



SEND Newsletter

APRIL 2026

Welcome to our Spring 2 SEND Newsletter. It has been a wonderfully busy term, filled with meaningful learning and fantastic progress across the school. Our children continue to work incredibly hard on their Individual Learning Plan targets, and we are delighted to see the confidence and independence they are developing as a result. Their achievements—big and small—are something we are very proud of.

This term, pupils have also continued to deepen their understanding of the Zones of Regulation, building on strategies to help them recognise and manage their emotions. It has been brilliant to see these approaches being used confidently in classrooms and around school, supporting positive learning behaviours and wellbeing.

A huge thank you to all parents and carers who joined us for our recent coffee morning focused on the Zones of Regulation. Your engagement and willingness to learn how these strategies can be used at home make a real difference, and we value your ongoing partnership.

If you have any concerns about your child's development or think they may have additional needs, please speak with your child's class teacher, Miss Parkes, or Mrs Martin (SENCO). We are always happy to listen, help and offer support. You can get in touch through the school office or by emailing our SEND inbox at send.bgp@blowersgreenprimary.org.uk.

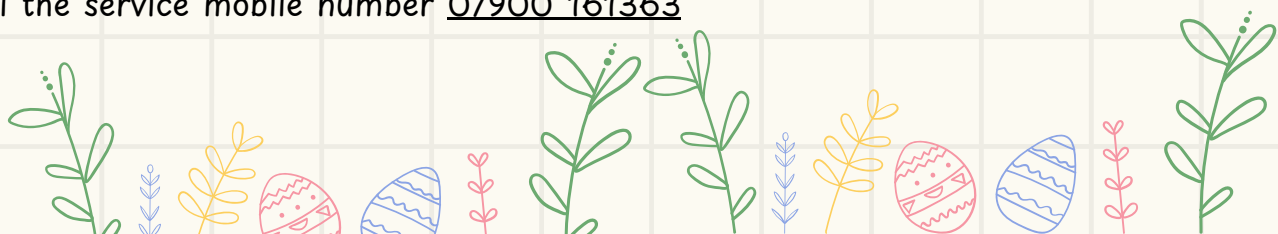
Useful helplines and websites

• YoungMinds Parents Helpline

- Young Minds support parents and carers who are concerned about their child or young person's mental health. Their Parents Helpline provides detailed advice and information, emotional support and signposting.
- You can speak to a team member over the phone or chat online. You can speak to over webchat between 9.30am and 4pm from Monday-Friday. When they are closed, you can still leave us a message in the chat. A member of the team will reply to you by email in 3-5 working days. Opening times: 9.30am-4pm, Monday-Friday 0808 802 5544

Dudley SENDIASS

- Dudley SENDIASS provide a range of impartial information, legally based advice and support to help parents/carers, children and young people on all matters relating to Special Educational Needs and Disabilities (SEND). Email dudley.sendiass@dudley.gov.uk
- Call the service mobile number [07900 161363](tel:07900161363)





SPOTLIGHT ON Attention Deficit Hyperactivity Disorder (ADHD)

In this edition of our SEND newsletter, we are shining a light on Attention Deficit Hyperactivity Disorder (ADHD). As part of our ongoing commitment to supporting all learners, we want to help parents and carers understand more about what ADHD is, what it can look like in children, and how we can work together to ensure every child thrives. Many children with ADHD have incredible strengths, and with the right support—both at home and in school—they can make excellent progress socially, emotionally, and academically. This spotlight aims to share clear information, practical guidance, and reassurance for families who may be seeking support or simply wish to learn more.

What is ADHD?

ADHD (Attention Deficit Hyperactivity Disorder) is a neurodevelopmental condition that affects attention, concentration, and behaviour. Children and young people with ADHD may appear unusually restless, impulsive, or easily distracted. Some may act before thinking, struggle with organisation, or seem constantly “on the go”. Not all children experience hyperactivity—this used to be described as ADD, although that term is no longer officially used.

ADHD is not a learning disability or a mental health condition. However, some children may experience additional needs or mental health challenges alongside ADHD.

Living with ADHD can be challenging for children as well as for their parents and carers, but the right support and understanding can make a significant difference to learning, confidence, and everyday life.

Common Signs of ADHD

A child with ADHD may:

- become easily distracted or struggle to complete tasks
- find concentration difficult
- appear restless or fidgety
- talk frequently or interrupt others
- act impulsively or take risks without considering consequences
- find it hard to manage emotions
- struggle to make or maintain friendships
- lose things often or have difficulty staying organised
- have limited awareness of time

Every child is different, and not all children with ADHD display all of these signs. Many of these behaviours are typical in younger children, and they can also be linked to other experiences such as stress or trauma. Signs of ADHD can present differently depending on age and gender, and girls in particular are often under-identified. Signs usually appear in early childhood and may become more noticeable during times of change, such as starting school.



If You Think Your Child Might Have ADHD

If your child shows signs that are persistent and affecting daily life, begin by speaking with their class teacher and the school SENCO. They can share observations from school and help you consider next steps.

You can also speak to your child's GP, who may refer your child for a specialist assessment. ADHD can only be diagnosed by professionals such as a paediatrician or a child and adolescent psychiatrist.

Some families worry about "labelling" their child or feel uncertain about seeking assessment. These feelings are completely understandable. However, a diagnosis can often help families access the right support, understand their child's needs, and recognise their strengths more clearly.

Diagnosis and Support for ADHD

Assessments are usually carried out through CAMHS or specialist paediatric services. Diagnosis is based on a combination of observations, questionnaires, and information from home and school. There is no single test.

Professionals will look at how long behaviours have been present, how much they affect daily life, and whether there could be other explanations. Many children with ADHD also have additional needs such as autism, dyslexia, dyspraxia, anxiety or behaviour difficulties.

How You Can Support a Child with ADHD

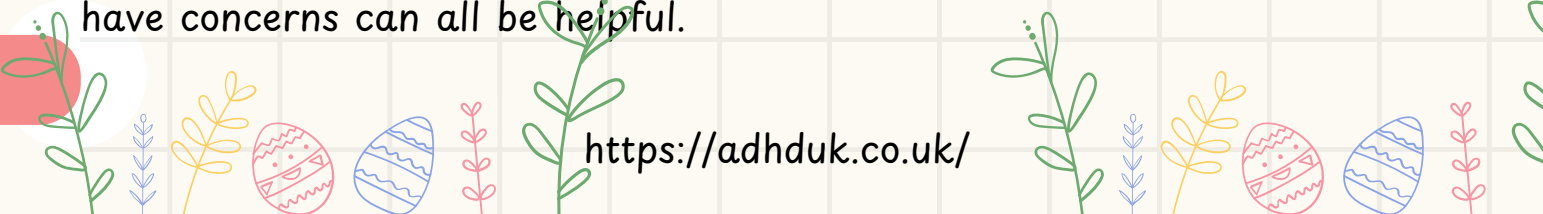
Helpful approaches at home include:

- Being understanding and patient
- Using clear, simple instructions
- Setting consistent routines and boundaries
- Involving the whole family in supportive strategies
- Helping with organisation and planning
- Noticing and praising positive behaviour
- Identifying triggers and reducing distractions
- Celebrating your child's strengths
- Connecting with local support groups

ADHD and Mental Health

Any child can experience difficulties with their mental health, but children with ADHD may face additional challenges such as managing emotions, making friendships or coping with behaviour expectations. These challenges may increase the risk of low self-esteem, anxiety or low mood.

Talking openly with your child about how they feel, keeping communication calm and consistent, and seeking advice from your GP or specialist if you have concerns can all be helpful.



HAF Programme at Blowers Green - Easter Break

We are delighted to share that Blowers Green will be hosting the HAF (Holiday Activities and Food) Programme during the upcoming Easter break. This exciting programme is free for children who are eligible for Free School Meals, and parents of children who are not eligible can still book a place by paying.

To secure your child's place, simply scan the QR code included in this newsletter to access the booking form.



ACE COACHING

FREE HAF Easter Sports Camp

**A fun filled Football and
Multi Sports Camp.**

Although Football will be our main focus sport, children will also get to explore other amazing sports including our favourites of dodgeball, handball, netball, basketball, nerf battles, archery plus more. Craft sessions, and educational mini sessions on healthy lifestyles. Fantastic indoor and outdoor facilities and a tasty lunch provided each day to all children. Medals and prize awards presented to our Finalists at the end of the week, All participants will receive a certificate during our end of week awards presentation. A special award will also be presented to our Star Baller of the week.



Blowers Green Primary School

Blowers Green Primary, Blower's Green Rd, Dudley DY2 8UZ

HAF Course Multi Sports

Monday 30th -Thursday 2nd April
10am-2pm



Funded by



Eligibility: Ages 4 - 11 years old, receive benefit related free school meals, registered for free with your HAF borough provider. Please see the below attached helpful contact links.

Once you have registered, simply search for us, Ace Coaching Limited for full course information and enrol your child on to our FREE HAF courses. Only 20 spaces available, Don't miss out! Parents who do not meet the criteria of HAF can still enrol at £25 per day,

For any general enquiries, please contact us directly at
AceCoaching.CourseEnrolments@hotmail.com

To sign up or for more information please contact us on: www.dudleyholidayactivities.org.uk
or email us enquiries@hafdudley.co.uk or scan the QR code for more information.