



SEND NEWSLETTER

Dear Parents and Carers, welcome to the Summer Term SEND Newsletter which contains information about the Zones of Regulation and a spotlight on the APDR process. We have been very pleased with the progress our children with SEND have made this year and our SEND team at St Elizabeth's looks forward to working with you again in the new academic year.

Mrs Compton

The ZONES of Regulation

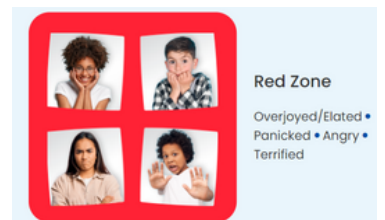
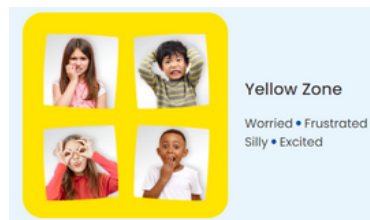
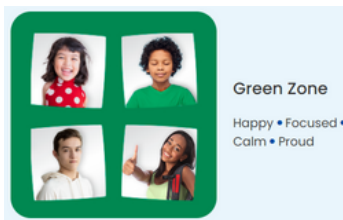
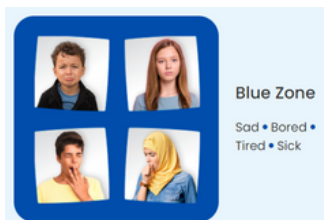
Blue Zone Sad Bored Tired Sick	Green Zone Happy Focused Calm Proud	Yellow Zone Worried Frustrated Silly Excited	Red Zone overjoyed/Elated Panicked Angry Terrified



Why We Teach Self-Regulation at St Elizabeth's Catholic Primary School?

Regulation is something everyone continually works on whether we are aware of it or not. We all encounter trying circumstances that can test our limits. If we can recognise when we are becoming less regulated, we are able to do something about it to manage our feelings and get ourselves to a healthy place. This comes more naturally for some, but for others it is a skill that needs more attention and practice. This is the goal of The Zones of Regulation.

We teach strategies from The Zones of Regulation at school in each year group to help children independently regulate their emotions. The children all recognise the colours and can give examples of a feeling for each zone. You can support this by using the same language when helping your child with their emotions at home.



SENDIASS Independent Support for parents



The Information, Advice and Support Service (SENDIASS) in Richmond and Kingston offers advice and support for children and young people up to the age of 25yrs who have special educational needs or disabilities, and their parents or carers.

This includes:

- The Local Offer for SEND pupils
- Local support networks
- Education, health and social care services
- Your rights in education, health and social care
- Mediation and dispute resolution

The service is a free, confidential and impartial.

THIS SERVICE HAS RECENTLY BEEN TAKEN OVER BY POLARIS CHILDREN'S SERVICES, HAVING BEEN RUN BY KIDS.ORG.UK FOR THE PAST 7 YEARS.

CONTACT DETAILS FROM 1ST APRIL 2023:

FREEPHONE NUMBER: 08081645527

EMAIL: INFO@RKSENDIASS.CO.UK

WEBSITE: RKSENDIASS.CO.UK



SPOTLIGHT ON APDR

WHAT IS APDR?

Each term we hold **APDR meetings** for each child who receives special educational needs support (SEN support) here at St Elizabeth's. Parents are invited to these meetings to share their views and agree targets for upcoming term alongside the class teacher and SENCO.

These meetings are part of our graduated approach to SEND. We welcome the children to share their views as part of this process.

The Graduated Approach refers to the system of SEN support within mainstream settings. It is the system by which schools should assess the needs of children and young people and then provide appropriate support.

The system should follow four stages, often referred to as a 'cycle':

Assess, Plan, Do, Review.

This cycle should not be considered a single process. It provides a continuous cycle of assessment as children's strengths and needs develop and change.

The four-stage approach is as follows:

- **Assess:** The class teacher (working with Mrs Compton, the SENCO) is responsible for carrying out a clear analysis of a pupil's needs, drawing on teacher assessments and experience of the pupil.
- **Plan:** Where it is decided to provide a pupil with SEN Support, the parents must be notified. All teachers and support staff who work with a pupil should be made aware of their needs, the outcomes sought, the support provided and any teaching strategies that are required.
- **Do:** The planned interventions should then be put into place. The class teacher should work closely with any teaching assistants involved, with support from the SENCO.
- **Review:** Reviews should take place and inform feedback into the analysis of the child's needs. The Code of Practice suggests schools should meet with parents three times a year. Good practice would indicate that such reviews will be at least termly. The decision to involve specialists can be taken at any time and should always involve parents.

(from SOS!SEN - a national charity that aims to empower parents and carers of children and young people with SEND to successfully tackle the difficulties they face when trying to secure the right educational provision for their children)

<https://sossen.org.uk/>

*Please get in contact if you would like to discuss your child and SEND.
You can email the school office and I will get back to you. Mrs Compton*