

SEND

NEWSLETTER

MARCH
2024



Welcome

Welcome to our SEND Newsletter! Here you will find any updates and useful information regarding anything SEND. We hope to share useful links and information regarding upcoming events with you. We will also have a 'Spotlight' section specific to a different area of need in each edition.

Meet our EP

Susan Darby is our school's Educational Psychologist. She works with children individually, at the request of the SENDCo, and trains staff where required.



Meet the SEND Team

MISS MCKENZIE
INCLUSION
MANAGER/RP
LEAD



MISS MULLALLY
EYFS AND KS1
SENDCO



MRS MURPHY
KS2 SENDCO



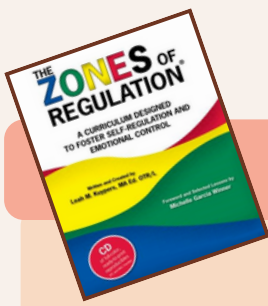
Neurodiversity Week 17th-21st March

Neurodiversity refers to the way the brain works and interprets information. Estimates suggest that around 1 in 7 of the UK population is neurodivergent, meaning that the brain functions, learns and processes information differently to someone who is neurotypical. Neurodivergence can include ADD, ADHD, Autism, Dyscalculia, Dyslexia, Dyspraxia, Executive Dysfunction, OCD, stammering, Tourette's, tics and stimming- amongst others. Neurodivergent people often experience more than one of these conditions.

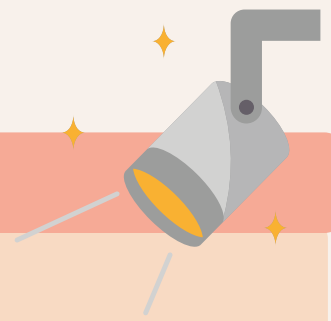
Neurodiversity Celebration Week provides an excellent opportunity to celebrate neurodiversity and facilitate a school ethos that values difference and fosters a culture of empathy and understanding.

We will be having a Neurodiversity assembly to celebrate on Tuesday 18th March. Earlier in the year we applied to receive a 'See Myself in Books-Neurodiverse book collection' from 'Read Manchester'. We received 35 books a few months ago and we have added them to our KS1 and KS2 libraries. We believe that books are a great way to raise awareness and improve understanding of different experiences. Books can be a helpful tool in opening children up to different realities and perspectives and help to counter misconceptions. They can also help children to feel seen and understood.





Spotlight



The Zones of Regulation

The Zones of Regulation is an internationally renowned intervention which helps children to begin to understand and manage difficult emotions, what we refer to as 'self-regulation'.

Self-regulation is best described as the best state of alertness for a situation. For example, when your child takes part in a sports game, they would need to have a higher state of alertness than when, for example, they were working in a library.

From time to time, all of us (including adults) find it hard to manage strong feelings such as worry, anger, restlessness, fear or tiredness, and this stops us from getting on with our day effectively. Children who feel these emotions often find it hard to learn and concentrate in school. The Zones of Regulation aims to teach children strategies to help them cope with these feelings so they can get back to feeling calm and ready to learn.

At Newall Green Primary School, we have a whole school approach to The Zones of Regulation. We want to teach all of our children good coping and regulation strategies so that they can help themselves when they experience anxiety and stress. In the classroom, sometimes children panic when faced with a tricky learning problem or challenge. By teaching them how to cope with these feelings, it might make them better at tackling learning challenges and build better resilience so they don't give up so easily when faced with difficulty.

We believe that teaching children about managing their feelings will support them in later life, so that they don't turn to negative coping strategies which could affect their mental and physical wellbeing.

We aim to help children to:

- Recognise when they are in the different Zones and learn how to change or stay in the Zone they are in.
- Increase their emotional vocabulary so they can explain how they are feeling.
- Recognise when other people are in different Zones, thus developing better empathy.
- Develop an insight into what might make them move into the different Zones.
- Understand that emotions, sensory experiences (such as lack of sleep, hunger or their environment) might influence which Zone they are in.
- Develop problem-solving skills and resilience
- Identify a range of calming and alerting strategies that support them (known as their personal 'toolkit').

| The ZONES of Regulation® | | | |
|--|---|--|--|
| | | | |
| BLUE ZONE Sad Sick Tired Bored Moving Slowly | GREEN ZONE Happy Calm Feeling Okay Focused Ready to Learn | YELLOW ZONE Frustrated Worried Silly/Wiggly Excited Loss of Some Control | RED ZONE Mad/Angry Terrified Yelling/Hitting Elated Out of Control |

For more information on how to support your child with their emotions, please go to our website where there is a parent guide and toolkit for 'The Zones of Regulation'. They can be accessed via a link on the Inclusion/SEND Page.

The Zones can be likened to traffic lights:

Green: you are 'good to go!'

Yellow: slow down or take warning

Red: stop and regain control

Blue: rest area where you pull over when you're tired and need to recharge.

Useful Information



[Click here to watch a video all about Manchester's Local Offer](#)

Manchester Local Offer helps children and young people with SEND up to the age of 25 and their parents/carers in the Manchester City Council area understand what services and support they can expect locally. This includes their statutory entitlements which are required by law. We're a statutory service. Every local authority has a Local Offer, although they might look different in each area. In Manchester, we're a small team sitting within Children and Families in Manchester City Council.

SEND-friendly swims



Central

There are free inclusive swims at [Moss Side Leisure Centre](#) as part of the SEND Community Offer. Sessions are every Sunday 9-11.30am and are for families living in the Manchester City Council area. The swim provides a calm environment and a clear process from entry to the pool for children and young people with special needs and disabilities. Families can access the small pool and floats for family fun or use the main pool for lane swimming, when available. There's no need to book – just turn up at the leisure centre. Free to all the family.



Local Offer SEND Information Hub

We have created this resource to bring information together in one place around special educational needs and disabilities (SEND) in the Manchester Ci...

[Help & Support Manchester](#)

Free cycling for 11-16s



For the next three months, there are extra cycling and bike maintenance sessions for Manchester young people aged 11-16 with SEND and Social, Emotional and Mental Health (SEMH) needs. They are every Wednesday after school from 4.30-7.30pm, meeting at the Procter Learning Centre in Hulme. These are in addition to the regular riding sessions as part of the SEND Community Offer, every Saturday 11am-3pm.

Parent/carer workshops

The Social Communication Pathway in Manchester offers free workshops for parents/carers whose children are either on the waiting list for assessment or have had a formal diagnosis of Autism Spectrum Condition from Manchester University NHS Foundation Trust. Topics cover:

- Understanding Neurodiversity and Wellbeing
- Understanding Communication Differences
- Understanding Sensory Differences
- Understanding and Working with the Education System

Check out [Manchester Parent Carer Forum's website](#) for sessions coming up in the next few months.

Upcoming events at NGPS

Join us for our **SEND Coffee Morning** on **Wednesday 30th April 9-10.30am** in the **KS1 Hall**. We will be joined by a representative from school health, who will deliver information about sleep and continence. We will also have a representative from The Family Hub attending to offer advice and support.



SENDIASS

Access SENDIASS by clicking on the following link: <https://www.iasmanchester.org/>



Special Educational Needs and Disabilities Information, Advice and Support Service (SENDIASS) Manchester

What is SENDIASS?

The Special Educational Needs and Disabilities Information Advice and Support Service (SENDIASS) offers information, advice and support for parents and carers of children and young people with special educational needs and/or disabilities (SEND). This service is also offered directly to young people and professionals.

The service is free, impartial and confidential.

Who do we help? Manchester residents who are:

- Parents and carers of children and young people (0 – 25yrs) with special educational needs and/or disabilities
- Young people (age 16yr – 25yrs) with special educational needs and/or disabilities
- Professionals needing signposting and procedure information around the SEND Code of Practice

What can we help with?

- **SEND Support** - guidance on the SEND support process, identifying how to access SEND support in school, preparing for meetings
- **Making informed decisions** – providing information and support to help clarify priorities, explore options, identify goals
- **EHC needs assessments and plans** – information on the legal processes and procedures around EHC plans, EHC annual reviews, challenging decisions relating to EHC plans
- **Understanding what to do when things go wrong** - disagreement resolution processes, mediation, tribunal appeals, exclusions
- **Legal processes** – information and advice on legal rights according to the Children and Families Act (2014), the SEND Code of Practice (2015) and the Equality Act (2010)
- **Signposting** to additional information, advice or support groups and services

How to contact us directly:

- 📞 Phone our confidential 24-hour helpline: 0161 209 8356 Please leave your name, contact number and a brief message. We aim for a same day or next working day call back.
- ✉ Email, via our confidential email inbox: sendiass@manchester.gov.uk
- 🎧 Listen to our podcasts <https://www.iasmanchester.org/podcasts> or [factsheets](#)



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