



HOLMER LAKE PRIMARY SCHOOL

SEND Newsletter

March 2022

Welcome to our first ever termly SEND newsletter!
A newsletter to address all things related to SEND (Special Educational Needs and Disabilities).

At Holmer Lake Primary School, our children are at the centre of everything we do. We aim to identify the needs of all pupils as early as possible. This is part of our graduated approach, in which we **Assess, Plan, Do, Review**. This ongoing cycle ensures that effective provision is put in place and removes barriers to learning. We have a range of interventions taking place daily in our school to meet the needs of all our children. We believe in **inclusivity** for all and strive to make this a reality for all our pupils.

SEND Review Meetings



This term, parents evening will be taking place on Tuesday 29th March. At this meeting, your child's second SEND **review** for this school year will take place. Your child's class teacher will share your child's progress this term (**Assess**), will share and agree with you your child's next targets (**Plan**) so that after the Easter holidays the support and provision for your child can be put into place. (**Do**) At these meetings, it is a great opportunity to ask any questions and discuss any concerns you may have. After the meeting, your child's class teacher will send home a copy of your child's provision map.

SEND Parents Evening

On Monday 4th April from 1.30pm, I will be available to speak to parents who would like to discuss their child's needs further. These appointments are not just for parents whose child is on the SEND register but is for any parent who may have SEND concerns about their child. If you haven't already signed up for an appointment, please ring the school office.



Mrs Mahoney
SENCO



Sleep

Friday 18th March was National Sleep Day. Below is some information on the importance of sleep, how it links to mental health and well-being and some tips for us all on how to adopt a healthy sleep routine.

Thrive 365

Dragonfly: Impact Education



Did you know?

There's a secure evidence base now which tells us that the relationship between sleep and mental health is bi-directional [1]. This means that a lack of good quality sleep can have a negative impact on your mental health, but likewise, poor mental health can negatively impact your sleep.

Good sleep increases our capacity to cope with the challenges of everyday life. But what can we do to help ourselves when sleep seems elusive? And, bearing in mind the link between disturbed sleep and emotional and behavioural difficulties [2] how can parents help their children?

[1] <https://www.sleepfoundation.org/mental-health>

[2] Kortesoja et al (2020) <https://doi.org/10.1007/s10964-020-01203-3>

1 Sleep education

Knowing the benefits of sleep is an important motivating factor in making sleep a priority. Many people think that your brain 'switches off' during sleep but this isn't the case. Different areas of the brain become active during different stages of sleep.

No one is sure exactly what goes on in the brain during sleep yet, but we do know that it reduces stress, improves balance, supports the immune system and helps you to maintain a healthy weight. It also helps memory and higher functioning such as decision making and planning, and helps you to process emotional information from the day.

2 Sleep hygiene

Sleep hygiene means adopting lifestyle choices and habits that promote healthy sleep.




Making sure you've had exercise during the day can help. Make sure that the room isn't too warm and that it is dark enough. Certain foods have a stimulating effect such as caffeine or fatty foods, so these are best avoided in the evening. Blue light also signals to the body that it's daytime, so screen free time an hour or so before bed helps you to wind down, as does dimming the lights and having the same routine each night, so that your body starts to become accustomed to the cues that it's almost time to sleep.

3 Seek help

It's important to acknowledge that sometimes, people follow all the necessary steps to promote good sleep but still find it hard to get a good night. This can be incredibly frustrating and distressing.

There is support available for those who find lack of sleep is impacting their quality of life. The GP is often the first port of call. A type of counselling known as CBT-I (CBT for insomnia) has a good track record of helping people with sleep problems. The sleep charity is also a useful resource and they offer courses and provide a helpline. You can find them here: <https://thesleepcharity.org.uk/>

Our training: www.dragonflyimpact.com/link-tree

   @dragonflyimpact

Email: info@dragonflyimpact.co.uk

SEND Information

School's SEND Offer:

<http://www.holmerlakeprimary.org/key-information/send>

Telford & Wrekin SEND Local Offer:

<https://www.telfordsend.org.uk/site/index.php>

Emotional Wellbeing Support

If you feel your child needs some support with their Emotional Wellbeing Support BEAM are offering drop ins at the following places.



**The
Children's
Society**

EMOTIONAL WELLBEING SUPPORT FOR CHILDREN & YOUNG PEOPLE UNDER 25

Monday - Drop In's at The Lantern, Meadow Farm Drive, Shrewsbury. SY1 4NG - From 12pm - 4pm (last session 3:15pm)

Tuesdays - Drop In's at Wellington Beam, 9 Market Square Wellington, TF1 1BP - From 10am - 6pm (last session 5:30pm)

Thursdays - Drop In's at Wellington Beam, 9 Market Square Wellington, TF1 1BP - From 10am - 6pm (last session 5:30pm)

This service is run by The Children's Society: Proud to be part of Bee U.

