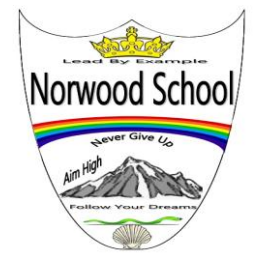


Norwood Primary School

SEND NEWSLETTER

Summer - 2025

SENCo — Mrs J Cockerill



Welcome to the Summer Newsletter.

I can't believe we're nearly at the end of another school year.

I know the children can get anxious about change and so we will do as much as we can to reduce their anxieties around starting in their new year groups.

All children experience sessions in their new classrooms with their current adults first to get familiar with their surroundings before meeting their new adults on 'Move Up Day'.

We are reviewing all of the One Page Profiles/ Pupil Passports to check that the information passed onto new class teachers is up to date. It will be great to have parents/carers and children's input on these during the SEND meetings next week.

If your child shares any worries that we can support with regarding their transition to a new year group or even a new school for our Year 6 pupils, please let me know through the usual channels.

Jane Cockerill



NESSIE

Helping Children & Young People Thrive

Nessie supports the positive mental health of children and young people.



More information can be found [here](#)
Parents and Carers Support can be found [here](#)
Resource, including transitioning to a new school can be found [here](#)



Preparing for Change.

The National Autistic Society offers support, guidance and advice. Click on the links below for more information. <https://www.autism.org.uk/>

😊 **Plan visits.** Transition days are a great way to get comfortable at a new school, which can help lower anxiety levels. [Starting a new school](#)

😊 **Managing Anxiety.** It is ok to feel anxious when dealing with change, and a challenging situation. Click on the link to how to support your child with this. [Mental Health - Anxiety](#)

The "333 rule" for anxiety is a grounding technique that helps calm the mind by shifting focus to the present moment through observing three things you can see, three sounds you can hear, and moving three parts of your body.

The Steps:



See. Name 3 things you can see around you



Hear. Name 3 sounds you can hear.



Move. Move 3 parts of your body.

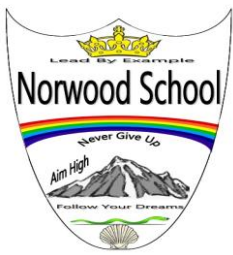
Mindfulness. By actively engaging your senses and focusing on your immediate surroundings, you redirect your attention away from anxious thoughts and feelings and towards the present and regain a sense of calm.

Information Hub



Information Hub (which used to be called the Local Offer) is a rich source of information for parent carers and children and young people with SEND. It has information on a wide range of useful topics.

www.peterborough.gov.uk/localoffer

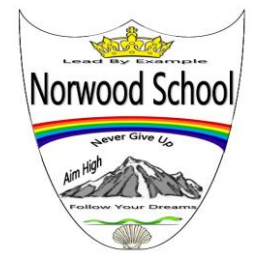


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Useful websites

Cambridgeshire & Peterborough C&YP Mental Health

KeepYourHead

Keep Your Head – Keep your head signposts you to important online information and local services on mental health and wellbeing for children and young people. <https://www.keep-your-head.com/cyp>

YOUNGMINDS

Young Mind - Young Minds website contains a wealth of support for a range of mental health conditions. <https://www.youngminds.org.uk/>
Supporting your child with anxiety.
[Young Minds - Anxiety](#)



Contact Details

Phone: 0333 4141809

Text/Whatsapp: 07514 783745

Lines open Monday to Friday 12 - 5pm.

Email: hello@centre33.org.uk

Phone, text and WhatsApp lines are open between Monday to Friday, 12 - 5pm.

To find support materials click the links below.

<https://centre33.org.uk/help/anxiety/>

<https://centre33.org.uk/help/wellbeing-toolkit/>

Address: 4, Cumbergate, Peterborough PE1 1YR

Drop-in opening times are:

Monday and Wednesday, 12 - 5pm.

shout

85258

Shout is a free, confidential, 24/7 text support service for anyone in the UK who is struggling to cope. To start a conversation, text the word 'Shout' to 85258.

kooth

<https://www.kooth.com/>

Kooth is a free, safe, and anonymous online platform where young people can access mental health support whenever they need it. Delivered in partnership with the NHS, Kooth is available to anyone between the ages of 10-18.

Free Inclusive Football Sessions in Peterborough for ages 9-16.



Hunts FA Inclusive Football Sessions in Partnership with Peterborough District Football League are thrilled to announce that they have been able to extend the sessions up until 15th July 2025.

These sessions provide an opportunity for children and young people aged 9–16 with disabilities and additional needs to experience football while improving ball skills, game understanding, and overall well-being. For more information or book a place contact Gary.Marheineke@huntsfa.com



Family Hubs are a partnership of local services for children and families all working together to make sure that every child is Safe, Confident, Resilient and Ready to learn. A Family Hub is a designated welcoming, safe and secure space, open for every family to receive the support they need, when they need it. Click the link below for more information. [Peterborough family-hubs](#)

Contact details:

Mrs Jane Cockerill. SEND Co-ordinator (SENCo),

Email: senadmin@norwoodschool.co.uk

Phone: 01733 574717 to leave a message

Last day of Summer Term Wednesday 23rd July



Teacher Training Days (school closed to pupils) –
Monday 1st and Tuesday 2nd September

First Day of Autumn Term
Wednesday 3rd September 2025