



Blackpool SEND Service Newsletter

Supporting schools and home learning for children and young people with Special Educational Needs.

No.3

5th May 2020



The Coronavirus outbreak means that parents and carers of young people with SEND are facing uncertainty. If your child is not able to attend their setting/school, we want to support you with some practical home learning advice, hints and suggestions through these newsletters and on the Blackpool Local Offer page on Facebook. Once again if you would like any advice or support with any aspect of home learning, please contact us by email:

inclusions.team@blackpool.gov.uk

Blackpool SEND Local Offer -

<https://www.fyidirectory.co.uk/kb5/blackpool/directory/localoffer.page?directorychannel=2&district=blackpool>

Useful Numbers and Websites

Corona Kindness - If you need to access any of those things or you feel you can help, please email

helpneeded@blackpool.gov.uk or

helpoffered@blackpool.gov.uk.

If you need help call 0808 1963080.

<https://www.blackpool.gov.uk/Campaigns/Coronavirus/Corona-Kindness.aspx>

 <https://www.blackpool.gov.uk/Residents/Health-and-social-care/HeadStart-Blackpool/HeadStart-Blackpool.aspx>

 <https://blackpoolbetterstart.org.uk/>

Fine motor skills

To support your child's handwriting they could try some hand strengthening activities

https://183cebe0-e022-4e87-a055-947c7b63b10e.filesusr.com/ugd/5ba913_edb6727b4d004fcc65f48279a86e9fd.pdf

If you have playdough, try the online Dough Disco

<https://www.youtube.com/watch?v=3K-CQrj10uY>

Feelings and supporting your child's mental health

Five ways to incorporate mindfulness into your child's day

<https://www.bbc.co.uk/bitesize/articles/zjvwkmn>

Supporting children with anxiety

<https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/depression-anxiety-mental-health/>

Learning

The National Literacy Trust family zone is full of free activities and ideas to support your child's reading, writing and language development.

<https://literacytrust.org.uk/family-zone/>

Something for the Year 11 and post 16 students, free online courses.

<https://theskillstoolkit.campan.gov.uk/>

Looking after yourself during lock down and self-isolation

It can be very difficult when you are expected to stay in one place for long periods of time. Some people can find self-isolating very difficult. Here are some ideas to help you look after yourself.

1. Boost your immune system – try to keep active, eat healthy, listen to upbeat music or watch a feel good film.
2. Structure your day – “Having a set schedule for meal times and a set bedtime can help you to stay on track. Planning out activities and setting goals can also help keep you motivated and stop you feeling down” Sarita Robinson, 2020
3. Maintain social contact – phone friends and relatives, try video calls to see a friendly face.
4. Avoid conflict – have time to yourself if possible, time away from others.

<https://theconversation.com/coronavirus-self-isolation-a-psychologist-explains-how-to-avoid-cabin-fever-133317>

<https://www.itv.com/britaingettalking/every-mind-matters.html>

If you feel lock down and isolation is having a very detrimental effect on your mental health, please seek professional advice.

Speech, Language and Communication

Activities to develop vocabulary in young children

Guess what is in the box - put an object in a box and describe the object – what does it feel like? What do you do with it? What sound or letter does it begin with?

Simon says - can be actions, finding things around the house

Kim's Game - memory game – objects on a tray – then cover them up with a cloth and try to remember /name the objects;

For practical tips to encourage your child and toddler to talk, click on the link below.

<https://www.afasic.org.uk/resources/free-downloads/schools-and-learning/>



Supporting your child's learning through play at home

Through fun and short activities with sets of LEGO®

DUPLO® bricks in six bright colours, children can practice their memory, movement, creativity and more. You can adapt activities and of course make your own activities to match the children's skills and interests.

<https://www.legofoundation.com/en/learn-how/knowledge-base/six-bricks>

<https://www.happinessishomemade.net/lego-learning-activities>



Deaf Awareness Week 4th – 10th May 2020

The National Deaf Children's Society are challenging supporters to hold a #Fingerspellathon at home.

Join them on Facebook -

https://m.facebook.com/story.php?story_fbid=2987245681331871&id=112180125505122

<https://www.deafcouncil.org.uk/deaf-awareness-week/>

