Pembroke Park Primary School



SEND Newsletter

We hope you and your children are well. Please remember you can ask school staff for support and advice using email and dojo or even give us a call. We are here to help.

Ideas for Home Learning

We have put a link to a website with a wealth of information and ideas on our school website under the home learning SEND section, as well as some course information and a useful app. Below are some strategies that might help. Please remember that mental health and wellbeing at this difficult time is a priority so please only do what you can happily manage.

Visual, Practical and Verbal

A useful strategy is to use pictures, drama, games and objects to support learning. There are also lots of really good websites to support learning of key concepts and the teacher’s will be setting activities using a variety of these including times table rock stars. Acting out or drawing maths problems and using practical objects or resources as much as possible can also help. Splitting the learning up in to small steps and having regular breaks is a good way of keeping the learning fresh and will help the children keep their attention for longer. Where children find it difficult to write things down, ask them to verbalise their sentences or thoughts to you so that you can write it for them.

Thrive

Although your child may not have accessed group or individual thrive sessions the attached links/documents on the Thrive section of the website may help support emotional wellbeing. The websites below may also be useful/of interest. Miss Davies our Thrive practitioner is also delivering some Thrive zoom sessions that you may be able to join.

[www.relaxkids.com](http://www.relaxkids.com)

[www.insighttimer.com](http://www.insighttimer.com)

[www.cosmickids.com](http://www.cosmickids.com)

Reading

Reading can include many different sources including letters, recipe’s, seed packets, comics, invitations, receipts, carrier bags and signs etc. Listening to somebody else read or an audio book is also just as important and as beneficial as reading yourself. There are many websites/ways of streaming audible books that are free of charge.

Routine

Routine is very important to some children and having a routine to follow with their learning may be very beneficial. A visual timetable is a good way of keeping a routine and could be fun to make together. Create a picture for each session/activity/part of the day. This could be drawn together or cut out of magazines etc, photographs or pictures printed from a website. Twinkl has many of these pictures but also The National Autistic Society’s website has lots of resources on it that are useful. You can go through the pictures in the morning and set up the timetable for the day. If a sudden change occurs during the day use a change or oop’s card and discuss what has happened together. Another useful strategy is to use a now and next board. This can help break down the timetable so that the children can see what they need to do in order to move on e.g. now you are doing your phonics learning and then you have a break and a play in the garden/ with your toys etc.

Motor Skills

Fine motor skills are incredibly important in order to be able to write successfully. Children need to have strength and dexterity in their fingers. The main finger skills are: manipulation, pincer movements, twisting, and a trigger movement.

All of the following activities will be very beneficial:

Pegging things e.g. on a washing line

Lego and other activities where manipulation is needed

Water play and washing up

Using squeezy bottles

Spinning tops

Stretching and squeezing things

Popping bubble wrap with just your thumb and first finger

Threading

Weaving

Finger rhymes (e.g. Tommy thumb)

Cooking-especially kneading and rolling out or the use of playdough

It could also be very beneficial to learn to type, there are websites that help to teach this including the BBC bitesize site.

Thank you for taking the time to read this newsletter please do contact your child’s class teacher for any individual advice.

Take Care and Stay Safe

Mrs Pearce