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Selwood Academy

SEN NEWSLETTER

TERM 6 2025-2026

Hello!

6th Newsletter

Welcome back to our final SEN newsletter of the 2025-2026 academic year at Selwood Academy. Hopefully you found some useful information in the last edition. Please remember this newsletter is designed to give you some awareness and ideas which may support your child and family. If you do have any feedback or suggestions for our next edition, please let us know by emailing charlie.finlay@selwood.mnsp.org.uk

Selwood's Offer - ELSA

If your child has been suggested to try ELSA (Emotional Literacy Support Assistant) intervention, it is an incredibly positive step for their wellbeing. ELSAs are specialist teaching assistants trained by Educational Psychologists to support children experiencing social, emotional, or mental health difficulties. ELSA provides a warm, safe, and consistent space—usually over a targeted 6 to 12-week block—to help them understand their feelings and build practical coping mechanisms. Through relaxed, creative activities like games, role-play, and stories, they work on tailored goals such as managing anxiety, navigating friendships, or boosting self-esteem, helping your child feel happier and more settled at school.



The Community Inclusion & Activities Team
May Activities Calendar is OUT NOW!

The Community Inclusion & Activities Team have released their May Holidays Inclusive Activities Calendar, and it's packed with amazing opportunities for children and young people with a disability and/or additional need.

Here's a sneak peek at what's on offer:

- Tabletop games including board games and Pokemon trading card game
- Nature based activities
- Campfire games
- Boulder rooms - climbing activities

The full calendar is on the local offer:
<https://www.somerset.gov.uk/.../activities-for-families/>



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Top Tips for the Summer Holidays

Getting through the summer holidays with a SEND child is all about throwing out the social media rulebook and focusing on what actually brings your family peace. By pacing your days and focusing on predictability, you can lower everyone's stress levels and create a summer that actually feels like a break.

Here are five quick ways which may make the weeks ahead much easier:

- **Build a visual routine:** Use pictures or symbols to map out the day so your child knows exactly what to expect without the school structure.
- **Pre-plan outings:** Use Google Street View or online sensory maps to give your child a digital walkthrough of new places before you visit.
- **Schedule "do nothing" days:** For every busy day out, follow it up with a low-demand, quiet day at home to prevent sensory burnout.
- **Pack a sensory toolkit:** Never leave home without noise-canceling headphones, familiar safe snacks, and a change of comfortable clothes.
- **Redefine "summer fun":** Forget crowded, chaotic events; if a perfect summer day for your child means leaning into their favourite special interest at home, embrace it guilt-free.

Enjoy and stay safe 😊



Summer Activities

The summer holidays can look very different for each family. To help the children enjoy themselves and to add a little structure, try and create a bucket list together. Then see how many you can tick off before they return to school in September. Below is an example.



Please continue to share any photos with us as we love seeing the children's smiles doing these termly activities.

Somerset Local Offer

<https://www.somerset.gov.uk/children-families-and-education/the-local-/>

This website provides information to families of children and young people (0 to 25) with special educational needs and/or disabilities.

