



SEN and Pastoral Team Newsletter - November 2023

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Welcome to the SEN/Pastoral Team Newsletter

This newsletter is circulated to all parents. We want to be able to raise awareness and share any workshops, networks, resources and events that we hope will be of relevance to any parent, whether their child is on the SEN register or not. We will still include dates for any updates for those who are on the SEN register e.g. when SEN passports are due to be sent home.

SEN Passports Autumn 2023

All children with an SEN passport (on the SEN register) will have their passports reviewed with class teachers this month.

Any **updated or additional information** about strategies in school for supporting your child for this term will be **written in green**. The current SEN passports also contain information from the previous teacher's review back in July.

2 copies will be sent home via "pupil post" in the week ending 1 December.

Please send back one copy with any amendments or queries to the class teacher. If you have any further queries you can contact Mrs Scott senco@northdowns.surrey.sch.uk



If you are in the process of seeking a diagnosis or have had a recent diagnosis of autism for your child: Autism Central is a new programme aimed at helping families and carers to learn more about autism and the support available to them by signposting to useful resources and learning. The programme helps parents and carers to get the right understanding and adjustments in place across the services they use. Everything the programme does is informed by or co-produced with autistic people, families and carers.

<https://www.autismcentral.org.uk/>

Accessing ELSA support in school



ELSA sessions offers children social, emotional and pastoral support in small groups or 1:1.

We run a triage system to manage the support and we operate a waiting list.

If you would like to contact the ELSAs to request support, please use the ELSA email. elsa@northdowns.surrey.sch.uk



Christmas can be a tricky time of year for a lot of young people with autism, both in school and at home. Freemantles School Outreach (our Autism outreach team) have a website for parents to access top tips and downloadable resources here:

<https://www.freeoutreach.org.uk/News/Christmas-Resources-2023/>



Want to know more about sleep?

ASK US THE QUESTIONS YOU WANT ANSWERS TO

03303 530 541
Monday, Tuesday & Thursday 7pm - 9pm
Monday & Wednesday 9am - 11am



50%

Around 50% of children will have a sleep issue at some point*

WHAT IS THE NATIONAL SLEEP HELPLINE?

In partnership with Furniture Village, The Sleep Charity has launched a brand new National Sleep Helpline to ensure that everyone has access to high quality, evidence-based advice.

HOW CAN THE NATIONAL SLEEP HELPLINE HELP YOU?

- Run by a team of specialist trained sleep advisors
- Offer you some practical strategies and recommend services that could help
- Ensuring you understand how sleep plays an important part in your child's mental health and wellbeing
- Listen without judgement and help you decide what next steps are right for you
- Empower you with sleep knowledge so you can understand why your child might not be sleeping well and how that can change

03303 530 541

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*Survey of 2,000 adults by OnePoll, Aug 2021

Useful web links for parents of children with additional needs



Family Voice Surrey champions the needs and rights of SEND families in Surrey. For information on advice and events <https://www.familyvoicesurrey.org/fvs-events>



Information, impartial advice and support to parents, carers and young people with special educational needs and/or disabilities (SEND) aged 0 to 25 years. Helpline available 9.30-5 Mon-Fri. <https://www.sendadvice.surrey.org.uk/>



Links and information for events, activities and workshops for children with additional needs <https://www.surreylocaloffer.org.uk/parents-and-carers>



Charity organisation offering on-line and in person events and groups for autistic girls in Surrey age 7+ <https://www.appeer.org.uk/>



NAS Surrey Out of Hours Advice Line: Call 0300 222 5755 from 5pm - 11pm 7 days a week, 365 days a year.
Advice and information www.nassurreybranch.org



Details of where families in Surrey can find out what is available locally and where to receive help and support including childcare and parenting courses www.surreycc.gov.uk/children/support-and-advice/