

OSSME NEWS

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Welcome to the **January—February Edition** of our newsletter and the first edition of 2021.

The transition booklets we have developed to support children back to school are still available to request in this newsletter. From January the links will not be in the newsletter but you can still request copies using the email address below. See page 2 of the newsletter which has all the clickable links you need to request the booklets. If you need any more information please contact: Sharon.williams@autisminitiatives.org

TRAINING AND SUPPORT FOR FAMILIES AND CARERS

OSSME have been continuing to offer online training sessions throughout lockdown for parents and our first training sessions of the year will be happening on:

**Please note that places on the training are limited and you can request to book your place using Facebook or Twitter handles below **

Date:

**15th February
Early Years
PECs**

6pm to 7.30pm

PARENTS COFFEE MORNINGS



INFO ABOUT PARENTS COFFEE MORNINGS

This will be an informal meeting to ask questions and get to know each other.

Topics that are generally discussed are sleeping, eating, toileting, puberty issues.

DATES:

16th March 2021 at 10am to 11am

4th May 2021 at 10am to 11am

ONLINE COFFEE MORNINGS FOR PARENTS AND CARER COMING SOON — For more information follow us on Facebook @OSSMEAI, Twitter @OSSME_AI and Instagram @ossme_ai

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OSSME TRAINING FOR SCHOOL STAFF



OSSME have continued to offer CPD training for schools and staff who are currently under contract with us. Training links are regularly sent out to schools on a variety of topics such as The Science behind Autism, PDA and Classroom Strategies. Staff can access the training videos remotely. Once training is completed, staff will have access to a training quiz online, following this, OSSME will send out CPD Certificates as proof of training. This method of training has been extremely well received with over 500 certificates being sent out to members of staff so far.

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**Please note that places on the training are limited and you can request to book your place using link below **

TRAINING TOPICS:

Sensory, Early Years, PECs, TEACCH, Friendship.

If you have questions about OSSME's remote training or are interested in this method of training for your school please contact: Sharon.williams@autisminitiatives.org

OSSME TRANSITION PACKAGE BACK TO SCHOOL

As we are back into lockdown, please remember we have available free copies of our **OSSME Transition Support Package (COVID-19)**. Request your copy here:

OSSME Transition Booklet (COVID-19) - request form: In March 2020, OSSME recognised what a challenge it may be for our children returning to school following this period of lockdown. As a result, we began putting together the OSSME Transition booklet back to school (COVID-19). Using our 5 Point Star approach to communication, we have included in the booklet the impact on: anxiety, trauma, child's ability to learn and socialise effectively plus other topics of useful information for returning back to school. This booklet is aimed at Primary age children and can be requested here: <https://forms.gle/21ryEdTKM9Bc9QB9>

OSSME Transition Booklet (COVID-19) 2nd ed- request form: Following the release of our OSSME Transition booklet back to school (COVID-19) on 13th May 2020, we worked on developing our second edition by revising and enlarging our first edition. This booklet is aimed to support Early Years students. This free resource can be requested here <https://forms.gle/JFXgKD4KakYnJQSF6> and it has been ready to be sent out since 3rd June 2020.

OSSME Transition Booklet (COVID-19) 3rd ed- request form: This booklet is aimed to support Early Help and Young people going back to High School, College and/or other educational settings. This free resource can be requested here <https://forms.gle/D46DaEa1pmsUx6AN9> and it has been ready to be sent out since 10th June 2020.

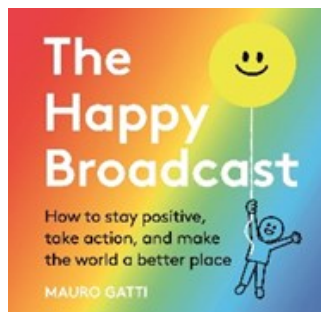
We were proud to announce on Thursday 21st May 2020 that our **OSSME lesson plans** were ready to be sent out. These are initially aimed at Primary age children but you can still request them if you think they may be adaptable for lower KS3. You can request a free copy here: <https://forms.gle/2ugRdc9CFz2YQt6p9>

If you have any issues, contact us at ossme@autisminitiatives.org if you would like to request your free copy

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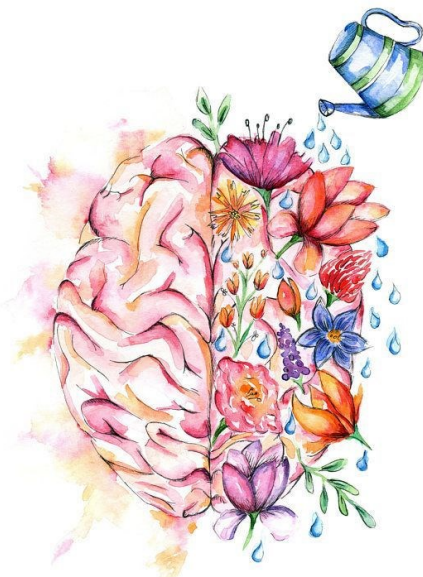
Since a lot of people are relying on social media platforms at the moment, we have found two social media pages which may be beneficial to point out to parents and older students in the hope of lightening up newsfeeds and spirits during lockdown:



The Happy Broadcast is a company that brings light to 'anxiety-free news' from around the world and supports people with their mental health, caused by the constant stream of negative news. Their posts use bright colours and concise pieces of information making it very SEND friendly. Their aesthetic presents as cheerful and soothing and may bring some comfort to our older students and parents who use social media. They have a Facebook, Twitter, Instagram and website.

<https://www.thehappybroadcast.com/>

https://www.instagram.com/the_happy_broadcast



'Mancub_and_fern' is a blog that follows the adventures of a young autistic boy, Mancub, and his assistance dog, Fern, who has helped Mancub to communicate and improve his confidence. Fern helps Mancub calm down when he experiences meltdowns using deep pressure stimulation, and guards the surrounding area to stop him from hurting himself. The pair are now inseparable, and followers can look at pictures and watch videos of Mancub and his beloved sidekick to see how Fern has transformed this little boy's life. Their Instagram page is:

https://www.instagram.com/mancub_and_fern/

PAIGE LAYLE



Paige Layle is 20 years old and is diagnosed with autism. She makes educational TikTok videos based on autism. Most of her content is regarding autism in girls and why girls often go misdiagnosed or it takes years to receive a diagnosis. With 1.1 million followers her videos have gone viral and many people are starting to question representations that they have been surrounded by. Paige has discussed in numerous videos that the autism is 'typically' displayed (in the media e.g. The Big Bang Theory) as a male who is very intelligent with specific knowledge in areas such as Maths or Science and this can actually be harmful for others with the diagnosis.

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On January 24th it was international day of education. Find below some statements given by OSSME staff of how education has made an impact on them personally or their family.

I went through high school doing what I needed to do, all the while thinking Why? What for? It was only later in my life that I realised the importance and opportunities a good education has to offer. Fast forward to the present and I am now in a job that I love and craving to learn more each and every day. I feel this would not have happened if I didn't have the great start to education that is so accessible in the UK today.

As a teenager with significant difficulties at home, I became very ill with depression and an eating disorder. School, for me, became my sanctuary. I had a very supportive form teacher who inspired me to become a teacher myself, as well as being that critical friend who could guide me through each day at school. With her guidance, I threw myself into my schoolwork, resulting in a much better outcome than what could have been. I became the first generation in my family to go to university and have not looked back since. I love learning and take every opportunity still to this day!

In my late twenties I was a single parent suffering with depression and anxiety and I turned to music and guitar playing to help me cope. From that decided to study music at college to meet new people, I didn't really care about the qualifications or if I passed anything... But that led to a degree in music, postgraduate study, and a performance diploma in classical guitar from the ABRSM; pride and confidence and great memories. And I'll be able to retire playing guitar on cruise ships. There's so much more to education than qualifications!

At eighteen and pregnant I dropped out of school, before completing my A levels. I thought my educational journey was over. I later went to night school to train as a teaching assistant, volunteering in schools when I had childcare. Years later and after both of my children and my husband had been diagnosed with ASC, I decided it was now or never. I registered with The Open University to study Psychological Studies. Over the next four years I studied evenings and weekends before finally graduating. To me education is a journey, one which takes different people along different paths. There are many ways to reach your destination and the traditional route is not right for everyone.



I spent the whole of my time in secondary school worrying about the fact that I did not know what I wanted to do in the future. I spent more time in school worrying about where my education would take me, or if it would take me far enough, instead of focusing on what I was learning in the moment. Little did I know that my education was opening up so many doors for me and leading to so many new adventures. And I am still learning! Education never really ends. I wish I could go back in time and remind myself - to work hard, focus on your own educational journey, and most importantly, ENJOY IT - and everything else will fall into place.

**OSSME OFFERS EDUCATION
SUPPORT PACKAGE**

**For more information contact
OSSME Education Lead on**

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