

January 2021

Dear Parents and Carers,

I hope that you and your child(ren) are coping with this third lockdown that now includes schools – yet again we face a very strange time. I understand how confusing it must be for them and how much they must be missing their class teachers and friends.

As your child has an additional need, I wanted to get in touch with you to send you some ideas and activities based around a specific area of need that your child may have a diagnosis for or an identified need. I am sympathetic to the fact that in these unusual circumstances, you may have work commitments to balance with childcare, and that this may place pressures on the time available to support your child with this. Please just do as much as is manageable. The suggestions are broad and do not focus on specific individual targets.

You should also have access to your child’s class remote learning either through Tapestry or Seesaw. If any of the activities are tricky for your child, please don’t worry. There will be plenty of areas of the learning they can access. Reading, Spelling Shed, TT Rockstars are great for all children. Teachers will also be sending out adapted learning activities as necessary.

Touch typing
<p>A free Touch Typing resource can be accessed on the BBC Bitesize website. ‘Dance Mat Typing’: https://www.bbc.co.uk/bitesize/topics/zf2f9j6/articles/z3c6tfr</p> <ul style="list-style-type: none"> • There are four levels to work through! • Try and have a go at this twice a week.
Speech and language
<p>If your child has speech and language targets. The following activities and games can be played to support these: Guess Who, Headbandz, I went to the shops and I bought... (choose different objects, places, colours, doing words), Happy Families, I Spy, Lego (talk about what you are building one of you is the builder and the other is the foreman asking for the pieces) cook with your children and talk about what you are doing, Battleships, Snakes and Ladders</p>
Occupational therapy
<p>If your child has occupational therapy needs. The following activities and games can be played to support these: Dobble, Twister, Jenga, Operation, Connect 4, Pick-up-sticks, Play Dough, learning to tie shoelaces, digging in the garden, wheelbarrow races, trampolining, riding a bike, play Snap, look at Where’s Wally books, word searches, memory games, dot-to-dots, jigsaw puzzles, Lego and cooking (weighing, sieving, mixing all by hand!), Snap.</p>
Thrive Activities
<p>If your child has Thrive targets. The following activities and games can be played to support these: Lots of hugs and eye contact, hold their hands on a walk, tell your children what you love about them – what specifically makes them special; tell them something that they do that makes you happy, proud, smile; hand massages, playing with mini figures together, painting and craft, cooking, get outside and be in nature (roll down a hill, paddle in a river), blow bubbles, look through old photos.</p>
ASD diagnosis
<p>If your child has a diagnosis: You know your child better than anyone! Try and stick to routines, make a plan for each day,</p>

ensure you plan in some down time, try not to rely on tech (easier said than done), for sensory needs get a blanket out, hot water bottles and lavender, put some music on, do some gardening. Keep your boundaries clear. Play board games, try some mindfulness.

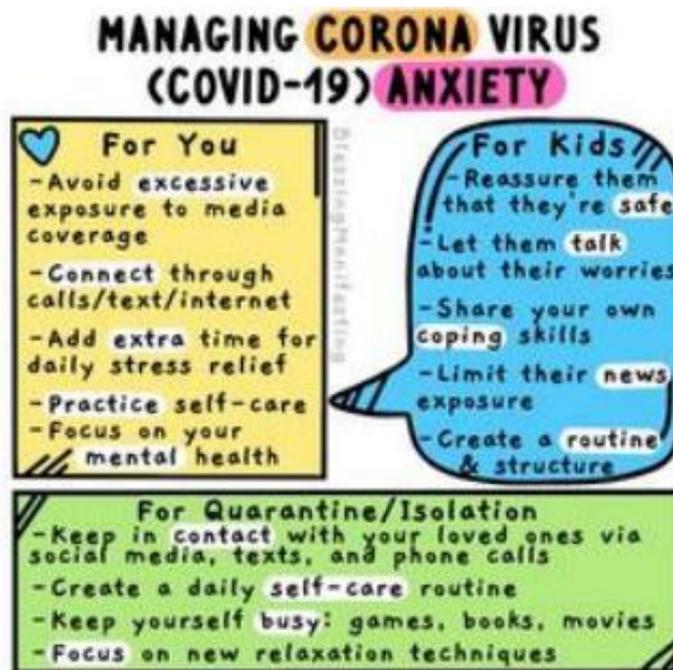
ADHD diagnosis

If your child has a diagnosis:

You know your child better than anyone! Stick to routines, make a plan for each day, get outside and run, ride a bike; do some cooking, try not to rely on tech (easier said than done), keep your boundaries clear. Play board games, try some Mindfulness.

Alongside some of their barriers your child may also be feeling anxious about what is happening. Alongside Tapestry and Seesaw we would like to maintain 1:1 contact with the children. We want to reassure them and encourage them to do some home learning even if it is way down their list of priorities! I will either phone or another member of staff from the Infant or Junior school depending on which school is attended.

The infographic below may also be helpful at home if your children have questions about the virus and why they can't come to school.



You may also want to look at these activities if your children are anxious:

Cosmic Kids: https://www.youtube.com/results?search_query=cosmic+kids (Yoga, mindfulness)

Mindfulness for children: <https://www.headspace.com/meditation/kids>

Wellbeing apps: <https://www.theschoolrun.com/best-wellbeing-apps-for-kids>

I wish you all the very best for the next lockdown and would encourage you to look after your own wellbeing. Please do contact the school if you wish to speak to me and I will get back you as soon as possible.

Best wishes,

Kitty Eve

SENCO and Inclusion Lead