

# Special Educational Needs



## & Disability



June 2020

### **SEND transition newsletter 2020**

*Welcome all our new families to our Maricourt SEND community. I just want to take this opportunity to introduce myself. For those of you who I have not met, I am Jo Cowans - SENDCo here at Maricourt. My team and I coordinate all the additional support that some of your children may need when they join us in September. I work very closely with the Pastoral teams and together we will ensure as smooth a transition as we can for your children. But what a difference this year will be, what a term this has been and what uncertainty lays ahead. We are all feeling anxious after lockdown and anxiety means that we have all become stressed. We have had to learn how to socialise with people from a distance and through a computer screen. Such confusion we understand is exacerbated for students with special education needs and their families. Returning to school is going to be hard, hard for each and every one of your children. But I promise you that we are ready for the challenges that lay ahead. We will ensure that the well being of your children will be paramount in all of our planning for September. We ask from our young people courage and a resilience which will be the key aspects that will ensure their successful transition.*

I have decided to focus this term's newsletter on Transition so that you as parents feel fully supported. I hope you find the information helpful and informative.

Finally, I'd like to add that both myself [cowansj@maricourt.net](mailto:cowansj@maricourt.net) and my admin assistant Mrs Byrne [byrnec@maricourt.net](mailto:byrnec@maricourt.net) are available for any concerns/worries you or your child has.

I will see you all face to face, hopefully in September and look forward to getting to know you at one of our upcoming parent coffee mornings/parents' workshops in the year ahead.

Take care and stay safe x

### **Enhanced Transition offer for students with SEND**

- Dedicated transition webpage on SEND area on school website <https://www.maricourt.net/about/parents/send>
- 1-1 parent contact with SENCo
- Virtual parents' coffee morning (invite emailed through Microsoft teams)
- Social distancing social story and 'my worries' booklet emailed home
- Bespoke student transition pack sent home -with 'my little book of changes'
- Transition Individual SEND support plans developed collaboratively

## How parents and carers can help their child prepare for secondary school

### Tips

Walk with children to their new secondary school during the summer holidays - they will become familiar with the route.

Encourage your child to pack their own bag/backpack for school – this will help children to be more organised when school starts again in September.

Set the alarm clock for 7am the week before school starts in September – children can practice getting up early and starting their daily routine.

Reassure children that going to a new school can be scary, but their new teachers will take care of them.

Comic Strips and Social Stories can help teens try to understand their thoughts and feelings and those of others. This can help with improving verbalization, conflict and empathy.

<https://www.autism.org.uk/about/strategies/social-stories-comic-strips.aspx>

<https://www.bbc.co.uk/bitesize/tags/zh4wy9q/starting-secondary-school/1>

The screenshot shows the BBC Bitesize website interface. At the top, there's a navigation bar with 'Home', 'Daily lessons', 'Learn', 'Support', and 'Careers'. Below that, there's a secondary navigation bar with 'Exams & revision', 'Uni, college & apprenticeships', 'Life & wellbeing', 'Starting primary school', and 'Starting secondary school'. The main content area is titled 'Starting secondary school' and features three columns of content. The first column has a header 'FRIENDS' and a sub-header 'Making new friends', accompanied by an image of two boys. The second column has a header 'GETTING LOST' and a sub-header 'The size of the school', with text: 'Get used to the size of your new school and find your way around.' The third column has a header 'FAVOURITE THINGS' and a sub-header 'Favourite thing about secondary school', with text: 'Some of the new and exciting opportunities to look forward to when you start secondary school.'

<https://www.bbc.co.uk/bitesize/articles/zh9v382>

## Parents' Toolkit: SEND

Bitesize

Home Daily lessons Learn Support Careers My

### Parents' Toolkit: SEND

Part of Support

+ Add to My Bitesize

SEND (special educational needs and disabilities) resources, activities and support to help you and your family during lockdown.

Supporting wellbeing

### Useful websites/resources

- Sefton Local offer : <https://www.sefton.gov.uk/localoffer>
- Sefton Child and Adolescent Mental Health Services (CAMHS) help during COVID-19  
[https://www.sefton.gov.uk/schools-learning/sefton-child-and-adolescent-mental-health-services-\(camhs\)-help-during-covid-19.aspx](https://www.sefton.gov.uk/schools-learning/sefton-child-and-adolescent-mental-health-services-(camhs)-help-during-covid-19.aspx)
- Sefton SEN & Inclusion Service (SSENIS)  
<https://www.seftondirectory.com/kb5/sefton/directory/advice.page?id=0emGdGITp4Y&localofferchannel=3>
- For up to date national information for parents you may find this website useful:  
<https://www.specialneedsjungle.com>
- If you need support for ADHD, why not have a look at these great websites:  
<https://www.adhdfoundation.org.uk/> and <http://www.advancedsolutions.co.uk/>
- For support for Autism go to: <https://www.autisminitiatives.org/ossme>
- For support for Dyslexia – try <https://www.nessy.com/uk/parents/dyslexia-information/>  
<https://cdn.bdadyslexia.org.uk/documents/Empowered-Parents.pdf?mtime=20200324144644>

## Support helplines



ChildLine is available to you if you have any concerns about:

- Bullying
- Abuse (physical, sexual, psychological, emotional, neglect)
- Your body and self esteem
- Your feelings
- Friendships
- Sexual advice
- Home life and families



If you are feeling really down and feel like there is no one here [way out and feeling suicidal then Papyrus can help](https://www.childline.org.uk/registration/) <https://www.childline.org.uk/registration/>

They have confidential ways of contacting them

Phone – 0800 068 41 41

Mobile – 07860039967

Email – [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)

They also offer lots of support through articles and advice through the following link <https://papyrus-uk.org/im-thinking-about-suicide/>



Young minds helps young people and adults who need support with their mental health.

This includes feeling low about things such as:

- Body Image
- Bullying
- Eating problems
- Stress
- Grief or loss
- Anger

If you need urgent help, you can text **YM** to **85258**



If you are worried about online sexual abuse or the way in which someone is talking to you online, you can report it to CEOP straight away.

You can make a report using the following link <https://www.ceop.police.uk/ceop-reporting/>

If you are not ready to make a report, but need to speak to someone first then ring ChildLine on 0800 1111

## Family Support

There are a number of groups that are within Liverpool that are supporting families at this difficult time. Please seek any support that you need during this time and beyond.



The Isabella Trust is a registered charity which aims to provide information, support, training, courses and workshops to parents and carers of [autistic children](#) and children who experience [sensory processing difficulties](#).

Website: <https://www.theisabellatrust.org/>

Twitter: @Isabella\_Trust



Liverpool Parent and Carers Forum (LivPaC) is a group of parents and carers of children and young people with special additional needs and/or disabilities (SEND) who work with education, health and care services to ensure the services they plan and deliver are fit for purpose and meet the needs of children, young people and their families across Liverpool. We have a Steering Group of parent and carer volunteers who lead this work and who actively seek out the experiences and views of parents and carers across Liverpool to make sure we know what is important to them. We aim to give parents and carers a collective voice and use our experience, knowledge and feedback from families to help commissioners and providers plan and develop the quality, range and accessibility of services families use.

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