

SEND Newsletter

Spring 2 (23-24)



RIDGEWOOD
HIGH SCHOOL

Welcome

With such a short spring term and the lighter mornings and nights upon us; we approach our busy summer term well prepared.

Last term saw our year 11's getting exam ready. Before the break we provided our year 11's on the SEN register and those who receive access arrangements with an additional revision pack containing lots of useful information and strategies to support them. They also had an opportunity to meet our Exam Invigilation team and ask any questions to alleviate worries. Parents/Carers should have also received an additional pack by email from myself regarding exam stress.

Following the support from yourselves and the tremendous input from their keyworkers, year 9 students have now selected their GCSE options. Over the coming weeks we are busy with the logistics of timetabling and grouping, ensuring that we plan the best routes forward for you children. Should you have any questions off the back of option choices, please do not hesitate to contact school

It has been lovely to see lots of parents attending our face-to-face parents' evenings to check how their children are doing. It has been nice to catch up with parents who have popped in to see me in between my teaching appointment slots; it's always lovely to hear your perspective on how your child is doing and work with yourselves to ensure you child thrives. During the Easter break you should have received a letter from me following the recent data drop, detailing the next steps for your child following my review. During the last week of term and the first week of this half term, we have reviewed your child's spring targets and set new targets for the summer term.

During the Spring Term I conducted a Learning walk with our SEND Governor. It was lovely to see our students working beautifully and showcase some wonderful classroom practice where children's needs were noted, catered for and met in turn enabling them to produce some excellent work and thrive in confidence.

Schools within the Dudley Borough were invited by the Local Authority SEND team to join Delivering Better Value Workshops to review the proposed journey of improvement of SEND provision within the Dudley borough. During these workshops, SENDCo's were asked to share their views on what Dudley's Ordinarily Available Provision should consist of in order to improve SEND provision and the allocation of resources. At present, the journey of improvement is ongoing and the possibilities for the future are promising.

As always, should you have any comments, questions or concerns, please do not hesitate to contact me.

Miss Rose (SENDCo) jrose@ridgewood.dudley.sch.uk

Pets As Therapy

The latter part of the spring term saw our lovely Pets as Therapy dog make her comeback to Ridgewood. Our children were thrilled to see her again and those selected for intervention have found their sessions invaluable. Jinny and her owner, Leah, are a real asset to our school and we are very grateful for the time they dedicate to our pupils.





RIDGEWOOD
HIGH SCHOOL



Learning Superstars



From our reviews of the Spring data drop, the following pupils have been working superbly receiving 'determined' **ATTITUDE TO LEARNING** scores in 3+ subjects:

Year 7

Jaydon B, Freya S, Edie T, Tom WP, Jenny D, Rupert G, Grace B and Sophie S.

Year 8

Jasmine L, Alfie T and Harry E.

Year 9

Ebony B and Annabelle N.

Year 10

Maia C, Lewis S, Elina B and Navi T.

Year 11

Daisy L and Lewis B.



We would also like to congratulate the following students on the **PROGRESS** they have made over the course of the academic year.

Year 7

Jenny D, Rupert G, Pippa W, Layla A, Harry T, Pippa B, Phoebe T and Kovan S.

Year 8

Charlie B, Lacey-Mae S, Evie W and Cameron W.

Year 9

Dylan H and Beth K.

Year 10

Maia C, evie G, Sophie H and Owen J.

Year 11

Joey S and Lewis B.



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

Year 7

Tom WP, Alex P, Phoebe T and Edie T.

Year 8

Finn H, Harry E and Luke V.

Year 9

Noah H

Year 10

Kyle B, Lewis S and Evie G.

Year 11

Jamie B, Lewis B and George A.



Coffee and Cake

You will be aware that over the course of the year I like to schedule Coffee and Cake sessions for the parents of the children I oversee. This informal event is designed for parents of Children with SEND to work collaboratively with us in school reviewing our SEND provision and to act as an opportunity to meet other parents who may have similar worries or questions.

Our final meet for this academic year will be scheduled towards the summer term – date to be confirmed in the next newsletter and will also be shared by email.

It would be wonderful if you could join us.



Success Display



Thank you to all parents who sent in pictures of your child's successes to go on our display in Learning support. Our display is now finished and it really is lovely to see all of their achievements and show them how proud we are.

In addition to our student successes, I have also created an area of the display for the children to detail how our wonderful TA team support them. The comments our students have made are really lovely to read and left our staff with big smiles on their faces and feeling very appreciated.

Dates for your diary



- 2nd-8th April – Autism Acceptance Week. Student and Tutor presentation and discussion.
- Thursday 11th April – Year 8 Parents Evening
- w.c. 29th April – Year 10 Mock Exam Week
- 6th May – May Day – school closed
- w.c. 08.05.24 – GCSE exams start
- w.c. 13.05.24 – Year 10 work experience
- Friday 24th May – Term ends for students
- Monday 3rd June – Term starts for students
- Thursday 6th June – Year 7 Parents Evening
- Thursday 27th June – Year 11 Prom

If your child struggles to relax, suffers with anxiety or panic attacks, is concerned or worried about something, the following grounding techniques may help:



Positive self-talk



Feel calmer and more confident

Think of some negative thoughts you might sometimes have (e.g., "I can't do this!")
Think of three positive phrases you might try to use instead (e.g., "I can do it, I've done it before!")
Write these phrases down and reflect on when you might use them.

Five Senses



Feel relaxed and more aware

Take a deep breath. Look around. Try to notice:
five things you can see
four things you can touch
three things you can hear
two things you can smell
one thing you can taste.

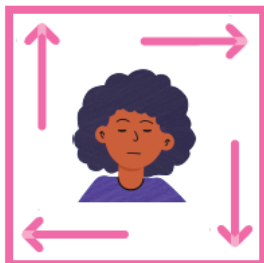
Thoughts in the Sky



Relax and let go of anxious thoughts

Sit comfortably. Focus on breathing in and out.
As you breathe out, imagine any anxious thoughts floating away into the sky.
Continue this for a couple of minutes, focusing on your breath.

Box Breathing



Feel calmer and more relaxed

Breathe in through your nose for 4 seconds.
Hold your breath for 4 more seconds. Feel the air fill your lungs.
Breathe out through your mouth for 4 seconds.
Repeat this several times.

The Alphabet Game



Think logically and calmly.

Name something for every letter of the alphabet within a category or subject. This could be animals, people's names, food etc.

Calming Colours



Harmonise and rebalance the body.

Look at or handle things which are calming colours. Spend time with colours you find uplifting, by looking for them in nature, on the internet, all around you.
Blue often has a calming effect and pink soothes aggression.