

# Welcome...



[www.ridgewayschool.com](http://www.ridgewayschool.com)

April 2023

## Welcome to the SEND HUB Newsletter....

It's hard to believe we are already at this point in the year, and as always, our students have put so much effort into every aspect of school life this term and we couldn't be prouder of them. They all have different needs and they all show enormous resilience and perseverance to achieve what they do. As a team, we really enjoy seeing your children go from strength to strength.

Some highlights from the Spring term include meeting you as parents and carers, through our coffee mornings and lunch, and also through the SEND consultation meetings. It is so evident that when we work together and support one another, the students reap the benefit. Thank you for everything you do to help with this.

An exciting new development this term is the introduction and preparations for 'Pitstop's got Talent'. Despite a few hiccups in the process, inevitable when organising such a prestigious event, we are looking forward to the students performing on stage next term, and if the dress rehearsal is anything to go by, it will be a great event. Unfortunately we are not planning to extend an invitation to parents at this stage, because we are keen to make this manageable for students with a range of challenges, but please do encourage any budding participants to practise over the holidays.

I hope you all have much needed and well deserved Easter holiday. Happy Easter from the Ridgeway SEND Team!

...to the most recent edition of The Ridgeway School & Sixth Form SEND HUB Newsletter

### SEND HUB EVENTS:

Please email [OrnovH@ridgewayschool.com](mailto:OrnovH@ridgewayschool.com) to book a place.

#### Year 11 Exam and Revision Support Evening

Thursday 20th April  
4:45-5:45

#### Year 6 SEND Coffee Morning

Tuesday 25th April  
9am-10am

#### SEND Lunch and Catch Up (All Years)

Wednesday 17th May  
1pm-3pm



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## Dealing with stress and anxiety:



Some of our students are struggling with stress and anxiety at school, and we know this can be made worse by any other needs they may have. We have compiled a few handy tips to try if your child is in this situation.

- Understand what the triggers are: get them to keep a diary of when they feel low/anxious/stressed and what makes things worse.
- Monitor and manage energy levels: looking at their energy after certain events and situations can highlight what is hard. Taking time to recharge and do things they enjoy can help with staying calm.
- Try relaxation and calming activities. Such as meditation, mindfulness yoga and exercise. <https://www.youtube.com/watch?v=inpok4MKVLM> is a great 5 minute meditation to try!
- Try a visual schedule: these can help structure the day and reduce uncertainty and anxiety.

## Pit Stops Got Talent!

A massive well done to everyone who entered for our practice run!

We had singing, dancing, magic, jokes and fact telling! Our students continue to show us how resilient, confident and inspiring they are!



## O.L.a.A.H Update!

We are very excited to get this up and ready at the beginning of next term.

This will be build up over time but we are now in a position to start having groups up and running.

*We would be grateful for any of the below donations:*

- Wool/String/Rope
- Plant pots
- Seeds
- Bamboo sticks

