April 2025

# St Gregory's SEND Newsletter

Issue 8

Dear Parents/Carers,

Welcome to our eighth 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 Easter 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/

*Loving all, like Jesus, we flourish together*

# Spot light on Dyspraxia:

## What is Dyspraxia?

Dyspraxia, also known as Developmental Coordination Disorder (DCD), is a condition affecting movement and coordination. Children with dyspraxia may struggle with everyday tasks that require motor skills, such as dressing, handwriting, using cutlery, and participating in sports. It can also impact organisation, planning, and social skills. Dyspraxia does not affect a persons intelligence.

## Signs of Dyspraxia:

- Difficulty with fine and gross motor skills (e.g., holding a pencil, catching a ball).
- Challenges with balance and coordination.
- Struggles with spatial awareness (bumping into things, difficulty judging distances).
- Trouble with tasks requiring sequencing and organisation.
- Possible speech and language difficulties.
- Sensory sensitivities, such as difficulty with certain textures or noises.

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## Spot light on dyspraxia continued….

### What can I do to help my child?

- **Encourage independence:** Break tasks into small, manageable steps.
- **Use visual supports:** Picture charts, checklists, and written instructions can help with organisation.
- **Develop motor skills:** Activities like climbing, swimming, and playdough can support coordination.
- **Adapt learning tools/supports:** Larger-handled cutlery, pencil grips, and sloped writing boards can aid fine motor skills.
- **Allow extra time:** Patience and encouragement can reduce frustration.
- **Celebrate strengths:** Many children with dyspraxia are highly creative and resilient – focus on their talents and interests!

### Where to Find Support:

https://www.dyspraxiahelp.org.uk/

Here you will find Information, Support & Training.

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**Spot light on dyspraxia continued…**

National Autistic Society https://www.autism.org.uk/

While primarily focused on autism, NAS recognises that dyspraxia can co-occur with autism spectrum disorders. They offer resources that might be beneficial. More information is available at www.autism.org.uk.

British Dyslexia Association https://www.bdadyslexia.org.uk/

While primarily focused on dyslexia, the BDA offers resources and information on dyspraxia , acknowledging its impact on fine and gross motor coordination.

Consulting with healthcare professionals, such as occupational therapists and physiotherapists, can provide tailored strategies to support a child with dyspraxia. Speak to your GP or school about referrals for specialist support.

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

## 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 recently went on a family day out to Gulliver's World and enjoyed the dinosaur area. Theo loved whizzing around on an electric go-kart, at Rascals too!







*Loving all, like Jesus, we flourish together*

# This terms top tips:

**Top Tips for a Smooth and Enjoyable Easter Holiday**

The Easter holidays can be a fun but sometimes challenging time for families of children with SEND. Here are some tips to help create a positive and stress-free break:

- 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.
- Sensory-Friendly Easter Fun – If traditional egg hunts or busy events are too much, try a home-based treasure hunt, a sensory bin filled with themed items, or decorating eggs at your child's own pace.
- Take Time for Yourself Too – It's important to rest and recharge. Even small moments of self-care can make a difference in managing holiday stress.

Wishing all our families a happy and restful Easter break!

# Other information, support and interests.....




Lancashire
**SEND IAS**
Information, advice and support for Special Educational Needs and Disability

What can we do to help?

Do you have concerns that your child has difficulty learning?
Do you have a child or young person in your family with special educational needs or disability?
Do you need some information advice or support?

**We can...**
- Discuss your concerns about special educational needs or disabilities.
- Explain local SEND policies and procedures in Lancashire.
- Assist you with SEND paperwork.
- Liaise between you, your nursery, school or college and other professionals.
- Support you with relevant meetings.
- Explain the legal processes around SEND.
- Signpost you to other sources of support about SEND.

**Who are we?**
Every local authority in England has to provide an information, advice and support service for families who have a child or young person under the age of 25 with Special Educational Needs or Disabilities.

**Who can we help?**
Parents and carers of children and young people with SEND.
Young people with SEND (can be supported independently of their parents).
Parents and carers who are concerned that their child may have SEND, but have no diagnosis.

**Our contact details.**

**Helpline Number 0300 123 6706 – open 9 to 5, Monday to Friday.**
**You can leave a message outside of these times and we will call you back.**
**Email – information.lineteam@lancashire.gov.uk**
**Web site – www.lancssendias.org.uk**
**www.facebook.com/LancashireSENDinformationAdviceandSupportTeam**

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

