



WJPS Parents' SEND Newsletter April 2025

Dear Parents and Carers,

We are now coming to the end of another busy term where we have had events such as parent consultations, Neurodiversity Celebration Week, SEND coffee mornings as well as many other things happening in classes and around school to help support our children with SEN needs, some of which will be covered in this month's newsletter.

You should also have been sent out a link for a Parent Voice survey. The link has been added below as well and we would be very grateful if as many of you could take a few minutes to complete it as it will help us to improve and make our SEND provision work as well as it can for both you and your children.

<https://forms.gle/ZV599VUeDW8H5XcH7>

Regulation Spaces

One of our priorities this year is to improve the spaces around school so that the children have areas they can go to regulate or to get into the 'Green Zone' so they are ready to learn, as well as allowing them to feel safe and happy.

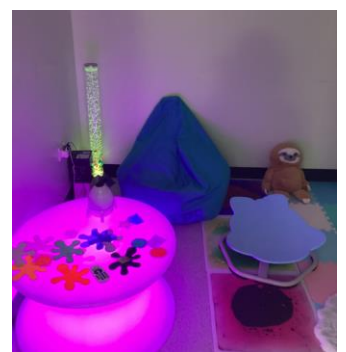
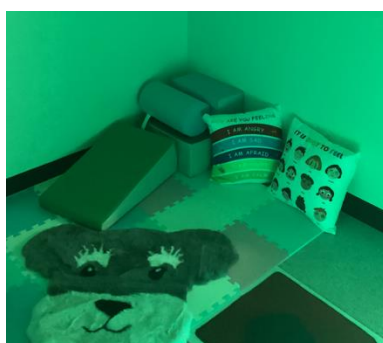
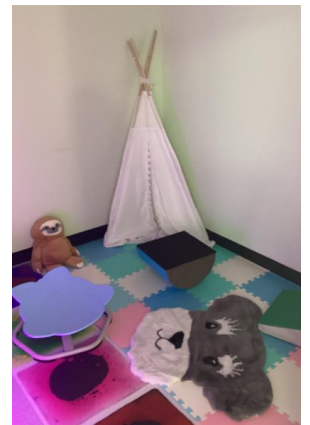
As part of her role as Well-being Lead, Mrs Spanner has been an integral part of facilitating this and since taking on the role, has worked hard to build and improve on what we already had in place, as well as introducing new areas or spaces to increase provision.

The Nest, which is where Mrs Spanner is based is used for a wide range of activities and needs. Sometimes it is a safe space for children to go just for a chat and to share any worries, sometimes it is used as an intervention space for interventions such as Lego Therapy and sometimes it is used as a quiet space where children can calm down or have a bit of quiet time, or even to have lunch in if the dinner hall is overwhelming.



One of the main developments Mrs Spanner has worked on recently is our sensory room, 'The Den'. This is a small, calming space where our children can go, with an adult, sometimes on a one to one basis or sometimes in a small group. It has many benefits such as reducing overstimulation; improving concentration, focus and attention; developing skills like self-regulation so children are able to manage their emotions and allow children to explore their sensory needs. It can also help with social interaction and development, improve mood, promote positive self-esteem, and overall well-being.

Since it has been opened, it has been used by many of our children for a variety of needs or purposes and we have had very positive feedback from the children and staff.



Another thing we have introduced has been a small number of 'Stamping Stations' around school. Again, these are spaces children can use with adult permission and supervision and are a way to allow children to expend some of their energy in a controlled and regulatory way. After an initial excitement where all the children wanted to have a stamp, they are now being used in a more purposeful and constructive way.

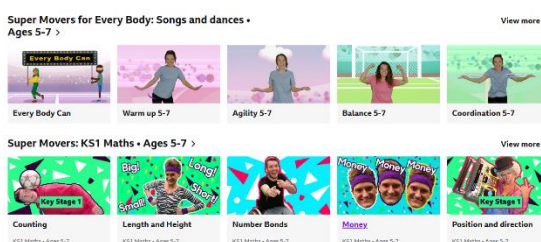
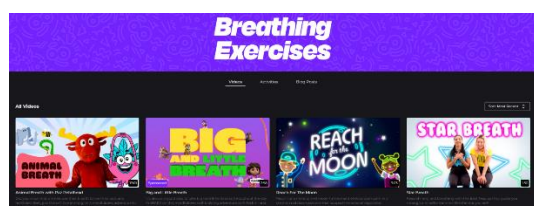
In the summer term, we are hoping to continue to increase the areas in the shared areas around school that children can access to regulate, and are hoping to position some sensory walk spaces in the corridors and in the yards. The Key Stage 1 yard already has a sensory walk painted onto the ground which children use at playtime, but it is also used to support children when needing to regulate. Our hope is that this will be something available to all children no matter where in the school building or outside they may be.



In Class Regulation

This academic year, we have also had an increased push on regular movement and concentration breaks. This is something we introduced across school last year, but have continued to build on. Every class should have time built in throughout their day that will involve the whole class taking some time to do a few minutes of physical activity (this could be high intensity or a yoga/balance activity), a breathing activity or a mindfulness or grounding activity.

There will be regular scheduled breaks within the timetable, but teachers are adaptive and responsive to their class' needs at particular times. The benefits of these breaks can have a huge impact on concentration and focus, to relieve anxiety and improve behaviour.



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





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