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| Dear Parents,Welcome to our new SSPS SEND (Special Educational Needs and Disabilities) newsletter. As we all adjust to the new ‘normal’ we hope that the information included in this newsletter may offer you support at home. Please pick and choose the activities which you think best meet the individual strengths and needs of your child, and at the age appropriate level. If there is a specific area of need or support that you would like added to the newsletter, then please email the office with the title ‘SEND newsletter.’ You will also find resources to support speficic needs on the SSPS website shortly. |
| Communication & Language  | Physical & Sensory |
| **Expressive Language Skills** **All ages –** Cooking – During lockdown, cooking is a great way to target language skills through sequencing.Before cooking, encourage your child to collect each of the ingredients and equipment needed, using the recipe sheet. Older students can direct you to gather the correct resources!Read the recipe together and explain what is needed at each stage. Once you start cooking, have your child narrate the steps of the recipe (or direct you.) Ask them what you both need to do next/what they need to do next.Older children may enjoy filming the cooking of the recipe using ‘slow motion’ or ‘hyperlapse’ functions available on most mobile phones.  |

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| Run in place for 1 minute | 5 jumping jacks | 15 sit ups |
| 20 squats | 30 second plank | 1 minute wall sit |
| 10 push ups | 1 minute crab walk | 10 burpees |

**All ages** – Brain Break Tic Tac Toe! When you need a break, take turns to choose a square. You can change the activities to any that you would like. Put a cross in the square each time – first to get three in a row wins. |
| Learning - Working Memory | Managing our Feelings |
| **Super Simple Memory Game | Play | CBC ParentsAll ages –** Kim’s game - Place 5 – 10 objects on a tray or table.Explain what each object is for younger children.Player 1 takes 1-2 minutes looking at the objects.Cover the objects with a tea towel.Ask player 1 to write down/call out as many objects as they can remember. Player 1 then changes/chooses the objects for player 2 to repeat the activity.Challenge – remove one item and the player has to guess what is missing/Or exchange the item and see if they can spot the new item. Add more items.Simplify by using less objects or giving more time to view the objects. You can also choose themed objects to support with memory.Older children can do this with younger siblings also. | **Thrive Activity**Supporting Social Engagement – *Important connections such as mutually rewarding relationships.* Set up a virtual meeting to connect with all your friends and extended family, there are various platforms you can use.Mail A HugSend an online postcard – no stamprequired!Within walking distance? Post a hand written letter or card to a friend or family.Mail a hug – draw around your hand or body and send to a relative. |
| **Upcoming events/useful links*** CAMHS have created the following webpage full of useful resources and contacts to support teachers, parents and young people - <https://www.camhs-resources.co.uk/>
* The Educational Psychology Service now has a helpline - If you would like to speak to a Psychologist with any concerns arising for you, or your family during this time they are able to offer support. Please email - EPShelpline@somerset.gov.uk, leaving your name, school name and times you are NOT available to talk. You can also call 01823 357000 but waiting times may be longer.
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