



WJPS Parents' SEND Newsletter January 2026

Dear Parents and Carers,

Firstly, a slightly belated Happy New Year to all our families. It has been a few weeks since we have been back, and hopefully everyone is settling back into the school routines.

Following the same format as the previous couple of newsletters, I will continue to share more of the practices we have in place within school so that you can hopefully use them at home if you feel they are helpful and appropriate.

If there is anything you know we do in school that you would like information about, or if you have anything else you would like to share with us so we can either try in school or share with our families, please do email me.

My main ambition for these newsletters is to be useful and informative so that you feel as supported as possible. As always, I would welcome any constructive feedback.

Inclusion Coffee Morning

I wanted to let you know that on **Wednesday 11th of February from 9am to 10am** we will be holding an Inclusion coffee morning. It will be an informal drop-in that will be a great opportunity to make connections with other families; find out what support and resources are available in schools and in the community and talk to professionals and organisations that will be able to offer advice on a range of issues.

There will be information about SEN drop-in sessions, Autism Hubs as well as details about a range of parenting workshops or sessions to help support your children covering a range of topics such as understanding your child's emotions, sleep workshops and other areas related to SEND. More information will follow once we have finalised confirmation from agencies and organisations we have invited.

It would be great to see as many of you there as possible so please put the date in your diaries.



Sharing Strategies and Support

Noticing Nature

As you will know, being outdoors and in nature has a positive impact both cognitively and in terms of improving mood, mental health and emotional regulation and wellbeing. To support and facilitate this for our children, one of the interventions we run in school is 'Noticing Nature'. It was developed by our Local

Authority SEMH (Social, Emotion, Mental Health) Team and in school is led by Mrs Spanner. For a bit of context:

The Noticing Nature project helps develop social and emotional wellbeing by spending time outdoors and in nature. It supports resilience, regulation and reduce feelings of tension, whilst supporting them in understanding their emotions and helping with self-confidence. Hopefully children will be able to interact confidently and flexibly in different situations, experience success and have good relationships. It should also help support them to understand their strengths and needs and be able to use a range of strategies they can use in order to meet their needs and ask for help. These strategies and techniques can then be used as part of a toolkit that can be drawn on outside of the intervention.

We have seen a really positive impact so far on the children who have taken part in this intervention and the feedback from the children has supported this. Much of the success comes from just being outside but the activities the children do. The intervention follows a structure that includes opportunity for reflection both at the start and end of each session, a main activity and a transition activity at the end to prepare the children so they are fully regulated on their return to class. Examples of some of the main activities they have done that can be replicated outside of school are:

- Looking for signs of spring in the garden, Look for shoots coming out of the ground, buds on the trees etc.
- Using loo/kitchen roll tubes to create lens' to take micro photography using an iPad.
- Noticing nature using senses – touch Find something smooth, rough, spikey, soft, furry etc. (Encourage the children to investigate lots of different textures and how textures vary over one item e.g. does the underside of a leaf have the same texture?)
- Creating a journey stick – use a stick and piece of wool. Walk around the garden and find items that you can attach to the journey stick. These might be items that interest you, you like the colours, textures, shapes. Tie them to the journey stick.,
- Rainbow collection – ask children to find a natural object to match each colour of the rainbow.

Some transition activities Mrs Spanner has used that could be used or adapted include:

- Magic minute – scan the horizon slowly for one minute, look for any movement you can see. It might be slight movements in trees, blades of grass, birds, clouds etc. What can you hear?
- Walk slowly and calmly to class. 5 finger breathing outside of the classroom.
- Box breathing
- 5-4-3-2-1 grounding

On the following page are some other grounding activities I have shared previously, but I feel are relevant and useful to be shared again.

I hope you can find some time to enjoy being outside, even at this time of year when the weather is not as welcoming as it could be and please let me know if you have any successes using the activities or techniques shared.



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School Website <https://www.westjesmondprimary.org.uk/web/>



Grounding

5. 4. 3. 2. 1



5 things I can see



4 things I can hear



3 things I can smell



2 things I can touch



1 thing I can taste

Power Hug

Tap your left hand on your right shoulder.
Tap your right hand on your left shoulder.
Squeeze yourself in a hug.

Affirm yourself by saying

"I am present in this moment"

Tap. Tap. Squeeze.

Affirm. Tap. Tap. Squeeze.

Affirm. Tap. Tap. Squeeze.

Affirm



Stomp, Stomp, Blow

Inhale deeply.

Stomp your left foot.

Stomp your right foot.

Exhale deeply.

Feel your foot connect with the ground.

Blow away those anxious thoughts.

Stomp. Stomp. Blow.

Stomp. Stomp. Blow.

Stomp. Stomp. Blow.

Stomp. Stomp. Blow.

Stomp. Stomp. Blow.

Stomp. Stomp. Blow.



Reorientation

Get connected with the here and now. Say and finish these statements:

My name is...

I am in...

Today is...

The season is...

The weather is...

I am wearing...

I can see...



Count the Colours

Pick a colour to focus on, e.g., purple

How many purple things can you see?

Close your eyes, how many purple things can you imagine?

Why not count the rainbow colours?



Alphabet Search

A B C D E F G
H I J K L M N
O P Q R S T U
V W X Y Z

Look around the room and try to find an object that begins with each letter of the alphabet. Doing this can take your mind off your worries and help you to feel calmer.

Tongue Twisters

Distract your mind by trying out a tongue twister! Have a go at some of these:

1. Red lorry, yellow lorry

(repeat as many times as you can without making a mistake!)

2. If a dog chews shoes, whose shoes does he choose?

3. Selma sells

seashells

by the seashore.



Useful websites for parents and carers of children with SEND



Newcastle Special
Educational Needs and
Disabilities Information,
Advice and Support
Service

SENDIASS

0191 2116255

<https://www.newcastlesendiass.co.uk/>



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Newcastle Support Directory

Search this site



Activities(615)

Childcare(236)

Education(139)

Information, Advice and Guidance(337)

Support Directory(470)

<https://www.newcastlesupportdirectory.org.uk/?localofferchanne=>



NEWCASTLE
LOCAL OFFER



Click on the links below to find out more about recent news and local events for children, young people and families with SEN.

<https://www.newcastlesupportdirectory.org.uk/node/4049>


The Toby Henderson Trust
The Doorway to Early Action in Autism

<https://www.ttht.co.uk/>