December 2024

St Gregory's SEND Newsletter

Issue 7

Dear Parents/Carers,

Welcome to our seventh 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 our children, share topics of interest and also signpost some useful information and advice.

As the Christmas season approaches, we want to take a moment to celebrate the incredible strength, resilience, and love within our SEND community. This time of year is a chance to create cherished memories, but we also recognise that it can come with unique challenges. Remember, it's okay to adapt traditions, simplify plans, and prioritise what works best for your family. Small moments of joy and connection often mean the most.

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, happy, and magical Christmas season.

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 After School Restraint Collapse:

What is After School Restraint Collapse?

I am sure most parents have experienced something similar to this—your child comes out of school and the teacher says they've behaved like the perfect child all day, but the moment you get home they have a complete meltdown. Your child might scream, shout, lash out, sulk or generally acts in an unruly manner.

If that scene is familiar to you, you're not alone. This type of behaviour is what some psychologists refer to as 'after-school restraint collapse' and it's not unusual. It happens because your child has been busy managing their emotions all day as they navigate the complexities of school life.

When they get home, that's their safe space to let it all out!

Young children are placed in a demanding environment where they must follow rules (written and unwritten), they must control impulses, they must listen, they must be quiet (at times), they must share and negotiate and so on..... Children then often collapse into tantrums or meltdowns as soon as they're with familiar people and in a familiar setting.

Continued on page 3

Spot light on after school restraint collapse continued…

Restraint collapse happens when, having relaxed a little, everything your child has been suppressing all day comes tumbling out. They have been without you all day. They were jostled in a line, had to sit when they maybe they wanted to stand. Perhaps, they were outside when they wanted to be inside, or inside when they wanted to be outside. They had to listen, but they found it challenging, they had to focus and take on new information. Finally, now, they are home—they are done. This is after school restraint collapse.

They need to let it out. Young children don't have the capacity to tell you what is wrong. They don't have the capacity to "just calm down". They are emotionally overwhelmed, in a state of meltdown, and they need your help to regulate.

What can I do to help my child?

Decompression time: What does your child need when they come out of school?

This will be different for different children—some children need a run around on the school playground before they go home, some need a snack and others may just need quiet time on the way home.

The main thing to remember is to connect with your child. Not by asking 'how was your day?' You could say 'I'm so happy to see you, I'm glad we get to go home together.' Being calm and using supportive words is important for all children. Include some downtime rather than moving straight on to homework or out to a club, so that your child can decompress. You can also ask them what will help, for example drawing, reading a book or even just relaxing for a bit. Do it with them and help them to see they can do things to support themselves.

Continued on page 4

Spot light on after school restraint collapse continued…

Top tips to support after school restraint collapse:

1. Meet basic needs—are they hungry or thirsty?
2. Physical contact—do they need a hug? Their hand held? A smile? (Time for connection is important)
3. Listen to them and help them feel heard.
4. Time—give time to decompress (in what ever form this takes).
5. Remove demands.

And finally …..

Remember it is challenging being a parent and being a parent of a child who regularly displays after school restraint collapse the challenges can be exasperated further. Take care of yourself. After-school restraint collapse is hard for everyone concerned. If it is happening regularly, you will probably find your stress levels and anxiety increasing before home time. Try to take some time to do what you need to do to look after yourself before pick up.

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…

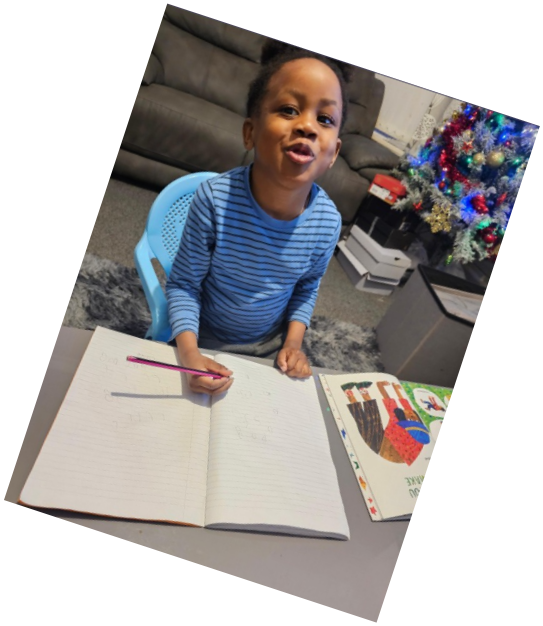
You may remember Theo, who is now in Year 5, from earlier issues of the newsletter. Theo has always loved Music and has a favourite star—Mr. Ed Sheeran. Theo's love of Ed's music is growing, he recently attended a concert, where Theo could sing and dance to his favourite songs!





This is Greatness, he joined our school in September and is part of our EYFS class. Greatness likes to play and write when at home—here he is writing, look at his smile!





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This is Sean, he is in Year One. Sean loves going on walks with his dog, he loves running around the park and jumping on tree stumps. He enjoys finding leaves and twigs to throw in the river to watch them go down the stream. Sean likes baking— cracking the egg and decorating are his favourite parts (he loves eating the yummy cakes too!)









And finally this is Theo, he is in Year One. Theo is a season ticket holder for PNE, he loves going watching his team with his dad and brothers, here he is with 'Deepdale Duck!



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This terms top tips:

Tips for a Stress-Free Christmas Holiday with SEND Children:

The Christmas holidays are fast approaching! While this time of year is often filled with joy and family togetherness, it can also bring added stress, especially for families with children who have special educational needs and disabilities (SEND). Here are some tips to help the holidays go as smoothly as possible:

Plan Ahead: Many children with additional needs thrive on routine and like to know what's happening. Discuss any changes in advance, and consider creating a visual timetable or calendar to help them prepare.

Stick to Familiar Routines: Wherever possible, maintain regular routines such as meal and bedtimes. Familiarity can help reduce anxiety.

Manage Sensory Overload: The holidays can be full of sensory triggers like bright lights, loud music, and bustling environments. Create a quiet, calming space at home where your child can retreat if needed. Adjust lighting and sound, and use tools like ear defenders to help manage sensory input.

Take Care of Yourself: Remember to prioritise self-care. Delegate tasks, take breaks, and avoid over-scheduling. The holidays are for relaxation too—keeping things simple can benefit everyone in the family.

By planning and creating a supportive environment, you can make the holiday season a joyful and manageable time for all.

Other information, support and interests.....





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

