



PRIMARY

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 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



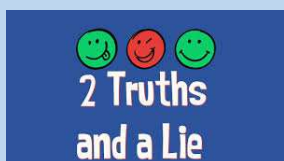
Physical & Sensory



Two truths and a Lie game

A fun game to play with family, each person writes down 3 statements about themselves - two are true, one is made up.

Take it in turns to see if you can guess the untruth?



If you have a paintbrush and some water – why not try **outdoor water painting**? Try making different patterns and painting the patio or wall.

Write your name or write a message to someone you are missing.

If you have a water gun – why not try using that to write your name?



If you have a blanket or rug...why not ask someone to roll you up like a **hotdog**! Or lay down while a family member rolls a soft ball across your back for a gentle massage.



Learning - Working Memory



Managing our Feelings



The Suitcase Game

This is a round-the-table memory game. In a group, go around in turn and say what you are putting in the suitcase. 'In my suitcase I am packing...'

Each person has to say all the other items as well as their own new one. How many items can you remember? Can you increase it next time you play?

To keep things fresh, change the topic –

I went to the shops and I bought...

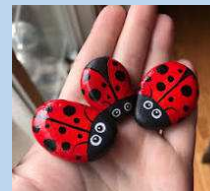
I went to the cinema and I bought...

I went to grandmas and I took...

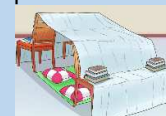


Stone Pets

Get outside and find some interesting stones to create a stone pet – we would love to see them!



Make a cosy den in your home with pillows and blankets. Use it to listen to music or read stories, or as a place to have some time to think.



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

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Communication & Language



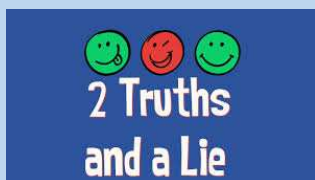
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Art Club

This week's focus – Portraits

Draw and paint each other, or someone you are missing, using a photo.

Extremely therapeutic and calming



Try an online **workout** of your choice – exercise and physical activity release endorphins, which support energy levels and well-being. Start with ten minutes a day if you are finding it hard – increase it each week (or decrease it when needed.) Even 5 minutes a day is beneficial to your health.

Learning - Working Memory



Managing our Feelings



Quiz night

Create a quiz for each other!

If you or your child has a special interest, create questions based on this.

A few days later ask your child a few of the questions they struggled with, see if they can remember the right answer now??



Social Engagement

Set up a virtual scavenger hunt for friends – ask them to collect a range of objects from around their home. They must send you a picture of each item...or try it live!

Creative exploration

The weather is warming up. Create a new soft drink to cool down in the sun; share your recipe with us!



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