THINGS TO DO

A weekly newsletter from SEND Supported

ISSUE 3 **06th April 2020**

I hope the last week has passed by calmly and everyone is establishing positive routines and having fun under the current lockdown arrangements. This week I would like to introduce Jordan Day who at the start of World Autism Awareness Week (30 Mar-5 April 2020) launched his own Autism Awareness presentation. *"As an autistic advocate, I have found this Autism Awareness Month very different to others, due to the COVID-19 situation, however this does not have to stop us from raising our awareness and understanding."*



Jordan Day

We are thrilled to hear how helpful families and schools are finding our weekly issue of THINGS TO DO. Thank you for all the positive feedback.

We wish you much health and happiness over the Easter period.

Take care, Joanna and team



EMOTIONAL WELLBEING – Kate Griffiths

The Importance of being Grateful!

During difficult times it's important to help our young people to look on the bright side and think about all the things we have to be grateful for. Dr Robert Emmons, a Psychology Professor at the University of California believes being more grateful for what we have can increase our happiness by 25%! He also states that a person who experiences gratitude can cope more effectively with stress and benefit from greater physical health..... just what we all need right now!!

See the big life journal with a free fun and engaging printable activity each Friday, each one of them carefully designed to help you raise resilient and happy children click to find out more.

Also see ChildLine Locker By signing up (which just needs some basic information such as age and location) children can create their own 'locker'. In their locker they can track their mood and write a journal. There are also other zones they can explore such as the 'Calm Zone' and 'Art Box.'

See this month's action for happiness calendar https://www.actionforhappiness.org/calendars



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LEARNING – Clair Cole – check this whole section with Clair

To continue our focus on foundation skills, in this issue we are starting to look at memory. Memory is very complex and there is too much information to fit into one issue, so look out for more strategies and resources in future issues. Remember, practising for a short time every day is the best approach.

Skill 2. Short-term Verbal or Auditory Memory (remembering what you hear)

Remembering information that you hear can be referred to as verbal or auditory memory and it is obviously a very important skill for learning.

Many of the children I work with have difficulties in this area. As a result they find it hard to remember spoken instructions and spoken explanations and also to learn sequences of information and facts such as times tables, number bonds, spellings, specific subject words, processes in Science and Geography, timelines, dates and names in History etc.

Organisation may also be a problem; children are likely to forget or lose equipment and personal belongings, homework, letters from school etc.

What you can do:

- Play games such as: 'I went to the shops and bought...', barrier games, treasure hunt, listen and colour.
- Use pictures, actions and gestures to help your child remember spoken information.
- Develop routines as routine will help memory.
- Listen to audiobooks; auditory memory is bound up with listening and attention skills. Children will really need to focus their attention and listen carefully if they are hearing a story being read to them. It will also encourage them to create pictures in their mind of what they are hearing; visualising things is another good way of helping auditory memory. Audible is currently offering free stories which can be streamed on your desktop, laptop, phone or tablet.

For examples of the above, please visit
https://sendsupported.com/resource-type/things-to-do/



AUTISM – Jules McLean

This unprecedented period of change and disruption is very difficult for many young people with an autism spectrum condition and their families / carers. The NAS have created some tips that they hope will help you.

For lots of ideas and resources around structure and routine, OT/sensory advice and ideas, sleep, indoor activities, physical activity and managing meltdown click here

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FAMILY & CHILDREN AT HOME – Clare Viney

Keep up to date with the latest advice and support for your family during COVID-19 via the Family Information Service website Don't forget to take a look at the activities at the end of each newsletter with new resources each time to help you keep your children learning and entertained throughout isolation! To subscribe to the FIS newsletter click

THRIVE are sharing FREE weekly resources to support parents, carers and settings with the social and emotional development of children 'up to 7', 'up to 11' and 'up to 16' – join their open Facebook group and Twitter

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Take a look at this five minute film made by Playmobil to explain the virus and social distancing to younger children.

A run-down of what some celebrities are offering you and your children daily for free to help with their education while schools are closed:

9.00am - PE with Joe Wicks
10.00am - Maths with Carol Vorderman
11.00am - English with David Walliams
12.00pm - Lunch (cooking with Jamie Oliver)
1.00pm - Music with Myleene Klass
1.30pm - Dance with Darcy Bussell
2.00pm - History with Dan Snow (free for 30-days)
4.00pm - Home Economics with Theo Michaels (Mon/Wed/Fri)

Non-daily events include:
10.00am - Science with Professor Brian Cox, Robin Ince & Guests
Wednesdays at 9.30am - Geography with Steve Backshall (Live Wildlife Q and A)

Bringing Hogwarts to You

Welcome to the Harry Potter At Home Hub where you'll find all the latest magical treats to keep you occupied - including special contributions from Bloomsbury and Scholastic, nifty magical craft videos (teach your friends how to draw a Niffler!), fun articles, quizzes, puzzles and plenty more for first-time readers, as well as those already familiar with the wizarding world. We're casting a Banishing Charm on boredom!

Scam email: We have been informed some parents have received an email stating: 'As schools will be closing, if you're entitled to free school meals, please send your bank details and we'll make sure you're supported'. This is a scam email - do not respond and delete immediately.

Fake news is everywhere. It is important that if you see something on Social media, you always check it out through a trusted source. The Government launched an official WhatsApp messaging service. To use the free GOV.UK Coronavirus Information Service on WhatsApp, simply add 07860 064422 in your phone contacts and then message the word 'hi' in a WhatsApp message to get started.

Parents/Carers can check the privacy settings on any devices used by children. Click for guidance on putting some restrictions in place to keep children safe.

Remember, if you feel there is an immediate safeguarding issue please contact the Multi Agency Safeguarding Hub (MASH) on 01926 414144 or contact the Police (999).

Something for our TEACHERS AND SUPPORT STAFF
Looking After Each Oher & Ourselves - A guide to supporting the mental health and wellbeing of staff at schools and colleges during periods of disruption

Condition-specific videos from Whole School SEND, about SEND specialisms
This suite of SEND guidance videos has been created in collaboration with Centre for Education and Youth (CfEY), and many other experts within the sector. The videos aim to develop a newly qualified teachers' knowledge of SEND and to introduce them to helpful resources and tips for the classroom.

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And finally…

We continue to welcome photos of the things you and your children have been doing at home (no children's faces in the photos please). All pictures sent in will be considered for inclusion in the following issue of THINGS TO DO, so email your photos to enquiries@sendsupported.com



This lovely card was made by Isabel for her friend Libby, a wonderful positive message



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