



Blackpool SEND Service Newsletter

Supporting children, young people, families and schools with young people within the area of Special Educational Needs.

Autumn Term 2020

Sleep Town

SleepTown is an app that helps your child attain a healthy, regular sleep schedule. The can construct amazing buildings just by achieving their bedtime and wake-up goals every day.



How it works: 3 steps to a healthy sleep schedule.

1. Set their own challenging bedtime and wake-up goal.
2. Open the SleepTown app before bedtime goal and start constructing a building.
3. Wake up before their wake-up goal, shake your phone/tablet to clear your mind, and see which building they got. Every morning the building is a surprise that will motivate them to wake up!

Repeat these steps every day to maintain a regular sleep cycle and create a lovely "SleepTown"!

Blackpool SENDIASS

Blackpool Special Educational Needs and Disability Information, Advice and Support Service (SENDIASS) is a statutory service. They offer free, independent, confidential and impartial information, advice and support to parents and carers of children and young people with special educational needs and disabilities (SEND) ages 0-25. Follow the link below for more information and contact details.

<http://www.blackpool.gov.uk/Residents/Health-and-social-care/Children-and-families/SENDIASS/Home.aspx>

Communication and Interaction



16th October 2020 is Developmental Language Disorder Day. Developmental Language Disorder (DLD) is diagnosed when children fail to acquire their own language for no obvious reason. This results in children who have difficulty understanding what people say to them, and struggle to articulate their ideas and feelings. Recent research has shown that, on average, 2 children in every class of 30 will experience DLD severe enough to hinder academic progress. The theme this year is #DLD: See me. For more information check out this website <https://radld.org>



25th November 2020: No Pens Day Wednesday is an annual day of speaking and listening activities that takes place in schools and education settings across the country. The event raises awareness of communication as a key life skill. Verbal communication skills are important for learning to read and write, managing emotions, developing friendships and entering employment. Ask your child if they've had a day not using their pens! More information can be found at <https://ican.org.uk/no-pens-day-wednesday>

Welcome back to the new school year, we will now be sending out newsletters on a half-termly basis. We hope to continue to share information, strategies and support for you all. If you would like any advice or support with any aspect of your child's learning, please contact your child's teacher. Your child's school is always there to help. Further information can be found on the Blackpool SEND Local Offer page on Facebook.

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

Useful Websites

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



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

Many of us are familiar with negative thoughts that come into our heads each day. At times, it can feel like the world is full of gloom and doom. So what can we do to help children and young people develop a habit of thinking more positively about themselves?

Follow the link below for 5 top tips:

<https://beaconschoolsupport.co.uk/new-letters/5-top-tips-to-get-your-children-thinking-positively>

Learning and Wellbeing

In light of children returning to school and the easing of lockdown. Learning and Wellbeing Psychology have put together a short hand washing song.

<https://www.learningandwellbeing.org/videos>

Online safety

The COVID-19 pandemic increased the amount of time children are spending online. SafeToNet Foundation are giving 1 million licences free for life of their @SafeToNet software to families in the UK.

To sign up, click on the following link

<https://safetonet.com/foundation/covid>