

SENsational Parent Newsletter – Reconnecting

Dear Parents / Carers,

Welcome to our twelfth edition of the SENsational newsletter. Now that we are allowed more contact children may be anxious about reconnecting with friends so we have included some resources to support this. We have also included resources about reconnecting with nature over the summer.

Thought for the week

“Finding an old friend is like finding a treasure.”

Anthony Douglas Williams.



Reconnecting with Friends and Family

Many children and young people are reconnecting with friends in school as they return and also, with the changes in restrictions may be reconnecting with a wider group of friends and families outside school.

- Reconnect with friends and family through activities.
- Agree shared activities with friends to do at a social distance or to share outcomes of activities online.
- Choose to do something active, something creative and something that challenges you. Why not set each other challenges to try to achieve?
- Bedtime story – one parent reads a bedtime story over technology for a group of friends.
- Take advantage of online games and platforms, such as Minecraft and Roblox, which allow friends to gather in a virtual world, playing and chatting at the same time.
- If children are seeing friends at a distance outdoors help them choose new, safe ways of saying hello such as shaking both hands in the air or giving themselves a hug while pretending they are hugging the other person.
- You don't need video - children can sing to each other, play sound games, send each other pictures, stories, texts or letters.
- Stay Connected Challenge has a fantastic range of free activities to help people re-connect and support those feeling lonely. [Weblink](#)
- Develop critical thinking skills with a sibling or as a family. Sign up for a weekly resource bulletin full of engaging, child-led activities on topics such as sport, politics, racism, veganism, gender, wellbeing. The resources are designed for upper primary and secondary learning alone or as a family. [Weblink](#)

Information for Parents

- Helping kids with the transition back to school is a short, very readable article. It is insightful about the things which may be worrying primary and secondary children about going back to school, including concerns about friendships. It gives examples of how to raise issues which may be of concern to a child and how to phrase responses. [Weblink](#)
- Staying Connected - if children are anxious about going out is it still important for their mental health to try and stay connected with others during lockdown. Young Minds asked their bloggers how they're keeping in touch with loved ones. [Weblink](#)
- Trauma, resilience and how parents can help – this article from the Child Mind Institute explains the facts on stress, trauma and resilience, and includes strategies for helping children to bounce back after a crisis. [Weblink](#)
- Resilience Calendar- the Jump Back July Calendar has daily actions for July 2020 to help us be more resilient in challenging times. Download as an image for sharing or a PDF for printing. [Weblink](#)



There are lots of other resources and suggestions for activities on our home learning website.
<https://www.integra.co.uk/home-learning/>

This week's activities you might want to try

Skills Builders activities

- Science and The Great Fire of London: How it began 20 JUL AT 14:00. This will give the whole family a private tour of the Museum of London's Fire! Fire! Exhibition and the chance to ask questions. [Weblink](#)
- Give nature a home and Build a Bee B&B for KS2 and up. [Weblink](#)
- Build a kebab feeder for birds with this information from RSPB. [Weblink](#)

Calm and Happy (wellbeing)

- Grow your own cress caterpillar with these simple instructions. Easy and lots of fun! [Weblink](#)
- The LEGO foundation have put together a video bank of different play activities that can be done using resources found around the home. Each activity encourages your children to develop skills in team work, thinking creatively, and problem-solving, cognitive and social skills. [Weblink](#)
- Wildlife Awards - join in to earn an award as children complete activities and challenges. Children can earn a certificate and badge through learning, creating, thinking and doing. [Weblink](#)
- Do the Pawprint Fox, Squirrel, Panda, Monkey and Bee awards. Challenges for different ages. [Fox challenge pack](#)
- Take part in the RSPB wildlife photography competition for children KS2 and up. [Weblink](#)



Be Creative

- Have fun baking animal shaped bread rolls. [Weblink](#)
- Make healthy toast animals with toast, spread and fruits. [Weblink](#)
- Hand and footprint animals - follow instructions to make a footprint Robin or be inspired by the hand and footprints above for KS1 and KS2. [Weblink](#)

Keep Active

- Move like an animal Need a workout for kids this summer? Challenge your kids' fitness and train like an animal with workout moves inspired by the animal kingdom which improve strength, flexibility, and balance. [Weblink](#)
- Role play Vets - children are naturally drawn to helping animals and this vet play activity is great for children who've experienced an animal in need first-hand or just love animals. [Weblink](#)
- Butterfly Yoga Relaxation – themed exercises for KS1 and KS2. [Weblink](#)
- Get teens active outside with ideas like geocaching, photography and videoing KS3 and 4. [Weblink](#)

Summer Resources

- Parent Hub - new hub of resources for over the summer including advice for families and links to resources such as be internet legends. [Weblink](#)
- Visit the South Glos Parents and Carers site for information on what is available during the summer holidays for SEN children in South Glos. [Weblink](#)

Online Safety

- If your children have been spending a lot of time online over the break or enjoy catching up with friends online you may want to look at these home activity packs for 4-5s, 5-7s, 8-10s, 11-13s and 14+. Staying safe while playing games online is one area of focus. [Weblink](#)
- Safer internet centre have produced a guide to Zoom for parents which includes top tips. [Weblink](#)

Support for Parents and Carers

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

The telephone helpline will not be available over the holidays but you can email in or leave an answer phone message at any time.