



THE HBHS SEND NEWSLETTER

ISSUE 4 | MARCH 2022

End of term 4

TERMLY UPDATE

Many thanks to parents and carers who recently joined us for the second set of SEND parental consultations. These provide an opportunity to review provisions that are in place for students and to provide updates regarding learning requirements.

Please be reassured that you do not need to wait until these consultations to contact us. If you have any questions, would like advice or like a meeting with someone in the SEND team, please email SEND@hernebayhigh.org and we will respond at the earliest opportunity.

Mrs Reynolds, lower school SENCo, is now back full time from maternity leave. We have further increased the SEND team by recently appointing a Mental Health Coordinator who will spend time over the next term getting to know students. Moving forward there will be a group of students who will have regular check ins and sessions in small group workshops.

We would like to take this opportunity to remind parents and carers that there are a number of opportunities for support with homework. At lunch and break, there are a team of LSAs who are available in the LRC. This is accessed on a drop in basis. There are also a team of inclusion staff that are in the SEND Intervention area who support students who need a quiet place to go away from the main cohort. This is arranged through the SEND or year team. Alongside this there are homework sessions for KS3 students in the LRC on a Monday, Tuesday and Thursday evening. There are also individualised KS4 sessions in the SEND Intervention area on a Monday, Tuesday, Wednesday and Thursday afternoon. If you feel that your child would benefit from this support, please encourage them to attend.

We wish everyone a restful and enjoyable Easter break.

AUTISM PARENTAL WORKSHOPS

If you would like to sign up for the Cygnet 3-day course for parents and carers, please email stls@stns.org.uk. This three-session course is designed for parents and carer's of children/young people with autism.

The aim is to help young people develop their understanding and confidence relating to puberty, sexual wellbeing and relationships.

The dates of the course are 20th April, 9th May and 25th May 2022.

The course will run from 1pm-3.15pm at Riverside Children's centre, Canterbury.

KCC - PARENT AND CARER VOICE

KCC have invited parents and carers to join their monthly Sunday meetings via MS Teams

- Friendly and supportive
- Direct feedback to services
- Regular guest speakers
- Training and grant opportunities

For further information, please call 07970 198 768 or email Sarah.Haigh@kent.gov.uk.

GUIDE FOR PARENTS

Young Minds is a charity which gives advice to young people, parents and carers, and schools about a range of issues which effect a young person's mental health.

They have a wide range of parent guides that gives information on certain conditions, advice on how to get a diagnosis, strategies to support your child and information on how to receive further support.

Please use the website below to access these very informative guides.

www.youngminds.org.uk/parent/a-z-guide/



CONTACT US

If you have any concerns or need advice regarding your child's learning needs, please email:

send@hernebayhigh.org.

As a large school, this is the most effective and efficient way for us to answer your emails. It ensures that your emails are looked into whilst staff are out of the office, in meetings or teaching.

UNIVERSITY MEDICAL CENTRE – CANTERBURY

The university medical centre is offering a service to help support people suffering with Anxiety and/or Depression – please find details below: <https://www.umcpt.co.uk>

Improving Access to Psychological Therapies (IAPT) can help. This is a free NHS service providing brief evidence-based interventions. The University Medical Centre Psychological Therapies Service (UMCPT) offers support to people living and registered with a GP in East Kent. They are based in Canterbury and cover the surrounding local coastal areas.

THEY ARE NOW ACCEPTING REFERRALS

Appointments will be offered via telephone or video conferencing facilities.

Referrals can be made by your GP, via telephone or by using the online form.

You can contact their admin team via email: ccccg.umcpt@nhs.net or telephone: 01227 469 338

CHANGING MINDS - MENTAL HEALTH SUPPORT GROUPS

KCC would like to invite young people with experience of using mental health and wellbeing services within Kent to take part in 2 exciting new groups.

Changing Minds and EYEs (Exploring Your Emotions) are small and friendly groups, set up to ensure that young people aged 13 - 23 have an opportunity to get their voices heard where it matters most.

Changing Minds is for young people aged 13 - 16 years and takes place fortnightly on Thursday evenings.

EYEs is a group for young adults who are between the ages of 17- 23. The group meets fortnightly on Tuesday evenings. Both groups are currently taking place online with future opportunities for face-to-face meetings.

For more information please email talkaboutMH@kent.gov.uk.

FREE COMPUTER SCREEN FILTER

If you would like to download a free screen colour filter for any laptop/computer used at home, please use the website below.

www.east-tec.com/colorveil/

DYSCALCULIA

Dyscalculia is a specific and persistent difficulty in understanding numbers which can lead to a diverse range of difficulties with mathematics.

It is estimated that around 5% of the population have this condition.

A person with dyscalculia may:

- Have difficulty when counting backwards.
 - Have a poor sense of number and estimation.
 - Have difficulty in remembering 'basic' facts, despite many hours of practice..
 - Have no strategies to compensate for lack of recall, other than to use counting.
 - Have high levels of mathematics anxiety.
- www.dyscalculia.org/

HELPFUL READING TIPS FOR PARENTS AND CARERS

1. Reading to your child - Reading starts with listening. Read to your children as much as you can. It not only improves listening skills and makes them feel good about reading. It also improves vocabulary and understanding of the way stories are 'built up'. Although you did this at primary school, it is still important in secondary.
2. Shared and supported reading - Encourage your child to join in by:
 - discussing the book's content and asking your child to describe what is happening, or might happen
 - retelling the story in their own words.
3. Overlearning - Re-reading books, together or alone, builds confidence, fluency, and comprehension. Do not race to get to the next reading level. Going over story information and who the characters are, or re-reading important information helps to reinforce understanding of the story, especially if your child has a poor-term memory.
4. Choose books carefully - you might think about:
 - Areas of interest - children will persist much more if the subject of the book is one that appeals to them
 - Level of interest - be careful not to use 'babyish' books with older struggling readers, they need to have their imagination engaged and their efforts rewarded
 - Try to find books with vocabulary familiar to the reader, and if there are new words, try to talk about them beforehand
 - Books with the text broken up into short sentences and paragraphs are good as they help to keep pace, maintain interest, and give feeling of progress
 - It is good to find pictures with captions, callouts, and boxed text to break up the main text into manageable chunks
5. Use audio books and text-to-speech software - Audio books are not just the next step in reading to your child. They are a great alternative to reading on paper. Your local library will have lots of audio books in different formats. You can also join a subscription library like Calibre, or a commercial one like Audible. Sometimes your child will have to read lots of information online, but it is not available as an audiobook. Try having the computer read it to them using text-to-speech software.

