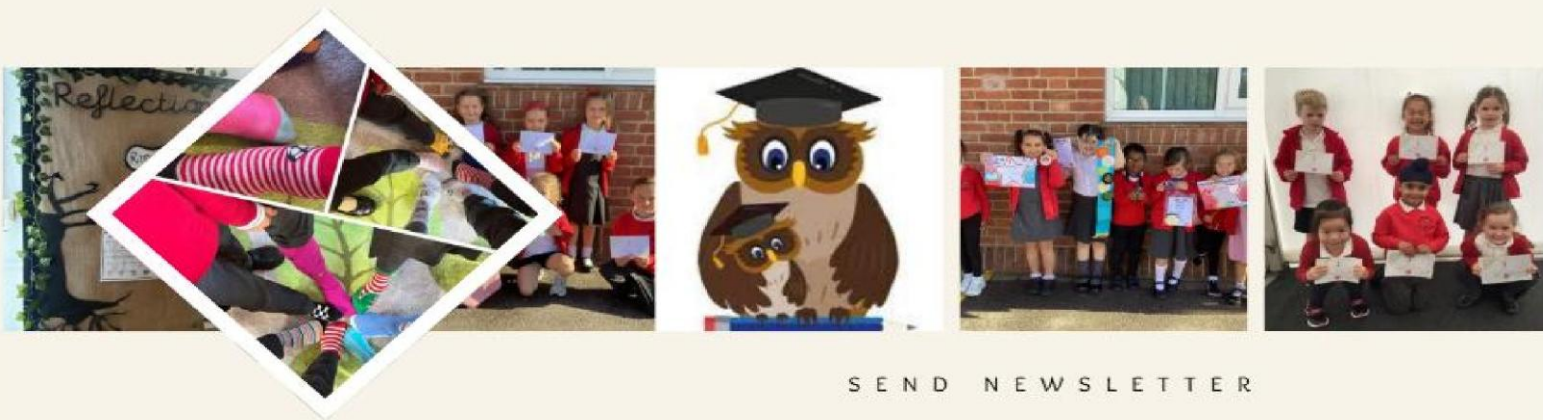




Welcome to our SEND newsletter

As we come to the end of Summer 1, it is hard to believe that there is now just one half term left of the academic year... with only seven weeks to go! This is always an important time as we begin preparing all of our children for their next steps.

Transition is a key focus at this time of year for all children. Whether moving classes or preparing for a new school, every child benefits from support, guidance and reassurance as they get ready for what comes next.

Thank you to those who attended our recent coffee afternoon, which focused on transition. It was really valuable to come together to share ideas and discuss how we can support children both at home and in school.

As we move into the final half term, I would like to reassure you that supporting transition will remain a key priority. For those on the SEN register, transition will also form part of their IEP targets, helping to ensure they feel confident, secure and well-prepared for the next stage.

Please remember that support around transition is available to all families and not just for children who are on the SEN register. If you have any questions, concerns, or would like advice on how to support your child, we are always here to help and work alongside you.

Finally, I would like to thank all of our families for your continued support this half term.

Mrs Owen





Spotlight on Wellbeing

As we celebrated world mental health week this half term, I wanted to share some practical ways to support children's wellbeing at home.

We know that for many families, things can feel overwhelming at times but you are not alone. All children have ups and downs, and small, consistent approaches can make a big difference over time.

Children's wellbeing affects everything including their behaviour, emotions, sleep and learning. When children feel safe, understood and supported, they are much more able to cope with challenges.

What you might notice

You may notice times when your child:

- Finds it harder to manage emotions
- Becomes easily overwhelmed or anxious
- Has difficulty concentrating
- Seems more tired or unsettled than usual
- This is a normal part of development, especially in younger children.

What really helps

1. Connection comes first

Before trying to change behaviour, focus on connection.

Spend 5–10 minutes of undivided attention each day

Follow your child's lead in play or conversation

Children are more able to cope when they feel safe and connected.

2. Co-regulation

Young children are still developing their brains.

Children under the age of 7 cannot regulate their emotions independently and they need adults to help them.

When a child is overwhelmed, they are not being "naughty" instead their body is in a stress response.

What helps in these moments:

- Stay calm (as much as you can)
- Use a gentle, steady voice
- Get down to their level
- Offer closeness (a cuddle or sitting nearby)
- Use fewer words

Your calm helps their body calm.

Helpful to know:

It can take around **20–30 minutes** for a child to begin to calm after being overwhelmed

Their body can stay sensitive for a few hours afterwards and in this time they can be more likely to become overwhelmed by things they are usually able to cope with.

This means children often need extra patience, reassurance and lower expectations for a while after a difficult moment.

In the moment, try saying:

- “I can see this feels really hard right now.”
- “I’m here. You’re safe.”
- “We’ll figure this out together.”

3. Boundaries matter too

Children need clear, consistent boundaries to feel safe.

- Keep expectations simple and clear
- Follow through calmly
- Be consistent between adults where possible
- Boundaries and warmth go together and children need both.

You can be both kind and firm:

“I can see you’re upset. I’m here. It’s still time for bed.”

After a difficult moment:

Wait until your child is fully calm before talking things through

Keep it short and simple

Focus on moving forward

Children are not ready to learn or reflect until they are calm.

4. Help children understand feelings

Name emotions: *“That looked frustrating”*

Use simple prompts: *“I wonder if that felt tricky?”*

Children need help to understand feelings before they can manage them.

5. Keep routines predictable (not perfect!)

Regular times for key parts of the day

Give warnings before changes

Predictability reduces anxiety.

6. Protect calm time before bed

Lower noise, lights and activity

Keep screens off before bed

Follow a simple routine

This supports both sleep and emotional wellbeing.

7. Notice the positives

Praise effort and small successes

This builds confidence and resilience over time.

8. Let them move

Outdoor play, fresh air and active time

Movement supports mood, focus and sleep.

A gentle reminder

All children will have moments of big emotions and this is a normal part of growing up.

These approaches take time and consistency, and you may not see change straight away and that's okay.

Some children will need more support, more time, or different approaches, and this is completely normal.

Working together:

Children benefit most when home and school work together.

If things are feeling difficult at home, please do let us know as even small pieces of information help us to support your child more effectively in school.

Support for families

Warwickshire Child & Family Wellbeing Service

→ <https://warkschildandfamily.co.uk>

Warwickshire Family Information & support

→ <https://www.warwickshire.gov.uk/children-families>

NHS: Sleep and young children

→ <https://www.nhs.uk/baby/health/sleep-and-young-children/>

Free local parenting workshops (including routines & behaviour)

→ <https://www.eventbrite.com/o/warwickshire-family-and-relationship-support-71623337213>

Upcoming dates for diary:

8 th July	County transfer day
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15th July

Open Evening

Last half term's highlights:

Mental Health Week:

Taking a break outside,
writing positive affirmations
and exercising with Joe Wicks!
Just some of the ways the
children celebrated Mental
Health Week!

We talked in collective worship
about how it is just as important
to look after our brains as it is
our body and the children were
challenged to do something to
look after their brains!



That's a wrap!



For questions and clarifications, you may reach out to me directly on-
hannah.owen@dunchurch.covmat.org or via class dojo.

