

## **Sensory Room at St Hugh's**

Dear Parents/Carers,

We are starting off small, but our intention is to have a calming sensory room in school.

A sensory room is a specially designed room which combines a range of stimuli to help children develop and engage their senses. These can include lights, colours, sounds, sensory soft play resources and aromas, all used within a safe environment that allows children using it to explore and interact. This room will benefit all children in our school, not just those with additional needs. Time in a sensory room helps children improve their visual, auditory and tactile processing, as well as fine and gross motor skills. By providing a sense of calm and comfort, sensory rooms help children learn to self-regulate their behaviours, which ultimately improves focus.

We have devised a wish list to help get us started on our journey. It would be a massive help if you would very generously buy something off our wish list. However small or big, every addition will make a difference. Please share this link in WhatsApp class groups too, the more coverage we get the better. I'm excited to see what we come up with. There is absolutely no obligation, as we know times are difficult.

If you choose to buy you can send it direct to us, the option to send to 'Claire Jackson' will come up in your delivery options under 'gift registry address' or you can pop it into school if delivered to you.

Thank you in advance for your generosity and support.

[https://www.amazon.co.uk/hz/wishlist/ls/21XAVHBK0H20X?ref=wl\\_share](https://www.amazon.co.uk/hz/wishlist/ls/21XAVHBK0H20X?ref=wl_share)

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