



PRIMARY

Dear Parents,

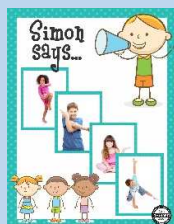
Welcome to our SSPS SEND (Special Educational Needs and Disabilities) newsletter. Please pick and choose the activities which you think best meet the individual strengths and needs of your child. If there is a specific area of need or support that you would like added to the newsletter, then please email the office with the title 'SEND newsletter.' You will also find resources to support specific needs on the SSPS website.

Communication & Language



Simon Says – supports children with listening skills, attention skills and following directions.

How to play – The leader says 'Simon says...' followed by a direction. For example, 'Simon says turn around.' Everyone playing has to turn around. If the leader does not say 'Simon says' before the direction, then the direction is not to be followed.



TOP 5 cards (free version attached) are a great activity to complete during lunch or dinner. Take turns to choose a card and share your top 5 answers. *This supports with conversation skills.*

Physical & Sensory



Fine motor skills involve the use of smaller muscles in the hands. Complete activities such as cutting, lego play, manipulating playdough, doing up buttons and opening zips to support the development of these skills.

Try this! →

No playdough?

Make your own with just two ingredients - 1 cup of hair conditioner plus 2 cups of cornflour – and mix! Add more conditioner for a slimmer consistency and more cornflour for a playdough consistency.



Learning - Working Memory



Memory game

As we cannot go out currently – ask your child to take you on a virtual tour to a favourite place. For example, to the swimming pool or to a friends' house. Ask your child to give you directions – turn right, go left over the roundabout, past the sweet shop etc. – it may help to close your eyes!

Supported listening and concentration - Play Twister! Ask your child to read the instructions and tell you what colour dot your left/or right hand/and foot should be placed on. *This game requires communicating with each other, balance and coordination!*



Managing our Feelings



You'll need:

- card/paper
- watercolour paints
- brushes (or dropper)
- straws
- markers/pens

Make Worry Monsters with a Deep Breathing Exercise



Drop some paint on the paper. Take a deep breath in and then slowly blow it out through the straw. Repeat this as many times as desired to form the monster. Let these dry, then cut them out, and name them.

No paint? Use recycling materials to make your own junk model worry monster instead!

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/>
- Somerset's Coronavirus helpline 0300 790 6275.
- If you would like to speak to an Educational 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.



SECONDARY

Dear Parents/Students,

Welcome to our SSPS SEND (Special Educational Needs and Disabilities) newsletter. Please pick and choose the activities which you think best meet your/your child's individual strengths and needs. 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,' or tell your tutor. You will also find resources to support specific needs on the SSPS website.

Communication & Language



TOP 5 cards (free version attached) A great activity to complete during lunch or dinnertime. Choose a card and think of your top 5 answers.

These games support with conversation skills supporting young people as they move onto new settings and workplaces.



Physical & Sensory



Fine motor skills involve the use of smaller muscles in the hands (which support writing and typing skills.)

If you enjoy art – why not take some online lessons to improve technique – just click on FREE online classes -

<https://www.surreyartschool.com/>



Just for fun - Make your own playdough (using only two ingredients)

Add 1 cup of hair conditioner to 2 cups of cornflour – and mix!
Add more conditioner for a slimier consistency and more cornflour for a playdough consistency. Add food colouring if you wish.

Learning - Working Memory



Supported listening and concentration - Play Twister! Read the instructions and tell each player what colour dot their left/or right hand/and foot should be placed on.

This game requires communicating with each other, balance and coordination!

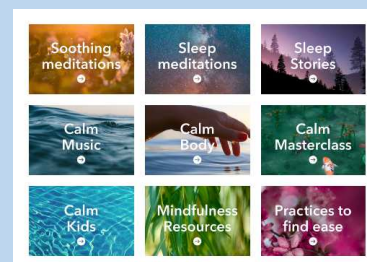


Managing our Feelings



Social Engagement - Set up a virtual movie night! Then review the films - which is the best film you have watched? Why? Share your reviews with friends.

Need some time to self-regulate/relax – try this website – <https://blog.calm.com/take-a-deep-breath>



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/>
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5 Top Five **5**
Game
5  **5**

Top Five Game

Name your top five... TV programmes.



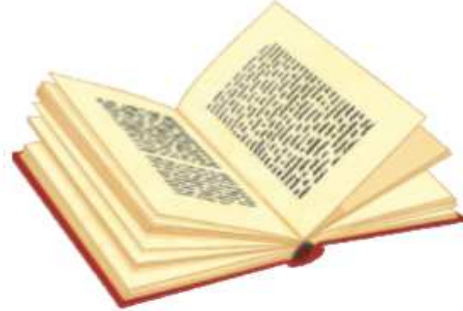
Top Five Game

Name your top five... snacks.



Top Five Game

Name your top five... books to read.



Top Five Game

Name your top five... ways to relax.



Top Five Game

Name your top five... things that make you happy.



Top Five Game

Name your top five... things that make you sad.



Top Five Game

Name your top five... things that make you angry.



Top Five Game

Name your top five... ways to travel.



Top Five Game

Name your top five... sports to play.



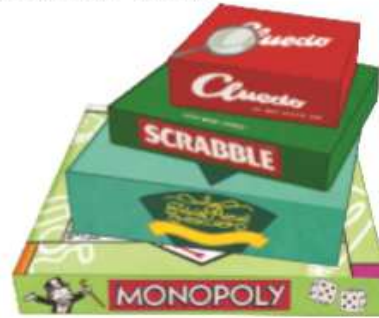
Top Five Game

Name your top five... computer games.



Top Five Game

Name your top five... games.



Top Five Game

Name your top five... pizza toppings.



Top Five Game

Name your top five... ice cream flavours.



Top Five Game

Name your top five... best superpowers.



Top Five Game

Name your top five... sandwich fillings.

