July 2023

St Gregory's SEND Newsletter

Issue 3

Dear Parents/Carers,

Welcome to our third issue of the termly SEND newsletter. We hope you will find it useful. We want 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.

We have run a number of successful SEND events recently, we are hoping to run more of these in the next academic year. Some of our children have shared their interests/hobbies outside of school; read on to find out more …

If you have any suggestions for future content in the newsletter please get in touch.

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

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

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Spot light on ADHD:

ADHD is one of the most common neurodevelopmental disorders of childhood. It is usually first diagnosed in childhood and often lasts into adulthood. Children with ADHD may have trouble paying attention, controlling impulsive behaviors (may act without thinking about what the result will be), or be overly active.

It is normal for children to have trouble focusing and behaving at one time or another. However, children with ADHD do not just grow out of these behaviours. The symptoms continue, can be severe, and can cause difficulty at school, at home, or with friends.

A child with ADHD might:

daydream a lot

forget or lose things a lot

squirm or fidget

talk too much

have trouble taking turns

make careless mistakes or take unnecessary risks

have a hard time resisting temptation

have difficulty getting along with others.

There are three different ways ADHD presents itself, depending on which types of symptoms are strongest in the individual:

Predominantly Inattentive Presentation: It is hard for the child to organise or finish a task, to pay attention to details, or to follow instructions or conversations. The child is easily distracted or forgets details of daily routines.

Spot light on ADHD continued…

Predominantly Hyperactive-Impulsive Presentation: The child fidgets and talks a lot. It is hard to sit still for long (e.g., for a meal or while doing classwork/ homework). Smaller children may run, jump or climb constantly. The child feels restless and has trouble with impulsivity. Someone who is impulsive may interrupt others a lot, grab things from people, or speak at inappropriate times. It is hard for the person to wait their turn or listen to directions. A person with impulsiveness may have more accidents and injuries than others.

Combined Presentation: Symptoms of the above two types are equally present in the child. Because symptoms can change over time, the presentation may change over time as well.

Diagnosis:

Deciding if a child has ADHD is a process with several steps. There is no single test to diagnose ADHD, and many other problems, like anxiety, sleep problems, and certain types of learning disabilities, can have similar symptoms. One step of the process involves having a medical exam, (Seeing your GP or pediatrician) including hearing and vision tests, to rule out other problems with symptoms like ADHD. Diagnosing ADHD usually includes a checklist for rating ADHD symptoms and taking a history of the child from parents, teachers, and sometimes, the child.

Treatments:

In most cases, ADHD is best treated with a combination of behavior therapy and medication. For younger aged children (4-5 years of age) with ADHD, behavior therapy, particularly training for parents, is recommended as the first line of treatment before medication is tried. What works best can depend on the child and family. Good treatment plans will include close monitoring, follow-ups, and making changes, if needed, along the way.

Useful websites for further information/support related to ADHD:

https://chadd.org/parent-to-parent/

https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/adhd/

https://learningworksforkids.com/2014/10/best-websites-for-parenting-children-with-adhd/

What's been going on for parents in school?

This term we welcomed Anne Conchie into our school from 'The Autism in Schools Project'. Anne carried out a walk around our school and provided useful feedback about how we can make our school even more Autism Friendly. Anne then met with some of our parents to chat about the successes and challenges faced by families with children that have SEND.



We have also hosted a 'Children's Family and Wellbeing' event. We welcomed Sharon Grimshaw and two of her colleagues into our school for one of our coffee mornings to provide invaluable information about the services that CFW provide; including parental support, through classes, for parents of SEND children (triple P Stepping Stones, Inside Out and Family Nurture).



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



This is Jake, a Year 5 pupil. Jake absolutely loves FOOBALL! Here are some action shots of him at the club he attends. See details on the last page about the club that Jake attends. (FREE CLUB)





Here is Kyra, a Year 5 pupil.

Kyra has recently taken part in 'Pretty Muddy' and raised an amazing £302.75! Well done Kyra, not only raising money for a very worthwhile cause but having fun too!





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You may remember Theo, Year 3, from last terms newsletter…. Theo loves his weekly horse riding sessions and after our recent careers day I think Theo would make a great mounted police officer when he's older!





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!

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This terms top tips and useful websites:

Be sure to check out the Lancashire Local Offer Facebook Page sharing lots of events happening in the area.



https://www.facebook.com/LancashireLocalOffer

Self care is important, but we often overlook it. Caring for a child with additional needs can be exhausting both mentally and physically. You can't pour from an empty cup so make time for yourself to refill it occasionally and try not to feel guilty about doing so either! Don't forget our coffee morning sessions with myself, Linda and Amanda and our special guests from time to time.



Other information, support and interests...

Sir Tom Finney Preston Soccer Centre

The Sir Tom Finney Preston Soccer Centre is a registered children's charity and Community Soccer Project. They are all about fun and competitive sports, regardless of ability. Their experienced, FA qualified coaches train players to reach their highest potential, and to always have a great time whenever they play.

Saturday Coaching: Able-bodied and disabled - any ability, every Saturday morning for children.

Sir Tom Finney football club, Uclan sports arena, Cottam. Aged 4 to 16, 9.15-10.15am. FREE OF CHARGE.

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

