

SENsational Parent Newsletter – Growing

Dear Parents / Carers,

Welcome to our tenth edition of the SENsational newsletter with the theme of Growing.

Thought for the week

“Grow through what you go through.”

Tyrese Gibson. Singer.



Deciding what to do

- Draw a large outline picture of a tree with branches.
- Each branch represents an activity type – active, creative etc. Choose a range.
- Every day decide with your child what activities you are going to do. Write each one on a leaf shape.
- Add them to the tree what you have done the activity.
- Watch the tree grow over the week as achievements grow.

There are lots of other resources and suggestions for activities on our home learning website.

<https://www.integra.co.uk/home-learning/>

Meeting the Needs of Children with Education Health and Care Plans

During this period the regulations requiring the local authority to deliver the provision detailed in children's Education Health and Care plans has been relaxed. However we are required to make our best endeavours to deliver some support. Therefore representatives of the local authority are calling every educational setting to talk to them about the arrangements they are making, in addition we are phoning every parents of a child with an Education, Health and Care plans in Years 1, 6, 11 and 13 to talk to them about these arrangements and to ensure they transition successfully to the next phase of their education. We are also taking the opportunity to talk to parents about these arrangements as and when they arise.

Letter from Vicky Ford MP

The Parliamentary Under-Secretary of State for Children and Families has written to all children and young people with special educational needs and disabilities (SEND), their parents/carers and families, and others who support them. In her letter she thanks children and young people with SEND and their parents and families for everything you are doing at this challenging time. It references a range of guidance that you can look at if you have any queries and acknowledges the challenges you have faced. The work you are doing at home is really crucial and is being recognised. The letter was published at the end of May and it attached for those of you who may not have seen it.

Support for Parents and Carers

South Glos Parents and Carers virtual support service is available so that you can join the fortnightly online support group, to share challenges and celebrate successes with those who truly understand. One-to-one support is also available by arrangement via video call, phone call or email. Visit the [South Glos Parents and Carers website for further information on the virtual online support available.](#)

Studio 3 free webinars - free webinars every Tuesday from 3 until 6. On Tuesday 30 June join Dene Donalds for a session on Mindfulness for Families and staff. You can also catch up on past webinars. [Weblink](#)

Frequently Asked Questions - South Gloucestershire Coronavirus FAQ site has answers to frequently asked questions to support you [here](#).

Contact us with your COVOD queries on SENDCOVIDenquiry@southglos.gov.uk or 01454 866123.

The telephone helpline will be available between 9 and 1 on weekdays (except Bank Holidays) but you can email in at any time. We aim to get back to you within 48 hours. Any questions posed to this helpline will be used to inform an FAQ section on the South Gloucestershire website.

Skills Builders activities

- Science and technology challenges – challenges include augmenting ourselves and living smarter for age 11-14 and animal adaptations and extreme elements for age 7-9. [Weblink](#)
- Science remote lessons for young people for all key stages, examples are food chains for KS1, food groups, producers, predators and prey for KS2, and animal classification and life cycles for KS3. [Weblink](#)
- If you have a child who has a print disability that affects their reading RNIB Bookshare gives free access to resources and books with high quality text-to-speech voices in accessible formats at all levels. If your child does not already have access through their school, you can arrange for them to join from home through emailing Bookshare@rnib.org.uk or tel. 0300 3038313. Visit the website at [weblink](#).



Calm and Happy (wellbeing)

- Grow your own cress caterpillar with these simple instructions. Easy and lots of fun! [Weblink](#)
- How to create a wish jar - rather than focussing on what currently can't be, start collecting wishes in a jar! Ready for when you and your family can enjoy them. [Weblink](#)
- My bedtime routine - sleep helps children grow mentally and physically. Get this free My Bedtime Routine printable from Big Life Journal. This colourful and easy-to-assemble activity is perfect for creating calmness at bedtime. [Weblink](#)
- Easy gardening activities - **have fun growing all sorts of thing with everyday stuff you can find around the house. Jewelled Rose have a great list of growing activities.** [Weblink](#)
- More fun things to grow in and outside of the home from Royal Horticultural Society. [Weblink](#) and have fun together with family activities. [Weblink](#)
- 10 Growth Mindset activities - Growth Mindset is a valuable attitude we can nurture within our children. Try these activities from Wabisabi learning. [Weblink](#)
- Grow Your Own Herbs, Fruit and Veg - **National Gardening Week 2020** This national campaign is run by the Royal Horticultural Society (RHS) to raise awareness and to encourage people to take part in the healthy and productive outdoor activity of gardening. [Weblink](#)
- 8 Worry busting tips to support child anxiety - Positive Young Minds have produced a very helpful graphic to support parents and professionals in supporting children through their worries. [Weblink](#)

Be Creative

- List of 50 nature activities to do with children at home from Arty Crafty Kids including twig crafts, nature portraits and. bark owl. [Weblink](#)
- Garden hammer prints from BuildMakeCraftBake– create hammer prints of flowers and leaves by pounding them to release their natural dyes – this works on paper or pale fabric. [Weblink](#)
- Thumbprint Garden Pot Decorating - have fun decorating pots to make butterflies etc using thumb prints in this idea from The Spruce Crafts. [Weblink](#) Also get creative painting rocks to create insects and other creatures. [Weblink](#)
- Wildflower seed bomb craft - spread some joy and colour by making a wildflower seed bomb in this activity from Growing Healthy Kids. [Weblink](#)
- Some flowers and vegetables will need canes to support them as they grow. The end of the cane can be dangerous for your face or eyes as you bend over to look after your plants. Create these fun eye guards to protect yourself. [Weblink](#)



Keep Active

- Learn about the 4 Pillars of Health in this Calm Masterclass for secondary and adult. Learn all about Dr. Chatterjee's practical lifestyle prescriptions in lessons on relaxation, food, movement and sleep. [Weblink](#)
- "Parent Gym Do you want to grow as a parent? Explore these e-workouts designed with parents in mind, each one only takes a few minutes. They are designed to support positive communications and promote a nurturing style to make your family life calmer and happier. Some of the modules include "talking styles", "bouncing back", "stop and listen" and "the power of praise." [Weblink](#)
- Ella's Wheelchair Workout - wheelchair friendly workouts. [Weblink](#)