there is no cure for TS treatment is available to help manage the symptoms. (Most children with tics don't need treatment for them.) In some cases, treatment may be recommended to help control tics.

Treatment can involve:

Behavioural therapy

Medication.

Where to Find Support:

For advice, support and further information visit—

Tourettes action www.tourettes-action.org.uk

If you are concerned about your child's behaviour at home, please discuss with your child's class teacher and/or SENCO.

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A number of children have special interests and hobbies outside of school. The spotlight this term is on…

You may remember Theo, in Year 1, from our last newsletter. Theo attends TAAG Tigers (**details of the club on page 8**) and has recently been to Go Ape, to the zoo and received a medal at the presentation event.







Here is Sean, in Year 1, he loves to bake, play with Lego and to help in his Grandma's garden!

After all that Sean needs a sit down with an ice cream!









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Here is Theo, Year 5, he recently learnt how to ride a bike during a Bikeability course in school and since then there's no stopping him! He loves riding his bike whenever he can. Theo also welcomed a new member to his family 'Ronnie' his dog, he loves walking Ronnie in the park—even in the rain!









This terms top tips:

Top Tips for a Smooth and Enjoyable Summer Holiday!

As the school year draws to a close, the mix of warmer weather, disrupted routines, and the anticipation of summer holidays can lead to increased anxiety and emotional exhaustion—for both children and parents. Here are some simple, supportive tips to help:

Maintain Some Routine – While holidays bring a change in schedule, keeping familiar elements (mealtimes, bedtime, and calming activities) can help provide comfort and predictability.

Plan Ahead – If you're going on outings, check accessibility, quieter times, and any SEND-friendly provisions. Many attractions offer disability-friendly sessions.

Manage Expectations – Talk about any upcoming changes or events using visual schedules, social stories, or countdowns to reduce anxiety.

Have a Mix of Activities – Balance outings with quieter, sensory-friendly activities like crafts, baking, or a nature walk.

Create a Calm Space – Holidays can be overwhelming, so having a quiet space where your child can retreat if needed can be really helpful.

Continued on page 7

This terms top tips:

Top Tips for a Smooth and Enjoyable Summer Holiday continued….

Be Kind to Yourself:

Supporting a SEND child takes patience, creativity, and emotional strength. Remember: It's okay to say "no" to overwhelming events; Your best is enough and Taking care of your own wellbeing is part of taking care of your child.

You're Not Alone:

If you need advice or emotional support, don't hesitate to reach out, there are local services that can help:

SENDIAS Lancashire – impartial advice for parents: 0300 123 6706

Lancashire Local Offer – services and support: https://www.lancashire.gov.uk/SEND

Contact (National charity for families with disabled children): https://www.contact.org.uk

Wishing all our families a happy and restful Summer break—see you all in September!



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Other information, support and interests.....



TAAG

TAAG (as mentioned in the newsletter) offer support to parents and carers of children and young people who have a diagnosis of ADHD, ASD/C, and Social communication needs by offering opportunities for families to come together and share experiences. A wide range of events and activities are planned throughout the year.

taaglancashire.co.uk

info@taaglancashire.co.uk

Children and Family Wellbeing Services offer a wide range of free support, advice and services.

