



SEND Newsletter

Welcome



As we reach the end of the autumn term, we want to take a moment to thank all our parents and carers for your continued support. It's been a busy few months as children have settled into new routines, built relationships, and embraced learning.

This edition is packed with updates and practical ideas to help you support your child at home, as well as resources and local opportunities that may be useful to your family.

Thank you for being such an important part of our Blowers Green community—we couldn't do it without you!

As always, if you have any SEND-related questions that your child's class teacher cannot answer, please don't hesitate to email me.

send.bgp@blowersgreenprimary.org.uk

Wishing you and your families a wonderful festive break and I look forward to working with you in the new year,

Mrs S Martin

Spotlight The Importance of Play



Play is much more than fun—it's a vital part of your child's development. Through play, children learn to communicate, solve problems, and build social skills. It helps them explore their feelings, develop creativity, and strengthen physical coordination. For children with SEND, play can also provide a safe way to practice new skills and express themselves. Whether it's imaginative games, building with blocks, or outdoor activities, regular playtime supports learning and emotional well-being. The best part? Playing together strengthens your bond and gives your child confidence to try new things.





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Helping Children Cope During the Festive Season

The festive period can feel overwhelming for some children, especially those who find changes in routine or busy environments challenging. Try to keep a predictable schedule where possible and give your child plenty of notice about upcoming events. Create calm spaces at home where they can take a break if things feel too much. Using visual timetables or countdowns can help them understand what's happening next. If you're attending gatherings, consider bringing familiar toys or comfort items and plan quiet time afterwards. Most importantly, reassure your child that it's okay to feel tired or need space—listening and responding calmly can make a big difference.

Managing Sensory Overload



Reduce visual clutter – Keep decorations simple and avoid flashing lights in spaces your child uses to relax.

Control noise levels – Lower music volume, use soft background sounds, or offer noise-cancelling headphones.

Create a calm zone – Designate a quiet space where your child can retreat if they feel overwhelmed.

Offer familiar items – Comfort objects like a favourite toy or blanket can help your child feel secure.

Plan breaks – Schedule downtime between busy activities to prevent overload.

Prepare for changes – Use visual timetables or social stories to explain what will happen during events.

Limit strong smells – Be mindful of scented candles, cooking aromas, or perfumes that may trigger discomfort.

Watch for signs – Look for cues like covering ears, withdrawing, or irritability, and respond calmly.

Children can often find busy, crowded places overwhelming, and this can be especially challenging for those who are neurodiverse. The noise, movement, and unpredictability of such environments can lead to sensory overload, causing anxiety or distress. For some children, these experiences can make it difficult to enjoy outings or participate fully in activities. Recognising this, many venues now offer specially designated times or sessions designed to create a calmer, more supportive atmosphere. These initiatives often include reduced noise levels, fewer visitors, and staff trained to understand additional needs, helping families feel more comfortable and included. You can find more information about these supportive sessions through the link provided.

<https://www.theaoc.org.uk/neurodiversity-and-autism-friendly-days-out-in-the-west-midlands/>



Dates for your Diary

SEND Parents' Coffee Morning at 9.00am - Thursday 15th January



Useful links

[Dudley Local Offer | Dudley Council](#)