

SEND Newsletter

SPRING 1 EDITION

Top Tips:

School's focus on ASD

At our school, we celebrate the fact that every child functions and experiences differently.

Autism Spectrum Disorder (ASD) is a developmental difference that affects how people communicate, interact, and experience the world around them.

Local Support:

ADDvanced Solutions - Community-based workshops and learning programmes. Pre-diagnosis support. You don't need an official diagnosis to access their help.

- **Sefton SENDIASS** (Special Educational Needs and Disabilities Information, Advice and Support Service): Provides free, confidential, and impartial advice on education, health, and social care, including support with EHC plans and legal rights.
- **Sefton ADHD/ASD Children's Service**: Offers post-diagnosis support, including specialist nurse assessments, behavior management, and emotional well-being support for children up to 19.

For a full list of all services, including Sefton's local offer, visit seftondirectory.com

- **Visual Timetables**: Use a simple "Now and Next" board (even a whiteboard or drawing) to show that after "Homework" comes "iPad Time."
- **Sensory "Chill-Out" Spaces**: Create a small, quiet corner with cushions, a blanket, or a pop-up tent.
- **Clear, Direct Language**: Try to avoid metaphors or sarcasm (e.g., instead of "pull your socks up," say "please try your best"). Give one instruction at a time and allow a "processing pause" of about 10 seconds before repeating it.
- **'Zones of Regulation'** - help children to understand their feelings and what they can do to regulate:
 - Blue Zone**: Feeling sad, bored, or tired.
 - Green Zone**: Feeling happy, calm, and ready to learn.
 - Yellow Zone**: Feeling frustrated, worried, or "wiggly."
 - Red Zone**: Feeling angry or out of control.

If you have concerns about your child or would like to discuss how we can better support them in the classroom, please don't hesitate to reach out to our school's SENDCo (Special Educational Needs Coordinator).