



SEND NEWSLETTER

December 2024

NEWS

Welcome to Eynsham Community Primary Schools SEND NEWSLETTER. The aim of this newsletter is to provide you with a variety of SEND information, support and signpost you to any available training and awareness sessions in your locality.

EYNESHAM PRIMARY SCHOOL SENDCO - MISS DAVIS



SENSORY OVERLOAD

10 TOP-TIPS TO HAVE AN ENJOYABLE CHRISTMAS WITH YOUR SEN CHILDREN.

- 1,) COUNT DOWN THE DAYS
- 2,) PREPARE FOR THE UNKNOWN AND UNEXPECTED
- 3,) WRITE A SCHEDULE FOR THE FESTIVE SEASON
- 4,) PLAY FUN GAMES
- 5,) PLAY PUZZLES
- 6,) GET CREATIVE
- 7,) MAKE A SONG AND DANCE TO IT
- 8,) EXPLORE FOOD
- 9,) WATCH AND DISCUSS MOVIES
- 10,) READ AND RELAX

[HTTPS://WWW.SENSATIONALTUTORS.CO.UK/10-TIPS-FOR-ENJOYABLE-CHRISTMAS-CHILDREN-WITH-SEN/](https://www.sensationaltutors.co.uk/10-tips-for-enjoyable-christmas-children-with-sen/)

[HTTPS://WWW.SENSATIONALTUTORS.CO.UK/10-TIPS-FOR-ENJOYABLE-CHRISTMAS-CHILDREN-WITH-SEN/](https://www.sensationaltutors.co.uk/10-tips-for-enjoyable-christmas-children-with-sen/)



GET YOUR SIBLING SUPPORT PACK
[HTTPS://WWW.WITHERSLACKGROUP.CO.UK/CAMPAIGNS/SIBLING-SUPPORT-PACK/](https://www.witherslackgroup.co.uk/campaigNS/sibling-support-pack/)

SENSORY OVERLOAD

AND THE HOLIDAYS



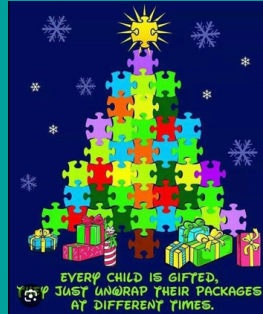
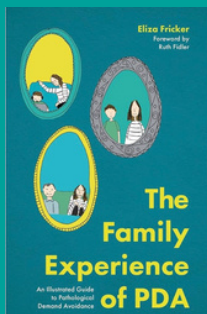
Christmas time can be more enjoyable for those who have sensory challenges. They may require some adjustments in their routine or a few new accommodations. With little changes we can reduce sensory overload so they can enjoy their holidays too.

~Jeanette Loftus

Sensory Processing Disorder Parent Support



BOOK & RESOURSE RECOMMENDATIONS



BEHIND CLOSED DOORS

Understanding and Addressing
CHILD ON PARENT VIOLENCE

With Carrie and David Grant

Carrie and David Grant, BAFTA award-winning broadcasters, coaches and advocates, are parents to 4 children, all with special needs.

Join them both in this raw and honest talk, as they share their lived experience through an often silent struggle: child-on parent violence. Carrie and David will offer insights, support and strategies for others who might be facing similar challenges.

Thursday 28th
November 2024

7-8:30pm

Online via Zoom



Scan the QR to book your place





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UNIVERSITY OF OXFORD TOPIC OCD UK

Do you have upsetting thoughts or habits that won't go away?

We want to make things easier for children like you, and we need your help to do it!

If you're **between 5 and 14 years old**, and started having thoughts that get stuck or habits you need to do over and over when you were aged 5 to 12, we'd love to talk to you!



We want to find a way for **parents to help their children** who have similar thoughts and habits to you. We'd love for you to help us!

What's in it for me?

- ✓ **Fun online sessions:** Where you'll share your ideas on a programme designed to help with upsetting thoughts & habits.
- ✓ **Awesome rewards:** Earn £25 for each session!

Scan here for more information!

For more information or to sign up, you and your parents can scan the code or send us an email - OCD-empower@psych.ox.ac.uk



We're excited to hear from you!



AN AUTISM CHRISTMAS

Twas the night before Christmas, and all through the house...

The noises were different, with more people about. I don't like not knowing, what to expect. I need my routine and space to reflect.

I want to keep eating, my usual food. Not talking to visitors, doesn't mean I'm rude. I love all my presents and having no school, But it can feel overwhelming, with new rituals and rules.

I may not react, like other children do. But I really am grateful, for my presents from you. So be gentle with me, be patient and kind. And remember your world, looks different to mine.



Christmas tips for SEND families!

- ✓ **Put presents in one big box** and let your child open them at their own pace over the following days
- ✓ **Avoid surprises** by picking gifts from their list and wrapping them in clear cellophane (or not at all)
- ✓ **Add batteries** to toys before wrapping
- ✓ **No food rules.** Who says pizza and pot noodles can't be Christmas dinner?
- ✓ **You do you!** Don't feel guilty telling friends or relatives if something doesn't work for you
- ✓ **Don't put unrealistic pressures on yourself.** The holidays can be overwhelming for everyone, so stick to your regular routine if you want to

contact

YOUNG CARERS SUPPORT



THE ONLY CHARITY IN OXFORDSHIRE DEVOTED TO IMPROVING YOUNG CARERS' WELL-BEING AND OPPORTUNITIES, THROUGH THE PROVISION OF RECREATIONAL, EMOTIONAL AND SOCIAL SUPPORT
[HTTPS://BEFREEYC.ORG.UK/](https://befreeyc.org.uk/)

HOW TO SUPPORT THE SIBLINGS OF CHILDREN WITH A DISABILITY

FAMILY ACTION ARE TAKING A LOOK AT THE CHALLENGES THE SIBLINGS OF A CHILD WITH A DISABILITY CAN FACE, AND THE THINGS YOU CAN DO TO SUPPORT THEM. PLEASE VISIT THE BELOW LINK FOR MORE INFORMATION:

[HTTPS://FAMILY-ACTION.ORG.UK/SELF-HELP/SUPPORT-THE-SIBLINGS-OF-A-CHILD-WITH-A-DISABILITY/](https://family-action.org.uk/self-help/support-the-siblings-of-a-child-with-a-disability/)