



# SEND Snapshot



STAY UP TO DATE WITH OUR SCHOOL OFFER AND THE SURREY LOCAL OFFER

## SPRING TERM

Welcome to the first edition of our SEND Newsletter.

Bringing you all the most up to date happenings in school, as well as useful information from the Local Community offer.



## COFFEE MORNINGS

Please continue to join us for tea, coffee and biscuits in The Hub at the James Road Site from 8.45-9.30:

5th March

2nd April

7th May

11th June

2nd July



We often have guest speakers attending our coffee mornings. Please let us know your thoughts and suggestions to improve our coffee mornings by [clicking here](#)

## COMING UP

Our teachers continue to support your child through their individual SEND Learning Plans.

These plans are currently being reviewed and new targets are being set.

You can expect your child's new SEND Learning Plan shortly after we return for the Spring 2 term.

Please remember you are welcome to share your views on your child's progress and targets with us.



## DATES FOR YOUR DIARY

- SEND Parent Consultations
- Week Beginning 24th
- February.
- Please look out for the letter with all the details to sign up to speak with Mrs
- Summerland or Ms McGuigan



## SEND STRATEGY

Emotions can be a challenge for us all, and often, we forget the importance of teaching our children about their emotions and ways that they can support themselves to overcome big feelings. At South Camberley, we support lots of children with all the big emotions that we all feel at different stages of our lives. To do this, we use the Zones of Regulation.

This system is a great tool designed to support children of all ages to identify, understand and cope with their emotions in a positive way.

Each emotion is linked to different feelings and we talk lots about being in different 'zones'. If a child is feeling angry we use language such as 'I can see you're in the red zone because you are frowning and breathing heavily'. This narration supports children to identify their feeling and then goes on to teach them strategies to use to cope with their feelings.

We have lots more information about this on our website for you to access by [clicking here](#).

Using these strategies at school and at home will go a long way with helping your children to understand and regulate their emotions.



# Surrey Local Offer

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## SURREY LOCAL OFFER


The Surrey Local Offer website has lots of support that can be accessed by you as parents/carers.


They offer information and support on education, supporting your child with additional needs, health, finance, safety and lots more.

Please [click here](#) to have a look.

## DIAGNOSIS

 If your child is having difficulties at home and/or at school, in the first instance, please speak with your child's teacher. There are lots of strategies that we can implement to better support you and your child.

 If you suspect that your child may need a diagnosis, you are within your rights to go to your child's registered GP with 'The Right To Choose' for an ASD/ADHD Assessment.

 For more information on this, please [click here](#)



## SURREY ADULT LEARNING










Last term, we were grateful for Surrey Adult Learning attending one of our Coffee Mornings.

They offer a huge range of **free** adult courses for you to take ranging from improving your Maths skills, learning English, to supporting your child with anxiety.

Please [click here](#) to take a look at the full list of courses they offer.

## SEN APPLICATIONS

-  If your child is due to move
-  schools and has an EHCP,
-  please be sure to apply
-  through Surrey SEND
-  Applications.
-  For more information, please
-  [click here](#)

## FAMILY VOICE




Join your voice with others and effect change.

Family Voice Surrey champions the needs and rights of SEND families in Surrey: families with children or young adults up to the age of 25 who have special educational needs, chronic illnesses, including mental health conditions, or disabilities.


The role of Parent Carer Forums provides a platform for us as the official voice of parent carers of children and young people with additional needs. We gather and represent the parent carer views. [Click here](#) for more information.

# What Zone Are You In?


## Blue Zone



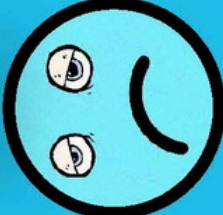
SAD



HURT



SICK




TIRED

What can I do?


### REST

- Take a break
- Ask for help
- Talk to someone
- Jump up and down 5 x
- I can also.....?


## Green Zone




HAPPY



FOCUSED



CALM



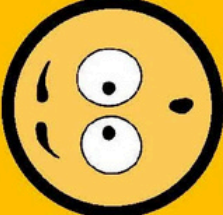
EXCITED

What can I do?


### GO

- Think happy thoughts
- Finish my work
- Help others
- Share ideas
- I can also.....?


## Orange Zone




SURPRISED



CONFUSED



WORRIED




SILLY

What can I do?


### SLOW DOWN

- Take deep breaths
- Talk to someone
- Go for a short walk
- Count to ten
- I can also.....?


## Red Zone




ANGRY



RAGING



TERRIFIED



ANNOYED

What can I do?

### STOP

- Take a time out
- Run a lap
- Squeeze a stress ball
- Drink water
- I can also.....?