



Spring Term 2023

Ormesby Village Schools Federation

SEN News



Message from Mr Townsend, SENCO

Dear Parents/Carers,

Welcome to the Spring Term 2023 edition of the SEN News, which includes helpful information on all areas of SEN, including sections on attention difficulties and dyslexia.

The aim of the newsletter is to provide information and support for parents/carers. Some of the links will be useful to parents/carers of pupils with specific special educational needs, but many of the links could be useful to anyone supporting their children.

If you would like to discuss anything about your child's support, this newsletter or any other SEN issue please feel free to phone the school office or contact me by email. I am at the schools Tuesday and Thursday each week this term.

Darren Townsend, SENCo, Ormesby Village Schools
Email: mrtownsend@ormesbyjunior.school



The Local Offer

The local offer can help you find out more about support and services available in Norfolk for you and your child.

It includes information about:

- Educational support
- Health
- Social Care
- Finance
- Training and events
- SEN Support and EHCPs

You can find your local offer on the county council's website at www.norfolk.gov.uk/send



Norfolk Healthy Child Programme

The Norfolk Healthy Child Programme offers help and advice to all Norfolk families as their children grow up and develop, such as :

- Toileting and bed wetting
- Eating, diet and staying active
- Development, transitions and growing up
- Emotions and behaviour
- Yearly contact if your child has additional needs
- Any other questions or worries you have?

Call: 0300 300 0123

Text: 07520 631590

Visit: JustOneNorfolk.nhs.uk





Sen support for parents/carers



The **Norfolk SEND Partnership, Information, Advice and Support Service (IASS)** provides free and impartial information and support for parents and carers of children and young people with special educational needs. It offers a confidential telephone support and information helpline, written information and a termly newsletter. It puts parents and carers in touch with others who may be able to help and can offer the support of a volunteer Independent Parental Supporter. Norfolk SEND Partnership also ensures that parents' views are represented and influence SEN policy and practice. Leaflets and newsletters are available on the group's website: [Norfolk SEND Partnership Home Page \(norfolksendiass.org.uk\)](http://norfolksendiass.org.uk) with useful links on: [Useful links | Norfolk SENDIASS](#)

Family Action Service

Family Action provides practical, emotional and financial support for those who are experiencing poverty, disadvantage and social isolation. They work with families to build skills and resilience and improve the life chances of everyone they work with. For more information and contact details, please look on the following link: www.family-action.org.uk

Early Help Service

Early Help is about giving information, advice and guidance to families as soon as there is a worry in a child's life. Please click on the website below to look at the support they can provide.

www.norfolk.gov.uk/children-and-families/early-help-and-family-support/get-early-help-and-family-support

Speech and Language support

The **I CAN** website ([Progress Checker home \(ican.org.uk\)](http://Progress Checker home (ican.org.uk))) provides short questions you can answer to see how your child is getting on with their speech, language and communication. It's not the same as a standardised measure a specialist would carry out but it should give you an idea of how your child is developing and whether you need some support or advice to help you and them. Just choose the right age, answer the questions, and at the end they will let you know how your child is doing and what help is available, if you need it.

SEN Parent information padlets

Norfolk County Council have introduced a parent information padlet ([Parent Information \(padlet.com\)](http://Parent Information (padlet.com))) which provides useful sections including: Parent advice, Information booklets, Parents groups, Courses/ Training, Autism Education trust, Websites, Resources and Videos. There is also a specific autism padlet ([Autism Resources \(padlet.com\)](http://Autism Resources (padlet.com))) which is well worth a look!

Mental health and wellbeing

There are lots of links and suggestions to support mental health and wellbeing which includes:

<https://www.nhs.uk/every-mind-matters/supporting-others/childrens-mental-health/>

<https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/>

and the **Just One Norfolk** website at <https://www.justonenorfolk.nhs.uk/>

Making sense of SEND

Making Sense of SEND – free events for parents/carers who have a child with SEND - a chance for families to listen to talks, ask questions, give feedback and share experiences – these are now hybrid (online and in-person) and you can find more information below.

www.norfolk.gov.uk/children-and-families/send-local-offer/advice-and-support/send-support-groups-organisations-events/making-sense-of-send-events



Information on Attention difficulties



Strategies to support attention difficulties

What is happening and when

- Get your child's attention before giving instructions
- Break up instructions and use visual reminders
- Create explicit targets
- Give frequent specific praise/rewards
- Provide a clear predictable routine
- Use a clock or sand timer to help break up an activity

Modifying the environment

- Try to reduce distractions
- Provide a quiet room
- Provide a work station
- Sit close so your child can hear you clearly
- Impose a clear structure to learning, such as using writing frames or diagrams to show information
- Ensure you have lots of doing (kinaesthetic) tasks

Teach skills

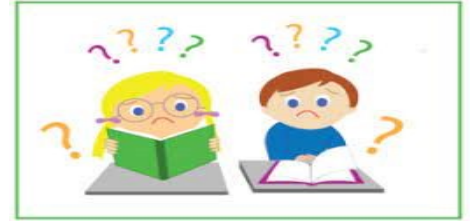
- Preview and review tasks. What are we going to do? Do first. Do next etc.
- Encourage your child to self monitor how they are doing
- Support your child with organisation strategies (e.g. making lists, using symbols)
- Make sure your child is aware of what they are good at and an area to improve
- Try to encourage your child to be responsible for their own learning



Information on Dyslexia



Dyslexia Outreach Service



The Dyslexia Outreach Service is part of the Cognition and Learning specialism of Norfolk Specialist Resource Bases (SRBs) and works across all key stages, from ages 5-18, to provide support to schools and parents. On their website below, there are a range of valuable support links for parents/carers who have children diagnosed with dyslexia, may show early traits or/and have general difficulties with cognition and learning.

www.dyslexiaoutreach.co.uk/resources/strategies-for-parents

Once you are on the website, if you click the resources section tab, followed by strategies for parents, you will find a range of support information for parents listed below.

A useful Dyslexia Awareness poster from Dyslexia Daily

Signs your child may be dyslexic

Strategies to help your child with homework

Support you can expect in the education system

Stress reduction ideas

Ideas for resources to support learning

Inspirational stories

Access Arrangements for all stages of education

There are also many other valuable websites offering guidance on dyslexia, which include:

www.bdadyslexia.org.uk

www.dyslexic.org.uk/help-and-advice

www.nhs.uk/conditions/dyslexia

www.nessy.com/uk/parents/dyslexia-information