

Remember,

Change

can be a
good thing.

Ranvilles Junior School

SENDCo Newsletter



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Secure and happy individuals * Talented contributors * Ambitious learners * Responsible teammates * Successful communicators

Welcome to our summer term newsletter dedicated to Special

Educational Needs and Disabilities.

C H A N G E

As we come to the end of an academic year, we say a sad farewell to Mrs Robinson who is moving to a new school. We wish her well and would like thank her for supporting our children during the last two years. Our new year 3 children have now joined class dojo so welcome to you and we look forward to getting to know you in September.

Each term we will focus on a different SEND area and include useful links to support both you and your child. As always you can contact me via class dojo if you have any concerns or worries you would like to discuss. Your class teachers are happy to help too.

Please click the links below to see our SEND provision and hopefully answer any questions you may have.

[Information Report](#)

[SEN Policy](#)

[Hampshire Local Offer](#)

[Send support](#)

Many children may find changes unsettling and begin to feel anxious about what will happen in September. In school we prepare for our new classes thoroughly and talk to current teachers at great length, this enables us to support your child effectively when they come in September. Below is some information on fear and anxiety and a link you may find useful, if your child is struggling over the summer.

All about fear and anxiety

1. When we are anxious about something, we can get all sorts of funny feeling in our bodies – shaking, feeling sick, wobbly legs, blurred vision, feeling like we can't breathe, can't swallow, feeling dizzy, tight chest, looking pale and many more.
2. These feelings are horrible but in fact they are completely harmless.
3. These feelings are just our body getting ready to escape from something that we are scared of.
4. If you child gets these feelings, be very calm and confident. Tell them it is ok and that the feelings will go away in a bit.
5. Even if you are really alarmed by the feelings that you child is having in their bodies, don't let on. If you look upset, your child will think there really is something to worry about!
6. If children avoid things that they are scared of, they never get used to them and they never learn that they can cope with them. **Remember, if we avoid things, the worry just gets bigger.**
7. Kids can learn to be afraid of things just by watching us be scared. If you are scared or worried by something, try to cope well so as not to pass the worry on to the child.

CAMHS – Anxiety [Click here](#)



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School Transition

Many of you will be thinking about school transition, whether that is from year 6 to secondary school or children moving from one year group to another. This time of year is very busy in school and behind the scenes, we spend a lot of time trying to ensure all children get a smooth transition wherever they are moving on to. We know that this can be particularly difficult time for children with additional needs and they can struggle with the uncertainty of moving from one place to another with new adults and surroundings. We hope the children found transition day exciting but also reassuring, and things feel less daunting when you know where you are going and who you will be with.

Here are some of the things we do at Ranvilles to make this process as smooth as possible:

- Transition days to meet the class teacher and the children in their classes.
- Extra transition time in the class they are going.
- Time with the new adults they will be with in September. This may be having extra story time with the new adults or new adults coming into their classroom or meeting them out on the playground.
- Social stories with pictures of their new classroom and adults.
- Sunrise and Sunset groups
- SENDCo meetings with current or new settlings and/or parents.
- Transition meetings between teachers in school.



How can you help at home?

- Be honest and supportive of the process.
- Make the most of your holiday time to relax.
- Be aware that your child may become anxious towards the start of term and this may come out in their behaviour. Try to highlight the positives like reuniting with friends, building new friendships and learning new topics.
- If there is a new walk or bus ride to school, have a practise run before term starts.
- Try not to ask lots of questions during the process but listen to their worries and reassure them.
- Have school items organised and a planned routine for the mornings.

If you do have any concerns message the class teacher or myself, we are happy to help.

Have a wonderful summer and we look forward to seeing everyone soon!



Best wishes,
Rachael Lenaghan



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