



The Wandle Weekly

TOGETHER EVERYONE ACHIEVES MORE



Lisa's Inspirational Quote

"You can always edit a bad page, you can't edit a blank page."

- Jodi Picoult

YOUR CHILD'S MELTDOWNS AREN'T BEHAVIOR PROBLEMS

UNDERSTANDING AND MANAGING MELTDOWNS



WHAT IS A MELTDOWN?

- An intense response to sensory or emotional overwhelm
- Screaming, hitting, biting, throwing things
- A neurological event, not a behavioral issue

CO-REGULATION IS WHAT ACTUALLY WORKS

- Provide a calm, steady presence
- Offer space or closeness depending on your child's needs
- Signal safety and support



RECOVERY TAKES TIME AND SPACE

- Low-demand activities
- Physical comfort
- Let their nervous system fully settle before talking about the meltdown



PREVENTION MEANS UNDERSTANDING PATTERNS

- Common triggers such as:
- Aware of early warning signs
- Provide Sensory support and regulation breaks

This week's
TOP MATHLETES:

Mathletics

1st—Nicholas W

2nd—Frankie Mc

3rd—Fynley

Primary Athlete: Harrison

A few dates to remember -

- 18th March Parent/Carer Evening
- 27th March Easter Fair
- Easter Break—Monday 30th March— returning Monday 13th April.

Miss Harris

DATES to REMEMBER

Parents Evening:
Wednesday 18 March

Red Nose Day:
Friday 20 March

Last Day of Term:
Friday 27 March





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During **Art Therapy** this week, the Primaries have been extremely creative.



L enjoyed been mixing up paints to create wonderful greens to continue painting his tarantula habitat.



JR created her mask and headrest from fabric and lolly sticks!

And J began making his bottle robot. Selecting small bottles to create the legs and glue gunning together.



Post-16 Visits

On Tuesday 3 March, pupils from Years 10 and 11 participated in tours of both Merton and Carshalton colleges.



They received a tour of both buildings and brief introductions to some of the courses, including Motorcycle and Car Mechanics, Electrical Engineering, Bricklaying, Catering and Carpentry.

The colleges each had a different 'feel' and it was good to hear the pupils' varied preferences following the visits.



SEN will be getting in touch with Year 10 Parents / Carers from as early as the Summer term 2026, to begin the college preference consultation period, so please look out for a letter or email.



Year 11 Parents / Carers should have heard from SEN confirming which colleges can meet needs and have applications being processed.





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Food Tech—Cake Baking:

KS4 pupils made some amazing cakes during their Food Tech classes.



These skills will go towards



their BTEC Home Cooking Skills qualification at the



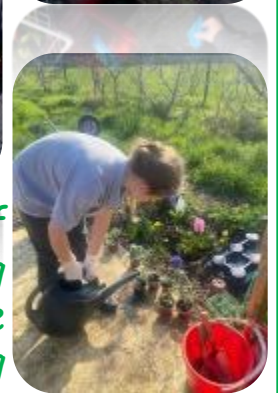
end of Year 11. Superb work from our KS4 boys.



The whole school, from Primaries right up to Year 11's, have been involved with the gardening this term.



The planters at the front of the school are all beginning to bloom, and we have some beautiful hyacinths giving off the most amazing scent. Hopefully some of our pupils can bring their new-found gardening skills home to their own gardens or window boxes.



Primary Cooking: Recently the Primaries made some amazing scones in their food tech class, using the equipment with maturity and care.

