

SEND Newsletter

February 2026



Welcome to the third edition of our SEND Newsletter. As always, thank you for your continued support and partnership—together, we make a powerful difference for our learners. Working together—school, parents, carers and professionals—gives our children the very best chance to thrive. If you have any questions, would like support, or simply want to chat, please don't hesitate to get in touch.

We look forward to another successful term supporting our wonderful learners.

Warm regards,
Mrs S Martin

Thank You - Coffee Morning Success!

A huge thank you to all the parents and carers who attended our recent SEND Coffee Morning. It was wonderful to see so many of you there, sharing experiences, asking thoughtful questions and building a supportive community around our children. Your presence truly made the morning special.

We look forward to hosting more events like this throughout the year



Half-Term Highlights

We've had a busy and positive half term across the school. Here are some of the key successes we're proud to share:

Hamish and Milo Interventions

Our learners have responded brilliantly to our Hamish and Milo nurture and emotional-wellbeing sessions. Staff have noticed improved emotional regulation, stronger friendships and more confident interactions with adults and peers. These interventions are having a genuinely positive impact on learners' wellbeing and readiness to learn.



Strong Progress Towards Targets

Children across the SEND register have been working incredibly hard, and we are delighted to see so many pupils making strong, meaningful progress towards their individual targets. Their effort, resilience and determination are shining through—well done to all our learners!

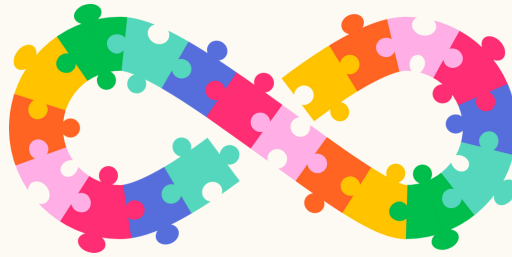
New Calm Lunchtime Club - Starting Next Term

We are excited to announce that next term we will be launching a Calm Lunchtime Board Games Club. This space is designed especially for learners who prefer a quieter, low-arousal lunchtime option with gentle social interaction and structured play. A huge thank you to Tesco Dudley for generously donating such a wonderful selection of games. Their support will help create a calm, welcoming space for children who benefit from predictable, peaceful lunchtime experiences.



Spotlight on SEND: Understanding Autism

This issue's focus is on Autism, to help families gain a clearer understanding of what it is, how it may affect learners, and how we can support our children together.



What is Autism?

Autism is a neurodevelopmental difference that affects how a person communicates, interacts with others, and experiences the world around them. It is lifelong, but with the right support and understanding, autistic children can thrive, succeed and feel confident in school and at home.

Every autistic child is unique—there is no one way to be autistic.



How Might Learners Be Affected?

Autistic learners may experience:

- Differences in communication (spoken or non-spoken)
- A strong need for routine and predictability
- Sensory differences—finding some sounds, lights, textures or environments overwhelming
- Intense interests in particular topics
- Social interactions that look different from their peers
- Emotional regulation differences (e.g., anxiety, shutdowns or meltdowns)
- Not all children experience all of these—and many strengths often accompany these differences, including attention to detail, creativity, honesty, and strong memory skills.



How Parents Can Support Autistic Children at Home



Here are some practical ways to provide structure and reduce stress for autistic learners:

Routines and Boundaries

- Predictability helps children feel safe.
- Use simple visual timetables or consistent daily routines.
- Prepare children for changes early and gently.



Diet and Eating Habits

Many autistic children have sensory-based food preferences. You can support them by:

- Offering familiar, safe foods alongside new options without pressure
- Allowing gradual, low-stress exploration of new tastes or textures
- Keeping mealtime routines calm and predictable



Sleep Routines

Sleep can be challenging. These steps often help:

- A calming, consistent bedtime routine
- Reduced sensory stimulation before bed
- Dim lighting or white noise if soothing
- Avoiding heavy screen use before sleep (blue light disrupts sleep signals)



Reducing Digital Dependence

While iPads and screens can be motivating and calming for some children, too much reliance can affect sleep, behaviour and flexibility.

Try:

- Setting clear, consistent screen-time boundaries
- Creating “screen-free” times of day
- Offering alternative calming activities such as drawing, building, puzzles or sensory play
- Using screens as part of a balanced routine rather than the main source of regulation

