## SEND LOCKDOWN LEARNING

## Ways we are supporting your learning during lockdown

Cognition & Learning	Communication & Interaction	Social, Emotional & Mental Health	Physical & Sensory
Adapted resources supplied by teachers to ensure that learning can continue at your pace from home.	contacting you at least once a week. If there are any concerns that you have, either lesson related or worries that you are having, please let them know and they will find a solution best designed to help and support you.		Teachers have been asked to end all lessons 5 minutes early so that you can stretch your legs between lessons.
Breakout rooms used with Teams to provide additional support via teacher and/or TA if you need more support.			Take an eye break; focus on a distant target for 5 seconds, then something close for another 5 and repeat 5 times, while on your breaks.
Printed resources sent home so you can work on paper if you find that easier.		Play therapy with Mrs Davies is available within school if you feel that you need someone to help deal with your feelings.	
Remote interventions continuing with Mrs Gilpin to help with your literacy and numeracy.		PSTEC therapy with Peter Owen is available over the phone if you need quick strategies to help with your anxieties/fears/emotions.	

If you feel that you need any additional support not listed here, please email Mr Webster, Head of Learning Support, who will offer a more personalised support offer to you. <a href="mailto:mwebster@arrowsmith.wigan.sch.uk">mwebster@arrowsmith.wigan.sch.uk</a>

