

Christmas special

SEN NEWSLETTER

Autumn Term 2024 Half term 2

End of term

The Autumn term has whizzed by and Christmas is fast approaching. With that in mind, this newsletter includes some advice on how to support your child through the holidays, as well as details about upcoming events in the new year and places to go for help or guidance.

ASD

If your child has **Autism**, they may find the holidays particularly difficult to manage.

This can be due to a number of reasons, including:

- Changes of routine/ unpredictability
 - Sensory overload
 - Increased anxiety

The following websites contains some useful tips and free resources to ensure you all have a happy Christmas and are well worth a look:

https://www.autism.org.uk/advice-and-guidance/topics/leisure/christmas

https://littlepuddins.ie/autism-christmas-help/





Screen time

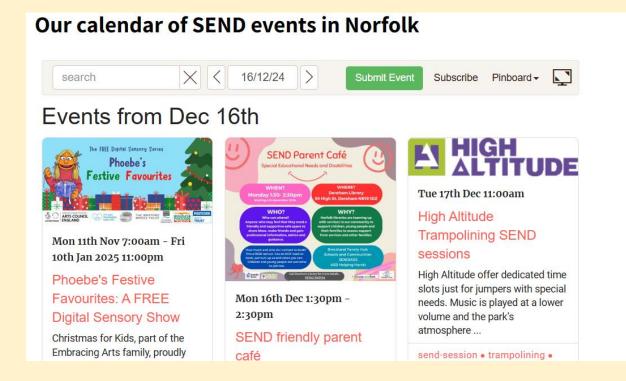
As your child is off school over the Christmas break, it is extremely likely that they will spend increased amounts of time on a screen. To help keep them safe, read useful advice on the website:

https://saferinternet.org.uk/guide-and-resource/top-tips-for-staying-safe-online-at-christmas

Christmas events

As much as possible, try to get out and about this Christmas break. There are plenty of SEN friendly events taking place in Norfolk. For an up to date guide, check out the calendar found at:

https://www.norfolk.gov.uk/article/40557/Things-to-do-for-children-and-young-people-with-SEND



Beacon House

Beacon House offer a range of resources specially designed by therapists to support regulation, connection and rest during December. These are particularly helpful if you or your child has ever experienced trauma.

Download for free here:

https://beaconhouse.org.uk/resources/

and share with family and friends so that everyone can access what they need during this busy time.

'Top tips to surviving the Christmas Storm' is attached as a separate pdf to this newsletter and available on the SEN section of our website.



SENDIASS Free training-

Wednesday 29th January 12-1.30pm

This virtual training is for parent/carers and will include a Q&A at the end. It will include:

- · Who is Norfolk SENDIASS?
- · Who are Kids?
- · What is Mediation?
- · What is Disagreement Resolution?
- · What is the purpose/point of attending Mediation and how can it be worthwhile

To book your place, visit the link found at the website:

https://www.norfolksendiass.org.uk/news/latest-news/norfolk-sendiass-and-kids-mediation



ASD Helping Hands

For information about local ongoing parent and family support groups led by ASD Helping Hands, please visit

https://www.asdhelpinghands.org.uk/events-2/

Dereham Family Support Group



HAVE A MERRY CHRISTMAS AND HAPPY NEW YEAR!