

SENsational Parent Newsletter – Summer

Dear Parents / Carers,

Welcome to our eighth edition of the SENsational newsletter. We are now officially into summer!

Thought for the week

**“Keep your face always toward
the sunshine – and shadows will
fall behind you.”**

Walt Witman



Deciding what to do

- Take advantage of the good weather by choosing to do your activities on learning, creativity, wellbeing and play outside.
- Plan and build in new routes to your walks or visit different places now that we can go further afield.
- Build in activities where children can connect with others online or at social distance so that they can build their confidence and re-establish relationships to prepare them for being back in school.

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

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

National Guidance from DfE

DfE have updated their guidance on supporting your children's education during coronavirus and the information can be accessed at this [weblink](#).

This contains specific guidance on how education carry carry on at home with children aged 2 – 4, primary, secondary and with special educational needs and disabilities.

National events

Here are some upcoming national events that you might like to explore together as a family.

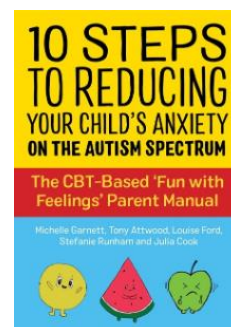
- Sign up to the summer reading challenge brought to you by The Reading Agency. [Weblink](#) Find a book, play games and find out what books your favourite celebrities are reading. Information for parents can be accessed here. [Weblink](#)
- 8 June is [Best Friends Day](#) - why not celebrate by sending greetings, playing games through an online platform or having a virtual or social distance picnic.

Book Corner

These books by Michelle Garnett, Tony Attwood, Louise Ford, Stefanie Runham and Julia Cook are aimed at reducing anxiety for children on the autism spectrum.

[10 Steps to Reducing Your Child's Anxiety on the Autism Spectrum](#) The CBT-Based 'Fun with Feelings' Parent Manual - children diagnosed with autism can have difficulties with recognising and processing emotions. This can lead to high levels of anxiety. Written by world-leading experts in the field, this book helps parents of young children with autism to help them to understand and articulate their feelings.

[Having Fun with Feelings on the Autism Spectrum](#) A CBT Activity Book for Kids Age 4-8 - a set of two books designed to help parents support their children with emotional regulation and decrease anxiety for children. These activity books will help children to learn and understand emotions through 6 'feelings' characters and is designed to be used alongside the book above.



Skills Builders activities

- BookTrust have some suggested books for readers from toddlers to age 8 to capture the fun of sunshine and summer. Although the page is entitled for babies and toddlers the books go up to reading age of 8. [Weblink](#)
- Oxford Owl have some suggested summer activities including summer books for different age groups and outdoor learning ideas. [Weblink](#)
- Sun activities from How Stuff Works including solar-powered pictures and sun portraits. [Weblink](#)
- Shadow experiments and activities for kids. [Weblink](#)

Calm and Happy (wellbeing)

- Joyful June (even in difficult times) 2020- Action for Happiness - 30 actions to look after ourselves and each other as we face the global crisis together. "Every day may not be good but there is something good in every day"- Alice Morse Earle
https://www.actionforhappiness.org/media/888907/june_2020.jpg
- Keep your children safe online by looking at Online Safety at Home packs from Think U Know. These cover age **4-5s, 5-7s, 8-10s, 11-13s and 14+**. The previous packs are available from the [parents and carers website](#). The most recent packs focus on sharing images. There is also a new video guide for parents and carers on sharing images with practical advice on reducing risk and getting help with a film for primary and one for secondary. [Weblink](#)
- Surveys show that screen time is a concern for parents over the lockdown period. High quality screen time can support learning and boost resilience. See these useful articles on screen time ([weblink](#)) and 6 online activities to boost your child's resilience from Parent Zone. [Weblink](#)
- Parent Zone have also produced an article with tips on how to ensure everyone sleeps well during the current crisis if you are finding this is a problem for your family. [Weblink](#)

Be Creative

- No Churn Ice Cream - create four different types of ice-cream without an ice-cream maker - unicorn, Cookie Monster, Mint Choc Chip and peanut butter. [Weblink](#)
- Pipe Cleaner butterfly rings - make gorgeous butterfly rings with just pipe cleaners. [Weblink](#)
- Scribble Mug Get ready for Father's Day! Decorate a fabulous scribble mug. [Weblink](#)
- Chalk Walk Chalk an activity path for you and your neighbours to enjoy. Many of you have already done this judging by pavements but if not here is the link. [Weblink](#)
- Homemade bubble wands - make a bubble wand - giant [weblink](#) or small [weblink](#).
- Balloon powered lego car - power a lego car with a balloon. How far can yours go? [Weblink](#)
- Oxford Owl have some suggested activities from Woodland Trust on 20 creative activities to do with sticks. [Weblink](#)

Keep Active

- Virtual events from Active Kids including ballet, dance, acting and summer camp. [Weblink](#)
- Today's Parent website have some suggestions for 15 ways to keep kids active indoors even if you do not have a lot of space. [Weblink](#)
- Make a den or tent in the garden.
- Make a kite and fly it in an open space.
- Invent games or adapt games so that they can be played at a social distance.
- Happy Hooligans have a list of 100 activities to do at home for the summer. [Weblink](#)

Support for Parents

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

Contact us with your COVID 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.

If you have any ideas for home learning you would like us to share please email us at jo.briscombe@southglos.gov.uk.