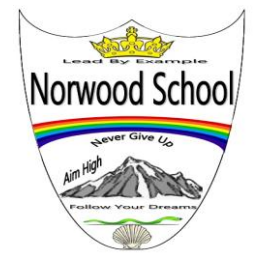


Norwood Primary School

SEND NEWSLETTER

Autumn- 2025

SENCo — Mrs J Cockerill



Welcome to the Autumn Newsletter.

At Norwood, we recognise that whilst Christmas is a lovely time of year, it can also be overwhelming in lots of ways.

Within this newsletter are some suggestions to help your child through this time of year.

Thank you for all of your support again this term.

The children continue to amaze us with their progress in all sorts of ways from their development in communication and social skills to more academic achievements.

All of their achievements, no matter how big or small, make us all so proud.

Wishing you a wonderful Christmas and Happy New Year. Jane Cockerill



Supporting a Child who finds Christmas Overwhelming.



Christmas can be hard for a child if they struggle with crowds, noises and changes in routine.

Decorations. Add Christmas decorations slowly so the change isn't too big, and if possible have them help. Maybe have a decoration-free area to provide a calming space.

Crackers. Warn your child in advance about the noise and items that fall out or make your own without snaps. Let your child help you.

Talk about what is going to happen. Share with your child on what they can expect from each part of the day, such as visiting relatives or crowds.

Sensory Friendly Events. Some theatres, cinemas and event hosts will schedule particular times to accommodate sensory and autism needs. These may be quieter with lower lighting and less busy.

Quiet Time. Build in some quiet time and a way to escape if they are overwhelmed or need a quiet space where they feel safe.

Reassurance. It's okay to wear or use items that help them feel settled. It's far better to wear their favourite top and ear defenders than feel pressured into wearing a scratchy Christmas jumper to 'fit in'.



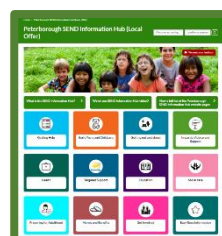
Peterborough Community Children's Occupational Therapy (OT).

The team are offering a weekly advice line for parents/carers for those children and young people (0-18 years old) who are currently not known or open to the service, who may require a referral or support with signposting to universal offers or other services. Click link below for more information.

<https://www.cpft.nhs.uk/occupational-therapy-children>

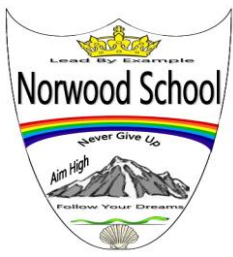
The 10 minutes advice line slot can be booked by emailing cpm-tr.childrensotcpft@nhs.net

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

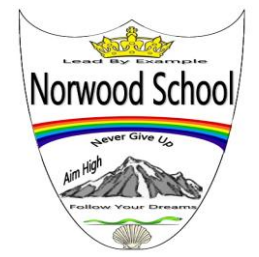


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Peterborough and Cambridgeshire Special Educational Needs and Disabilities Information, Advice and Support Service.

(SENDIASS) provides information, advice and support to parents, children and young people regarding Special Educational Needs and Disabilities (SEND).

SENDIASS can offer:

Impartial advice and information about Special Educational Needs and Disabilities.

*Advice and support for parents, children and young people navigating the Special Educational Needs processes.

*Advice and support for parents and young people to work collaboratively with schools, education, health and children's services, and other professionals.

*Inform and signpost parents and young people to other available support services and organisations.

*Advice and support for parents and young people in resolving disagreements – support through mediations and tribunals.

Contact: 0300 365 1020 or Email SENDIASS@peterborough.gov.uk

Links you may find useful

National Autistic Society- Information, strategies and tips for coping with sensory differences can be found on the link below.

<https://www.autism.org.uk/advice-and-guidance/topics/about-autism/sensory-processing>

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>

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

Young Mind - Young Minds website contains a wealth of support for a range of mental health conditions <https://www.youngminds.org.uk/>



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](https://www.peterborough.gov.uk/family-hubs)

Children's Speech and Language Therapy Team Resources

Speech and Language Therapy Toolkit

The children's Speech and Language Therapy Team have lots of resources, activity ideas and leaflets to support your child's speech, language and communication skills on their online toolkit. Click on link below, <https://www.cpft.nhs.uk/speech-and-language-therapy-toolkit/>

Toolkit includes information on:

- Common Queries
- Early Language
- Late Talkers
- Language
- Speech Sounds
- Stammering

Contact details:

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

Email: senadmin@norwoodschool.co.uk

Phone: 01733 574717 to leave a message

Last day of Autumn Term is Friday 19th December



Monday 5th January 2026

Teacher Training Day (school closed to pupils)

Spring Term starts – Tuesday 6th January 2026