



Welcome!

Welcome to our final SEN newsletter of this academic year, where has the time gone!

Throughout this year all children across the school have achieved some amazing things from their personal starting point! I am writing this letter with some sadness as this will be my last SEN newsletter for a while as I embark on my maternity leave in the coming weeks.

Whilst I am on leave, Miss Suhail will be acting SENDCo in my absence. For any Special Educational Needs inquires or concerns please still contacted school via the school office or on the SENDCo email account below and Miss Suhail or Mrs Scarlett will get back to you.

Email: senco@cedarspark.net



Coffee Mornings

This year it has been great to share some of the strategies and resources we are using to support



SEN learners at Cedars Park. We have had great feedback from those parents who have attended these sessions and I would personal like to thank all those who have given up their time to attend these.

Unfortunately, due to low numbers of attendees in our recent coffee mornings our planned Summer sessions will be postponed. If you have any suggestions on how best to ensure that as many parents can attend and/or any key topics you are hoping for us to cover next academic year, please get it touch.



Interventions

Over the coming weeks staff will be working hard to reassess all child involved in interventions and new groups will be set. Parents will receive a letters in the coming weeks detailing which interventions your child is in and why.

If you would like further information about this, please contact your class teacher in the first instance and they will be happy to help.

Elements of Regulation

In school, over the last term we have introduced a new whole school approach to teaching all children to manage difficult emotions and build their 'self-regulation'.

Self-regulation, also known as; self-control, self-management, anger control or impulse control are all terms to describe people's ability to adjust their needs and responses to different situations and emotions.

We are using a internationally renowned curriculum called 'The Zones of Regulation'. However, we have decided to use the four elements to represent the coloured zones. Each zone or element is linked to several emotions/ feelings that are similar.

EYFS and KS1:

KS2:

Each week the children have a class based assembly, focusing on the dif-



ferent elements and are encouraged to share how they are feeling by placing their picture on the element throughout the school day. Ask your child what element they are in and see what they say!

Elements of Regulation

 Happy		 Focused	 Sad		 Ill
 Calm		 Ready to learn	 Bored		 Tired
 Excited		 Silly	 Angry		 Frustrated
 Anxious		 Nervous	 Elevated		 Scared



Low Sensory Swim Session

FOR SEND CHILDREN AND THEIR FAMILIES

SWIM SESSIONS

Suffolk Family Carers 
Living Fuller Lives

Suffolk Family Carers are offering Low Sensory Swimming sessions for SEND children and their families at Crown Pools, Ipswich, throughout April and May. If you are interested in finding out more or signing up to one of their sessions please use the link below.

<https://suffolkfamilycarers.org/events/photo/?tribe-bar-search=family+swim>

Please note that children must be accompanied by an adult during these sessions.