



Support at Home

We are aware that, at this moment in time, not all of our SEND pupils are accessing provision on the school site. The SEND and Pastoral teams are working hard to keep in contact with you. However, if you would like a chat and check in, please email the school office for the attention of Mrs Kelly.

Rest assured that you can access support through Google Classroom from the class teacher and learning support assistants who are contactable via email and private message. There is also an iClass Google Classroom for any of our SEND pupils who have a technical or learning question they would like to ask their learning support assistant about.

Although you have access to Google Classroom, we realise that it won't always fit in with your family on certain days. School has created home learning packs that you may collect from school or we can arrange delivery. If you would like an iClass home learning pack, please contact the school office via email for the attention of Mrs Kelly.

As always, your family's wellbeing is what is most important. Here are some strategies that you can use at home to support your child if they feel stressed or anxious or are just not coping at any point during lockdown. Some of these may not work and that is okay.

- 1) Keep your child in a routine, it is really important to get them up and get them ready each morning as they would for school. Structure and routine are good and mentally it gets us ready for the day ahead.
- 2) If your child is feeling stressed with school work online then you can give them a break, it is okay to take a break from learning and it is okay to not complete the work all in one go.
- 3) Break up the work into smaller chunks and if you can use a visual cue or 'now and next' board to show them what they have to do. You can create your own or we can help you make one.
- 4) If they need it, use a timer to give them a clear start and finish time for each activity or lesson. You can use online timers, such as the one here - <https://www.online-stopwatch.com/> or use the timer on your phone.
- 5) Make sure that they get some downtime and they get some time to relax.
- 6) If your child gets angry, then give them some space and allow them to go somewhere that they feel safe, possibly their bedroom and let them do something that they like, something that will calm them down. However, they need to know that this is short term and they are expected to return to their learning.
- 7) Do not push them to talk about why they are angry or upset until they are ready to talk. If you push it too quickly then they may have to start the process of self-regulation again.



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8) Provide them with calming/sensory equipment. It can be as simple as a ball of blutack or can be more expensive, such as a sensory cube or tangle toy. These can be found on Amazon.

9) If your child needs an overlay in school then they can download the Colorveil programme to support them whilst they are doing their online learning and it is free - <https://www.aurelitec.com/colorveil/windows> or contact school and we can provide you with one.

10) Do not struggle alone and ask for help.

Email - office@deantrustrosebridge.co.uk