July 2024

St Gregory's SEND Newsletter

Issue 6

Dear Parents/Carers,

Welcome to our sixth issue of the termly SEND newsletter, over a year since our first ever St Gregory's 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 this academic year draws to a close this newsletter will be of particular interest to parents of Year 6 pupils, who are transitioning to secondary school. We wish them well and know that they will embrace the opportunities in their next stage of their education.

If you have any suggestions for future content in the newsletter please get in touch. We particularly enjoying hearing and seeing what the children do in their free time.

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 Transition:

Transitions: how I can help my child?

Transitions whether they are between Year Groups, Key Stages or Schools can be an anxious time for children as they get used to new routines, new adults, new friends and new surroundings. Moving from primary to secondary school is exciting – a rite of passage for our children, but it can also be a daunting or anxious time. For children with special educational needs and disabilities (SEND) or mental health difficulties, the change may be particularly challenging.

As a parent there is much you can do to help your child manage the transition and minimise anxiety, whatever their situation.

Chat about how they are feeling and how it will be different from primary – for instance bigger site, new people, changing teachers and rooms for subjects, more homework. Reassure them that nerves about starting something new are normal, as is some sadness at leaving familiar things, and that these feelings usually subside.

But be careful not to impose your own worries onto your children. Focus on exciting opportunities too – new subjects, activities and friends. Celebrating the milestone of finishing primary school, and all the ways they have grown, can boost self-esteem and confidence.

Continued on page 3

Spot light on transition continued…

Be prepared…

Try to get organised over the summer rather than leaving it to the last minute, which can be stressful for parent and child. A trip to buy uniform, getting a haircut or choosing new stationery is an opportunity to spend time together, chat and boost confidence too.

Secondary students often travel independently for the first time. Do some trial runs – with you, then perhaps solo or with a friend. Work out the first day plan. Your child may prefer to go with you to start, or to meet a friend on the way.

Encourage independence…

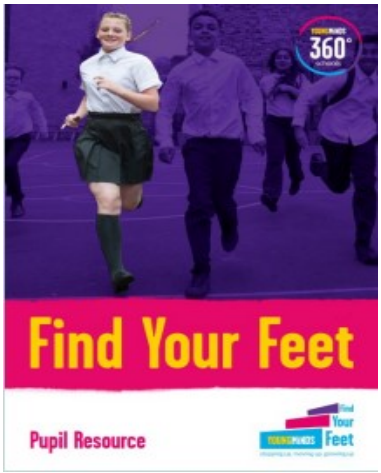
Secondary school demands are greater, so preparation should help build their own skills and confidence. This will help them settle quicker. Don't do it all for them. Could they arrange to meet friends, do shopping errands or organise their bag for a day out? Be guided by what feels manageable for your child though; it's fine if they need more support than some others.

Once school starts, try developing independent organisation with post-it notes listing what's needed each day; boxes to store other books and worksheets; and an evening habit of checking their school planner for homework and preparing uniform and bag.

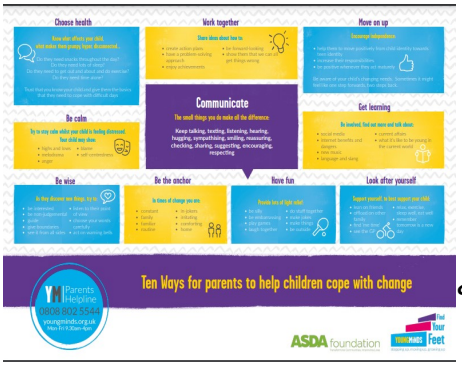
Finally, give it time. Settling in may take longer than you expected and it may not be a linear process, particularly for children with additional needs.

Continued on page 4

These are all ways of helping your child get ready and make the best possible transition. Below are some resources that you might like to use if you want further guidance on supporting your child. If you have concerns about the changes coming please don't hesitate to get in touch with your child's next school and ask to speak to their form tutor or SENCO.



https://www.youngminds.org.uk/media/151j4yqc/pupil-resource.pdf



Top ten tips for parents This is a link to a poster full of helpful hints and tips to assist with transition.

www.youngminds.org.uk/media/2odjlktz/top-ten-tips-for-parents.pdf



An animation aimed to help Year 6 and 7 pupils feel more confident, less anxious and better equipped to cope with the changes associated with moving to secondary school.

https://www.annafreud.org/resources/schools-and-colleges/moving-up-the-transition-to-secondary-school/

Loving all, like Jesus, we flourish together

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

You may remember Jake from our last newsletter, Jake is a Year 6 pupil. Jake loves to keep busy, with a wide range of interests and hobbies. Jake recently performed in his annual showcase for Preston Players Drama School; he sang a duet, performed a group dance and was Mr Hoot in the acting piece! Jake attends weekly 'Rocksteady' sessions in school—he has mastered the drums! Jake also loves going to the skate park to practice his skills. Family time is important to Jake, he has recently been on holiday with his family to Haven where he learnt to rock climb and ride a Segway! We wish Jake lots of luck at high school.











Loving all, like Jesus, we flourish together

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



This is Alfie, a Year 6 pupil. Here is Alfie on holiday with his family at Primrose Valley, Yorkshire, where he watched England beat Switzerland in the quarter final of the Euros! Alfie has also recently celebrated his 11th birthday. Thanks for sharing Alfie and good luck at High School!



And here is Kyra, another amazing Year 6 pupil, who is always on the go, but less so just recently due to an operation. But she is back doing what she loves —swimming! Kyra has recently participated in a non-stop swimming session, she swam 400m in half an hour and raised money for charity too! Well done Kyra and good luck at high school!



We would love to hear about the great things that the children get up to out of school. Please get in touch via dojo to share achievements and proud moments out of school, 'spotlights' continue in next terms newsletter!

Loving all, like Jesus, we flourish together

This terms top tips and useful websites:

Top tips for a less stressful summer ....

Sometimes the thought of the long six weeks holidays can cause anxiety for some parents; worrying about how to keep children entertained and occupied along with looking after yourself too! Below are some top tips written by a parent of a child with additional needs. Just remember, be kind to yourself—you don't need to have something amazing planned everyday, children appreciate 'chilled' days too and the most important thing for them is spending time with you. Enjoy the holidays.



Loving all, like Jesus, we flourish together

Other information, support and interests…





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

