



SENCO: Miss M Giles

Executive Head Teacher: Miss C Nock



We understand that we are not here face to face at the moment for all of the pupils that we support, but we can arrange a chat and check in on the phone if you or your child wants to speak to us.

Here are some strategies that you can use at home to support you child if they feel stressed or anxious or are just not coping at any point during lockdown, **some of these may not work and that is okay.**

- 1) Keep your child in a routine, it is important to get them up and get them ready each morning as they would for school. Structure and routine are good and mentally it gets us ready for the day ahead.
- 2) If your child is feeling stressed with school work online then you can give them a break, it is okay to take a break from learning and it is okay to not complete the work all in one go.
- 3) Break up the work into smaller chunks and if you can use a visual cue or now and next board to show them what they have to do. You can create your own or we can help you make one.
- 4) If they need it, use a timer to give them a clear start and finish time for each activity or lesson. You can use online timers, such as the one here - <https://www.online-stopwatch.com/> or you can buy one online.
- 5) Make sure that they get some downtime and they get some time to relax.
- 6) If your child gets angry, then give them some space and allow them to go somewhere that they feel safe, possibly their bedroom and let them do something that they like, something that will calm them down.
- 7) Do not push them to talk about why they are angry or upset until they are ready to talk. If you push it too quickly then they may have to start the process of self-regulation again.
- 8) Provide them with calming/sensory equipment. It can be as simple as a ball of blue-tack or can be more expensive, such as a sensory cube or tangle toy.
- 9) If your child needs an overlay in school then they can download the Colorveil programme to support them whilst they are doing their online learning and it is free - <https://www.aurelitec.com/colorveil/windows>
- 10) Do not struggle alone and ask for help, we are here if you need us.

# Programmes and Apps to Help During Home Learning

Working on a computer for a long time can be a difficult thing to adapt to, especially when you learn are used to learning in a different way. These are some helpful programmes, features and websites that you can use to help with the transition.

**Remember to check with your parent or guardian before downloading any new software to your device.**

Flux: <https://justgetflux.com/>



Flux is a free application that you can get on Windows, Apple devices, and on Android devices. Flux makes the colour of your computer's display change according to the time of day that you are using your computer. It removes the blue light that your computer, tablet or phone uses in the screen, reducing headaches and strain on your eyes whilst also helping you to get to sleep easily when you have stopped working.

OpenDyslexic: <https://www.opendyslexic.org/>

OpenDyslexic is a free font that you can download on Windows, Apple devices, and on Android devices. It increases readability for readers with dyslexia as the letters have a unique shape with a bold bottom. You can quickly figure out which part of the letter is down, helping you to recognise the correct letter and helping to keep your brain from rotating them around.

This Is an  
example of  
the Open Dyslexic  
Typeface

Speech Link <https://speechandlanguage.info/parents>



Speech Link is a website that offers support and activities for children who struggle with their speech, language and communication. Resources available are both paper based and interactive games, which offer strategies that can be implemented at home in a fun and engaging way.

Go Noodle <https://www.gonoodle.com/>



A mental health and wellbeing website that encourages movement to support wellbeing, including dances, yoga and breathing techniques.

### **If your child struggles with higher levels of anxiety**

Some children are naturally more anxious, such as those with existing phobias or obsessive compulsive disorders. The current situation can make those anxieties worse.

Get them to do activities such as counting, ordering and sorting tasks which can help them calm down

Encourage them to use relaxation techniques such as controlled breathing

Look out for obsessive or compulsive behaviours and try to get ahead of them early by challenging unhelpful thoughts and assumptions

If you're worried about your child's anxiety, YoungMinds is a charity dedicated to children's mental health. They've opened a parents' helpline for confidential, expert advice. You can reach them at 0808 802 5544

### **Helplines and websites for children and young people**

If your child would like to speak with someone confidentially, there are helplines and websites specifically for them

Organisation	Contact Information
<b><u>Shout</u></b> Free, confidential support via text, available 24/7	Text SHOUT to 85258 in the UK to text with a trained crisis volunteer who'll provide active listening and collaborative problem-solving
<b><u>The Mix</u></b> Free confidential telephone helpline and online service that aims to find young people the best help, whatever the problem.	Call 0808 808 4994 for free (11am to 11pm daily) Access the online community Email The Mix <a href="https://www.themix.org.uk/get-support/speak-to-our-team/email-us">https://www.themix.org.uk/get-support/speak-to-our-team/email-us</a>
<b><u>ChildLine</u></b> Confidential telephone counselling service for any child with a problem	Call 0800 1111 any time for free Have an online chat with a counsellor (9am to midnight daily) Check out the message boards
<b><u>Mental Health Foundation</u></b> Provides information and support for anyone with mental health problems or learning disabilities	Website: <a href="http://www.mentalhealth.org.uk">www.mentalhealth.org.uk</a>

# How to support students with sleep routines



## Keep regular sleep hours

Going to bed when you feel tired and getting up at roughly the same time helps teach your body to sleep better. Try to avoid napping where possible.



## Create a restful environment

Dark, quiet and cool environments generally make it easier to fall asleep and stay asleep. Watch our video on the link below for tips on how to sleep better.



## Move more, sleep better

Being active can help you sleep better. The videos on the link below can get you going, but remember to avoid vigorous activity near bedtime if it affects your sleep.



## Confront sleeplessness

If you are lying awake unable to sleep, do not force it. Get up and do something relaxing for a bit, and return to bed when you feel sleepier.



## Write down your worries

If you often lie awake worrying about tomorrow, set aside time before bed to make a list for the next day. This can help put your mind at rest.



## Put down the pick-me-ups

Caffeine and alcohol can stop you falling asleep and prevent deep sleep. Try to cut down on alcohol and avoid caffeine close to bedtime.

# Local Authority Support

<http://www.walsall-sendiass.org.uk/>

Parents/carers of children with SEND in Walsall

## YOU HAVE A VOICE



Let us start by doing what is necessary, then do what is possible and suddenly, we will be doing what we thought impossible!

Let us work together, to find solutions.

### Helpline Contact Information

**Maria**

Monday to Thursday 6am – 8 pm



Email: [maria.kidd@walsall.gov.uk](mailto:maria.kidd@walsall.gov.uk)



Mobile: 07976 404539

There will also be weekly Zoom meetings taking place.

For the link and password, please email: [facewalsall@gmail.com](mailto:facewalsall@gmail.com)