



*"I can do all things through him who gives me strength."* Philippians 4:13



Hello! My name is Miss Lees, and I am the Special Needs Coordinator (SENCo) at Barrowby Church of England Primary School. I have been in this role for about 5 years, and as part of this I write a termly Newsletter to keep parents of children on the SEN register 'in the loop' about all things SEND related. This newsletter will highlight support that is available in school, and workshops that may be taking place in the local area. For this week, I decided to focus on how to set routine at home, as all children thrive with routine, especially neurodivergent children. If you have any suggestions about what you would like to see in the newsletter please do let me know!

### SEND services in school:

Your child's class teacher is always the first port of call for any SEND queries you might have. If you need any further support following on from this, you are welcome to make an appointment with myself. I am incredibly happy to report that we had a 100% uptake on our first SEND review meetings— thank you for your support!

### Visual timetable

Every classroom in school has a visual timetable to support with routines and transition between subjects and activities. We find that these really help children to manage their anxieties by helping them know what to expect. As they are visual, they help to take the pressure off verbal language skills and gives the young person more time to process the information. These can also really help with the busy morning routines before school. Here are a set of printable and editable visual timetable cards to download: [Visual Timetable](#) You can use these at home, just stick them up in whatever order you need.

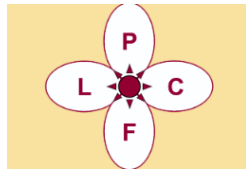
### Events for your calendar— all free!

**LPCF Time2talk virtual Meetings (for parents).** Monday 13th November 11.30am – 12.30pm.

*Need a listening ear? Got a little question you want to ask? Not clear about something or perhaps you just want to share your thoughts with someone with experience of parenting a children with a Disability or additional need?*

**Life Hacks for coping with change** Thursday 16th November 12 to 1pm Join in our virtual "Zoom" session where you will come away with practical hints and tips to make "change" that bit easier.

[Click here to book](#)



### Creating family rules

Children thrive when they know what the boundaries are. When laying out boundaries, you could create some 'Family Rules' together. When you are doing this try to:

- Be as specific as possible.
- Focus on specific behaviours. Avoid vague rules like "be good."
- Start with one or two rules and add new rules as needed. A large number of rules will be difficult to follow and enforce.
- Rules should be realistic and fit your child's age and development.

Here are some examples of family rules and an editable version:

[Family Rules.](#)

### Reward chart

In school we use House Points, commendations and whole class behaviour displays as rewards. At home, sometimes children can struggle with the lack of reward to do things they find tricky. Creating a reward chart with your child can help make those 'trigger point' tasks a less stressful experience for you both. For example, if brushing teeth is a trigger point, create a reward chart focusing on cleaning teeth independently without 'meltdown'. This could be a sticker chart or a tick chart, something that allows the child to take ownership of this. Here is just one example:

*"When a flower doesn't bloom, you fix the environment in which it grows, not the flower."*  
Alexander Den Heijer