



SEN NEWSLETTER

Spring Term
2025
Half term 1

SEN school events for parents

Thank you to all of the families who attended our recent workshop on the **Zones of Regulation**. It was wonderful to see so many of you in school, all having a go at the different activities with your children. Hopefully, you feel a little more knowledgeable about the zones and how these could be used at home with your child.



Thank you to all of the parents who also attended our **SEN parent evening meetings** with class teachers last week to go through your child's support plan and new targets for the term. If you have not yet had a chance to speak to the teacher about this and would like to, please get in touch!

SAVE THE DATE

We are really keen to engage parents as much as we possibly can. Next half term we have two exciting events for parents of children with SEN:

1. Norfolk SENDIASS Reading café for Y3 – theme of friendships. 4th March @ 1.45pm
2. Schools and Communities Team 1:1 parent surgeries. 10th March @ 9.30am

More details will follow!

Autism central- FREE online courses

Autism Central have an array of online sessions focusing on different areas to help support your families' journey with autism. See below for the ONLINE sessions available in February:

- **Understanding Autism**
- **Sleep**
- **Autism and Mental Health / Wellbeing**
- **ARFID – (Avoidant Restrictive Food Intake Disorder)**
- **Executive Functioning**
- **Virtual Parent/Carer Autism Drop in – February**
- **Sensory Processing and Autistic Experience**
- **Holidays and Days Out**
- **Supporting Play**
- **Understanding autistic overwhelm, meltdown and shutdown**
- **Siblings**
- **Support for Autistic Adults**
- **Family Events and Celebrations**

For more information and to book on to these events, visit: <https://www.autismcentral.org.uk/events>



Plan Bee Course

Understanding and supporting your neurodivergent child or young person's needs



Plan Bee is a 3 week course (2 hours per week) written by two Clinical Psychologists working in Norfolk Community Health and Care.

We have been commissioned by Suffolk ICB to deliver this course for parents and carers of children who have suspected or diagnosed neurodevelopmental conditions.

All behaviour is a form of communication. Our course supports parents to understand their child's individual needs and how to best support them.

Free course for Parents/Carers

The aim of this course is to help parents and carers to:

- Understand why their child or young person might become overwhelmed.
- Reflect on what might trigger certain distressed behaviours and how to implement pro-active and re-active strategies.
- Develop a support plan which they can share with other family members and schools to ensure a consistent approach.
- Meet with other parents/carers for peer support.

For more information you can contact us Monday to Friday 9-5pm on:

 Family Action West Suffolk Neurodevelopmental Support Service

 wsuffolk@family-action.org.uk

 01284 636 655

Registered as a Charity in England & Wales no: 264713.

**Book
Now**

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Now**



West Suffolk Neurodevelopmental Support Service

An Introduction to Anxiety in Neurodivergent Children

FREE Online Webinar

60 - 90 minute online webinar signed to help better understand:

- **What anxiety is**
- **How anxiety affects the brain**
- **How anxiety relates to behaviour**
- **How to help**

Contact us for future dates:

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Have your say!

Help us to improve our support and services for children and young people with SEND.



NORFOLK SEND SURVEY 2025

The SEND survey is open to parents and carers, professionals and children with SEND (0-25).

It gives everyone a chance to give their views about SEND services and support in Norfolk.

You do not need to give your name or contact details. No personal or individual feedback will be published.

You should be able to complete the survey in 20-25 minutes. You do not have to answer every question.

If you need to leave, use the save button. You will be sent an email with a unique link so you can return and complete the survey.

To complete the survey online or request a paper copy, please visit:

<https://norfolk.citizenspace.com/consultation/send-survey-2025/>

The survey closes on 23rd February.

family voice
norfolk
together improving services

**ONLINE BOOKING NOW
OPEN FOR PARENT CARERS**

Annual Conference
Saturday 22nd March 2025
John Innes Centre, Norwich NR4 7UH

Find out about all things SEND from

- Information stands
- Presentations/workshops
- The chance to chat with professionals

To register your attendance, please visit:
www.familyvoice.org.uk/conference-2025/

Or scan the QR code below:

