

Top Tips to support your child with SEND when learning at home



A message from Mrs Mahony (Headteacher)

We appreciate that the current pandemic is having a massive impact on our community and families. We are always here to help and support and to work in partnership to ensure that children still access an education during these difficult times.

We know that supporting your child with their learning can be even more challenging for parents whose children need a little bit of extra help with their learning and so we hope this leaflet of top tips and ideas will help you at home.

Remember, you can only do what you can do, and we are only a phone call or email away to help.

Additional support offered by school:

During this period of time whilst your children are learning from home the following-additional help will be in place:

- Pre-teaching.—These videos help your children to learn new words and knowledge for their lessons
- Speech and Language—For children who need extra help, our SALT assistant will run live lessons. Videos will also be shared on Google classroom
- Reading— additional opportunities for reading with an adult will be in place for children who need this help
- Dynamo maths— this is a number intervention for children who need additional help. You should have a log in for your child and work is allocated for each session
- Learning Village— this is an intervention for children who are learning English as an additional language— you should have a login and login to complete activities daily
- Resources for children learning at home, practical resources e.g. counters, dienes or cubes., writing equipment and books, sensory equipment
- Specialist phonic intervention
- A place in the physical school
- We are continuing to work with our specialist external colleagues to get advice and support for children that need it

How can I help my child?

- Keep to a routine– follow the class timetable
- Encourage children to go to bed at their usual time and are well rested
- Ensure that children have breakfast before learning and a balanced diet
- Create a calm, distraction free learning environment
- Build in movement breaks and times to be active
- Encourage your children to engage with their teachers and ask if they need help
- Ensure that children are on time to their lessons and attend any additional sessions organised by school.



Ideas for Movement breaks:

- 5 Star jumps on the spot
- Touch your toes 10 times
- Vacuum for your parents (this is heavy movement)
- Carry a light weight around e.g. a bag of rice or a tin of food
- Crab walk for 30 seconds
- Hop on the spot 10 times

Ideas to support development of fine motor skills (writing & cutting) & Hand eye coordination:

- Threading activities
- Weaving activities
- Tweezer activities
- Puzzles

Ideas for Sensory breaks:

- Scrunch some paper in a fist
- Listen to some music
- Find a quiet space to relax– roll a ball in your hands, or on your arms or legs
- Spin on the spot one way and then the other
- Wrap yourself into a blanket
- Jump on a trampoline
- Do a peanut roll. (Pull legs to chest)
- Carry something heavy around eg a bag of potatoes.

Ideas to support using the computer

- Use touch-typing program:
<https://www.bbc.co.uk/bitesize/topics/zf2f9j6/articles/z3c6tfr>
- To prevent eye tiredness use a screen overlay:
<https://www.aurelitec.com/colorveil/windows/download/>

Ideas to support maths and number skills.

- Use the topmarks website:
<https://www.topmarks.co.uk/maths-games/5-7-years/counting>