#### Tutor Changes from September 2025

7Ma	becomes	8C	Ms Cross
7Ng	becomes	8G	Mr Giltay
8M	becomes	9M	Mr Marney
8W	becomes	9W	Mr Wilson
9H	becomes	10H	Mr Hajdrych
9C	becomes	10B	Ms Burke
10M	becomes	11M	Ms McKell / Ms Ashers
10B	becomes	11B	Ms Bennett

#### Next year:

Teenage brain

**Emotion coaching** 

Supporting families & siblings of SEND

Handwriting

Practical strategies for dressing

Developing independence in self care skills e.g. eating, dressing, toileting

Access to community services including leisure & health services

#### Coffee morning feedback July 2025









### Supporting your child with transitions

Jenny Marcall Speech and Language Therapist 1st July 2025

#### Today:



1. Emotions check in



2. What have you found useful so far?



3. Visuals



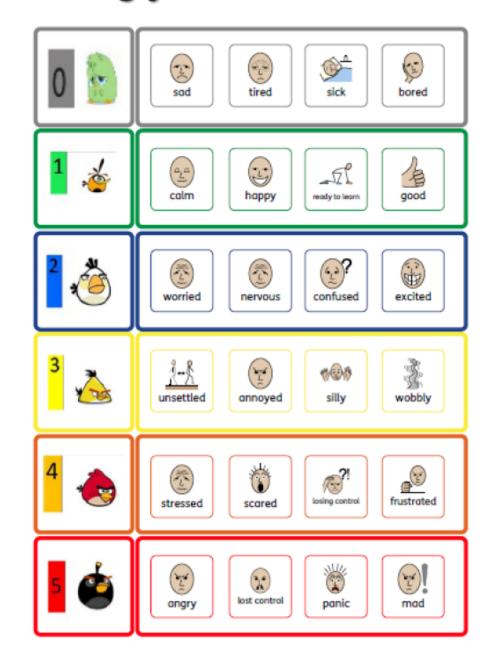
4. Tips to consider



5. Questions

### 1. Emotions check in

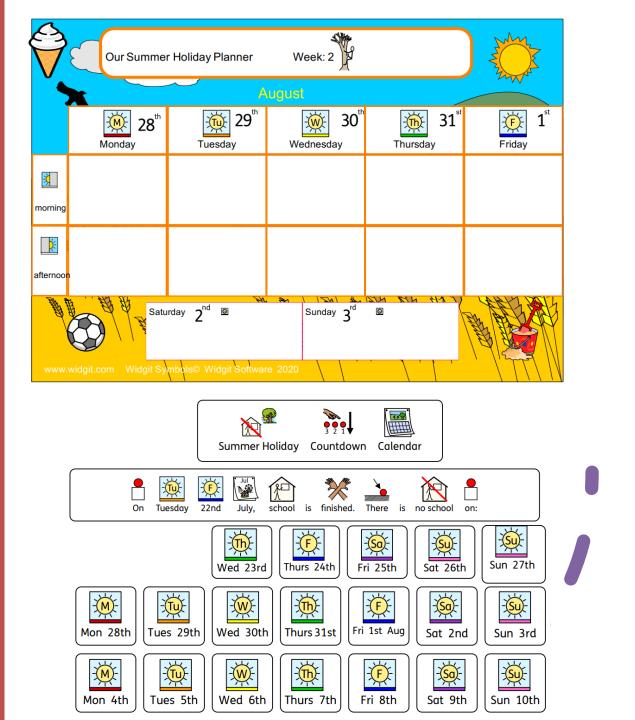
#### The Angry Birds Six Point Scale



# 2. What have you found useful so far?

- Not too early as starts to worry
- Or very early! Different for different children
- Written information about exactly what we are doing
- Verbal info
- Think about our own preparation

#### 3. Visuals



#### 3. Tips to consider

#### Preparation

- Use social stories, discussions, and calendars.
- Reduce uncertainty and increase predictability.
- Identify strategies and activities to navigate routine changes.
- Use maps and visit guides from public venues.
- Plan for quiet areas and breaks to avoid overwhelm.
- Have an exit strategy for overwhelming situations.

#### Consistency

- Consider recreating school routines during holidays.
- Keep meals and breaks at consistent times.
- Schedule any academic tasks during expected times.

### Explore Coping Strategies

- Mindful colouring,
- Breathing activities.
- Apps like Calm, Clear Fear, Combined Minds, What's Up, and Happify.
- Build in positive habits.

## Plan Sensory Regulating Activities

- Bring favoured sensory aids like fidget toys, weighted toys, or visual toys.
- Skipping ropes
- Build indoor forts or do wall pushes for proprioceptive input.
- Explore sensory play activities at home.

#### Resources

- Explore free activities in Hackney. https://www.hackney localoffer.co.uk/
- Short Breaks
- HIT Squad
- Visuals from SALT Team

