

South Somerset Partnership School

SEND Support at home – Week 9 6th July 2020



PRIMARY

Communication & Language



Physical & Sensory



Play a video game

Enter into the childhood world to connect and communicate.

Children don't have to be the only ones to play video games. Ask them if you can play their favourite games with them. This might be a good way to communicate or connect with your child and give you an insight into their interests.

Maybe introduce them to games that were around when you were young?



Watch the Disney Pixar short film '**For the birds**' with others at home (search in google.)

Discuss: What message is the film trying to convey? What could people learn from this short movie?

Don't hold the pillow!

Play some music and, as it starts, throw a pillow or a ball to your child. As the music plays, throw it between each other. At random, stop the music and try not to be holding the pillow when it stops. Experiment with slower and faster music.



Check your heartbeat

Do some activity to make your heartbeat faster. E.g. 15 star jumps, running around the garden or dancing for 5 minutes.

Place your hand on your heart. How fast is it beating? Does it change when you take deep breaths?



Learning - Working Memory



Managing our Feelings



Guess the object

Take it in turns to close your eyes, and have an object placed in your hands. Can you guess what it is? Is it warm or cold? How does it feel? Can you describe it?

The home 'Generation Game.'

Play your own version of this classic game show. Choose a selection of objects (and don't forget the cuddly toy!) Pass them slowly across a table, naming each one as you go, and hiding them at the end. The player then has to try and remember as many items as they can. See if you can beat your previous memory score!



Happiness box.

Put together your very own 'Happiness box'. Find an unused box to decorate and add things into your box that help you to feel happy. They might be pictures, objects or photos. Use this to take you to your happy place on those days where you might feel a little low.

Imagine 6 months from now.

Draw or write what could look different, what challenges you will have faced and the positive changes you want to make. Focus on possibilities like feeling more confident about new learning, a new interest, or building new friendships.



Upcoming events/useful links

- Somerset's Public Health Nursing team, which includes Health Visitors and School Nurses, have launched a platform called ChatHealth – which operates via text messaging. It means parents and carers of children under five can now seek advice on a range of health and wellbeing issues that are concerning them from their local Health Visiting team by text, while those with children and young people aged 5 - 19 can text the local school nursing team in the same way. The numbers are as follows:
Health Visiting under 5's Parent Service – 07480 635514
School Nursing 5 – 19 Parent Service – 07480 635515
School Nursing 11 – 19 Young Peoples Service – 07480 635516
- 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.

South Somerset Partnership School, Dampier Street, Yeovil, Somerset. BA214EN
Tel: 01935 410793 Email: Office665SSPS@educ.somerset.gov.uk

SENCO: Louise Conway-Byron
EHCP Co-ordinator: Jason Roberts



South Somerset Partnership School

SEND Support at home – Week 9 6th July 2020



SECONDARY

Communication & Language



Play a video game

Enter into the teenage world to connect and communicate.



Teenagers don't have to be the only ones to play video games. Ask them if you can play their favourite games with them. This might be a good way to communicate or connect with your child and give you an insight into their interests.

Maybe introduce them to games that were around when you were young?

Physical & Sensory



Create an indoor obstacle course

Amazing surprise for your children when they come home. Fun designing and making an obstacle course together or for each other.

Watch parents/carers getting stuck!
Great exercise, great fun, creative, bonding.



Don't hold the pillow!



Play some music and, as it starts, throw a pillow or a ball to your child. As the music plays, throw it between each other. At random, stop the music and try not to be holding the pillow when it stops. Experiment with slower and faster music.

Learning - Working Memory



Take a virtual class together

There are some amazing virtual classes available now on the internet. What would you like to learn together, the list is endless?



The home 'Generation Game.'

Play your own version of this classic game show. Choose a selection of objects (and don't forget the cuddly toy!) Pass them slowly across a table, naming each one as you go, and hiding them at the end. The player then has to try and remember as many items as they can. See if you can beat your previous memory score!

Managing our Feelings



Phone Photography

Use your phone to take pictures that express your mood of the day. Send them to members of your family and they have to guess how you are feeling. Sometimes conversations about our feelings are difficult. This might be a good way to get started?

Or now is a good time to learn about new ways of using your camera. Try changing the effects of the objects to change the mood.



Happiness box.

Put together your very own 'Happiness box'. Find an unused box to decorate and add things into your box that help you to feel happy. They might be pictures, objects or photos. Use this to take you to your happy place on those days where you might feel a little low.

Upcoming events/useful links

- Somerset's Public Health Nursing team, which includes Health Visitors and School Nurses, have launched a platform called ChatHealth – which operates via text messaging. It means parents and carers of children under five can now seek advice on a range of health and wellbeing issues that are concerning them from their local Health Visiting team by text, while those with children and young people aged 5 - 19 can text the local school nursing team in the same way. The numbers are as follows:
Health Visiting under 5's Parent Service – 07480 635514
School Nursing 5 – 19 Parent Service – 07480 635515
School Nursing 11 – 19 Young Peoples Service – 07480 635516
- 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.

South Somerset Partnership School, Dampier Street, Yeovil, Somerset. BA214EN
Tel: 01935 410793 Email: Office665SSPS@educ.somerset.gov.uk

SENCO: Louise Conway-Byron
EHCP Co-ordinator: Jason Roberts

