

KESTON PRIMARY SCHOOL SEND NEWSLETTER SPRING 2024



PACE
Academy Trust

Partnership, Achievement, Community & Excellence



SEND at Keston

At Keston Primary School, we are committed to giving all our children every opportunity to achieve the highest of standards. We do this by taking account of pupils' varied life experiences and needs. We work closely with parents/carers to achieve the best possible outcomes for all children. The achievement, attitude and well-being of every child matters, and inclusion is the responsibility of every person within the school community.

Key Dates:

- 17th February - Random acts of kindness day
- 1st March - World wheelchair day.
- 18th - 24th March - Neurodiversity celebration week.
- 3rd March - World Hearing day.
- 26th March - Epilepsy awareness day.

How to contact us:

The class teacher is always the first point of contact.

However, if you would like to contact either

Mrs Stevens

Miss Clarkson - Trainee

SENDCo

please email:

send@keston.croydon.sch.uk



At Keston, we follow the Graduated Approach which refers to the system of SEND support within mainstream settings.

It is the system by which we assess the needs of your child and then provide appropriate support. The system follows four stages referred to as a 'cycle':

Assess, Plan, Do, Review.

The discussions around your child's additional support plans happen termly with the class teacher.

Review

Teachers continually review pupil progress and how effective the support has been.

Do

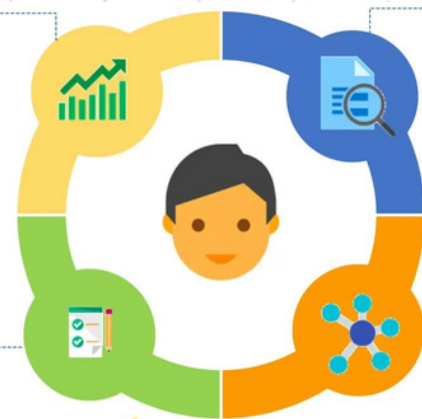
Implement the support and gain a greater understanding of how the pupil learns.

Assess

Identify pupil strengths and needs to inform effective planning and appropriate provision.

Plan

Use assessment information and views to plan teaching approaches.



Pupil and School Support



Are you a parent, carer or guardian living in the borough of Croydon and struggling with your or your young person's mental health?



Help Is At Hand (HIAH) is here to support you.

HIAH is a phone based service that offers immediate crisis support for parents, carers and guardians without having to leave their homes. Our experienced team will assist with the immediate mental wellbeing of any parent or carer and provide a focus, to better understand how they can manage themselves, their young person or their child.

Our phone lines are open from 12pm to 6pm, Monday to Friday

07592 037 823

Alternatively you can contact us via email on: outreach@croydondropin.org.uk

You Talk, We Listen

Supporting children, young people and families 1978 - 2023 Information, Advocacy, Counselling, Outreach and Health Support in Communities & Schools

Tel: 020 8680 0404

www.croydondropin.org.uk

Guarantee Registration Number 3092355 Registered Charity Number 1049307 Registered Office, 132 Church Street, Croydon, CR0 1RF

40 Quick and Easy SENSORY BREAK IDEAS

- Jumping Jacks
- Jumping on a mini or large outdoor trampoline
- Heavy work activities
- Crawling through tunnels or under objects
- Wall or chair Pushes
- Animal Crawls (can you crawl like a bear? crab? frogs? seals?)
- Ball Pass
- Ball Pits
- Reading in a bean bag chair
- Biking
- Climbing trees or on a jungle gym
- Use fidget toys
- Chewing toys or tools such a Chewable Jewelry
- Crashing mat
- Play with a parachute
- Popcorn jumps
- Wheelbarrow walking
- Obstacle course
- Passing weighted balls back and forth
- Scooter board activities
- Resistance bands
- Bouncing on a therapy or exercise ball
- Listening to upbeat OR calming music
- Swinging
- Going outside for a walk or hike
- Jumping jacks
- Skipping
- Running
- Bean bag squeezes
- Drinking water through a water bottle with a Bite Valve
- Chewing gum (all natural chewing gum option)
- Using a weighted blanket or vest
- Lifting light weights
- Yoga moves
- Swimming
- Tummy Time
- Headphones to block out unnecessary noise
- Roller blade or skating
- Visit the playground

Please click the links below to
view some useful websites:

[Young minds](#)

[National Autistic Society](#)

[Mencap](#)

[Croydon SENDIASS](#)

[Dyslexia Association](#)