

ASST'S SEND NEWSLETTER

Welcome

I am so excited to introduce the very first edition of our termly SEND Newsletter where you can find SEND spotlights on different needs, as well as useful updates, information and support to help you and your family. Our aim is to keep you informed, celebrate the progress within our schools, and share resources that make a difference.

Zoe Clancy, ASST's SEND Strategic Lead



What is SEND?

A child has SEND (Special Educational Needs and Disabilities) if they:

- Have a learning difficulty or disability which makes it harder for them to learn compared to most others of the same age, and/or
- Require special educational provision that is additional to, or different from, what is normally available in mainstream education.

All children may experience challenges with their learning at some point and for most children, these difficulties can be overcome with support from teachers and home. However, children with SEND are likely to need extra or different help to be able to learn.

Every child with SEND is unique, but their needs can generally be grouped into four broad areas. Understanding these areas can help you see how we identify needs and tailor support for each child. Please note, a child can have needs in more than one area.

Communication & Interaction

Difficulty communicating with others, understanding language, or social interaction (e.g. SLCN needs and autism.)

Cognition & Learning

Challenges with thinking, understanding, or learning at the expected pace (e.g., dyslexia, dyscalculia, dyspraxia, ADHD, moderate learning difficulties.)

Social, Emotional & Mental Health

Difficulties with emotional regulation, behaviour, or mental health that affect learning (e.g. anxiety, depression, ADHD and attachment difficulties.)

Sensory and/or Physical Needs

Visual, hearing, or physical impairments that impact learning (e.g. visual impairment, hearing impairment, cerebral palsy, spina bifida, muscular dystrophy.)

SEND SPOTLIGHT: ADHD

ADHD stands for Attention Deficit Hyperactivity Disorder. It is a behavioural condition, defined by consistent patterns of inattention and/or hyperactivity-impulsivity that are significant enough to interfere with their development or daily functioning.

HOW ADHD MAY PRESENT IN CHILDREN

Inattention

They may make careless mistakes or have difficulty paying attention to details. They might struggle to follow instructions or become easily sidetracked. They may be disorganised, frequently losing or forgetting things. Many also find it hard to focus on tasks or conversations unless they find something very interesting, in which case they may experience hyperfocus and find it difficult to stop.

Physical Hyperactivity and Impulsivity

Some children show their hyperactivity outwardly. They may fidget, have trouble staying seated, or appear constantly on the move. They might talk excessively, interrupt others, blurt out answers, or struggle to wait their turn.

Internal Hyperactivity (Inner Restlessness)

Other children experience hyperactivity mostly internally. Even if they seem calm, their mind may be full of racing thoughts or constant mental chatter. They can feel on edge or restless inside, find it difficult to relax or fall asleep at night and may become easily impatient or frustrated.

Emotional Regulation

They may have strong emotions that are hard to manage. Some may also be particularly sensitive to criticism or rejection, a feature known as Rejection Sensitive Dysphoria (RSD).

ADHD SUPERPOWERS

Creative and Imaginative

They have original ideas, vivid imagination, and are innovative problem-solvers.

Successful

They are capable of hyper-focusing on interests or passions and achieving exceptional results.

Positive and enthusiastic

They have a natural energy which can be infectious, bringing positivity and drive to those around them.

Resilient

They are able to turn challenges into opportunities for persistence and growth.

Curious and adventurous

They are eager to explore, take risks and try new things.

Empathic and sensitive

They are emotionally attuned to others, making them caring and compassionate friends.

How can I help?

- Create structured routines and schedules
- Use visual aids and timers
- Break tasks into manageable steps
- Offer movement breaks
- Create calm and distraction-free areas
- Provide positive reinforcement



Did you know? ADHD is linked to lower levels of dopamine, a chemical that helps with focus and motivation. Children with ADHD often move more or fidget because their brains are trying to boost dopamine to help their brains stay alert and engaged!

READ MORE

ADHD UK

An informative website for adults.



Free, online ADHD training for parents.



A relatable book for adults.



A lighthearted book for children.



Behaviour Safe at Home

If you're living with a child who displays extreme behaviours, the Behaviour Safe at Home programme can offer practical guidance and support. This service provides training for parents and carers, equipping you with strategies to manage challenging behaviours safely and effectively at home. It's a great opportunity to gain confidence, learn new techniques, and connect with professionals who understand the unique challenges families face.

Bells Croft Consultancy offer two-day courses. Scan the QR code to find out more and book onto a course.

SCAN ME!



Activities Unlimited offers children and young people with SEND (0-25), and their families, in Suffolk access to inclusive clubs, activities and short breaks. These include family farm days, sensory sessions, construction clubs, sailing sessions and dance classes. Families can also apply for a personal budget to help with costs, giving children fun opportunities while providing parents and carers a break.

SCAN ME!



Suffolk SENDIASS provides free, confidential, and impartial support to families of children with SEND, helping them understand their rights, navigate EHCPs, access resources, explore options, prepare for meetings and work effectively with schools and local services.

Phone: 01473 265210

Share Your Thoughts

We're excited to use this newsletter as a way to connect with parents and carers and hear your thoughts, so we can continue to provide the best possible SEND support for your children.

This QR code will take you to a short online survey where you can share your experiences of SEND at your child's school and let us know what you'd like to see in future newsletters. We would greatly appreciate it if you could take a few minutes to complete it.

SCAN ME!



"Every child has the right to thrive, learn, and be celebrated for who they are. Inclusion is not just a policy—it's the heart of everything we do."