

# SEND Newsletter

## Autumn Term 2 (23-24)

### Welcome

The first term of this academic year has flown by despite it consisting of two eight week half terms! Pupils have worked incredibly hard and remained focused in lessons up until the end of term.

This week, Keyworkers are reviewing pupil targets from term one and setting targets for next term using student voice and analysis of recent progress reports. We are exploring was of sharing these targets and outcomes with you in the new year.

I would like to take this opportunity to thank you all for your continued support. I look forward to continuing working collaboratively next year to ensure your child receives the support they need in order to grow and flourish.

I hope you have a wonderful Christmas, manage to rest and take some time to do the things you enjoy. Here's to a happy and healthy 2024!

Miss Rose (SENDCo)

[jrose@ridgewood.dudley.sch.uk](mailto:jrose@ridgewood.dudley.sch.uk)



### Student Successes

In our Learning support Base, I would like to create a 'shout about success' display.

We think our pupils are all fabulous and we know that both in and out of school they do wonderful things that go unnoticed. We want to hear about these.

Parents, please could you email Miss Rose (on the email address above) with anything that you feel needs a shout out. This could be something huge, like completing a challenge or attending a football match, or something small such as completing all homework or cooking dinner for the family.

Help us to praise your child's achievements!

### Attitude to Learning Superstars

From our reviews of the December data drop, the following pupils have been working superbly receiving 'determined' in 3+ subjects:

Year 7

**Jaydon B, Tom WP, Alex P, Jenny D, Grace B, Rupert G and Freya S.**

Year 8

**Samson L, Jasmine L and Alfie T.**

Year 9

**Dylan H, Ebony B, Beth K and Dan D.**

Year 10

**Navi T, Sophie H, Lewis S, Elina B and Maia C.**

Year 11

**Daisy L and Georgia H.**

In addition, we would also like to congratulate the following students on completing the term with 100% Attendance.

Year 7

**Tom WP, Alex P, Keaton A and Freya S.**

Year 8

**Cameron W and Seamus C.**

Year 9

**Noah H, Jason C and Aiden J.**

Year 10

**Scarlett S, Lewis S, Kyle B and Evie G.**

Year 11

**Charlie D.**

### Would you like to join our team?

Following the retirement of two of our wonderful TAs, we are looking to recruit a Level Two Teaching Assistant (Permanent Position). This will be 30 hours per week (Monday – Friday between 8.30am-3pm).

Keep your eyes peeled for the advert on our vacancy page of our website:

<https://www.ridgewood.dudley.sch.uk/vacancies>



## How to support students with SEND over Christmas

### Adjusting to the holiday season

Balance rest and routine. While holidays are a time to relax, maintaining a basic routine helps children feel secure and ensures a smoother transition when returning to school. For some children, routines – such as those in place during term time – can help reduce anxiety and it may be useful to think about creating a specific holiday timetable. Highlight the changes in routines during the holidays and make it clear how and when these will need to start returning to 'normal'. A calendar that is visible for the holiday period can be really helpful. This can show what is planned on different days and also be used as a countdown to the return to school.

While screens can be a source of entertainment, monitor and limit screen time by encouraging activities that promote physical activity, social interaction and creativity to ensure a well-rounded break.

### Christmas

Make a list of what your child finds difficult. This could be anything from big crowds, loud noises, surprises or bright lights. Try to think about when they might experience those. How could you avoid those situations? If that isn't an option, consider how you can help your child prepare, ahead of time. Try to prepare your child each day for what's coming tomorrow. Talk to them about who will be there, what they will do and what they'll eat. Some children might like to have some control over some of these things. You could give them a choice between two or three different activities. You may also need a plan for the possibility of unexpected visitors.

Extended mealtimes that may be more formal or be with family whose expectations of behaviour may be different from those at home can make Christmas meals challenging for both children and parents. Try to pre-empt judgment so you don't feel stressed about following the rules of another household. If your children struggle to sit down for a whole meal, can you agree that they will stay at the table for the main course only or just for the time that they need to eat their food and then be allowed to leave?

### Going back to school

Just as we all get used to being on holiday and finding holiday routines that work, it then ends up being time to consider the transition back to school. We recommend talking with children as much as you can about what will help. Can you start to gradually do homework together? Using the calendar idea can prepare children to get used to the number of days until they return to school and you could talk about how to gradually bring forward bedtime so that getting up earlier is less of a shock.

### Self-care for parents

Lastly, and perhaps this is the single most important suggestion, we recommend parents try to plan a few nurturing ways to take breaks and care for themselves over the holidays. Even if this is as simple as taking five minutes to sit and have a cup of tea or adding holiday activities that they enjoy into the mix as well. Explaining that we are incorporating our own self-care into the plans is a brilliant, lifelong gift to pass on to our children.

**By making proactive changes, hopefully others will be able to enjoy the time you spend together uninterrupted and without causing stress for you and your child.**

Sources: <https://www.talkeducation.com/news/how-to-support-send-learners-over-the-christmas-holidays?sub=1> and <https://send-network.co.uk/posts/top->

[tips-to-support-young-people-with-send-over-christmas](#)