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The Easter Break

Survival & Sunshine (Hopefully) : Navigating the School Holidays



The final bell is about to ring, and for many parents/carers in the SEN (Special Educational Needs) community, that sound brings a mix of love and... let's be honest, a little bit of "how are we going to do this?" Routine is our safety net, and the holidays tend to pull that net right out from under us.

Here are some strategies recommended by Rotherham (SEND Local Offer)

Key Strategies for Holiday Support:

- Visual Timetables and Social Stories: Use visual aids (photos/pictures) to outline the day or week, which increases predictability and reduces anxiety. Create "Social Stories" to explain what to expect during new experiences, such as a trip to the beach or a family gathering.
- Establish a "Sensory Toolbox": Create a kit of items to help your child manage stress and regulation, including noise-canceling headphones, fidget spinners, and weighted toys.
- Maintain Routines: While holidays are for relaxing, maintaining familiar routines—particularly for wake-up times, mealtimes, and bedtimes—can help keep stress levels manageable.
- Prepare for Outings: Choose less crowded venues, such as local libraries, and check for "quiet areas" in public settings.
- Encourage Special Interests: Involve your child in activities related to their special interests to provide engagement, joy, and a sense of accomplishment.



TRANSITIONS

When we return after the Easter holidays, we will be beginning our transition support for our most vulnerable children. The Senior Leaders in school will be looking at which children may require additional support. Transitions whether they are between Year Groups, Key Stages or Schools can be a stressful time for children as they get used to new routines, new adults, new friends and new surroundings. This is the case for all children and, for children with additional needs, the changes can be even more unsettling. As a parent or carer you can help! Starting conversations with your child and finding out how they feel about the transition is a great start. Asking them what they are looking forward to, what they will miss about their old school and class. Thinking about what they enjoy doing and what they find difficult. These are all ways of helping your child get ready and make the best possible transition. Below are some different resources that you might like to use if you want further guidance on supporting your child. If you have concerns about the changes coming please don't hesitate to get in touch with the school.

[Young Minds](#)

[Parent Talk](#)

[Autism.co.uk](#)

[Young Minds - Transitions](#)

Rotherham's Local Offer

Rotherham's Local Offer website is available to help parents and carers find support for children and young people with Special Educational Needs and Disabilities (SEND).

All families need extra support from time-to-time. Whether this support is from relatives, friends, community groups, schools, children's centres, leisure centres, doctor's surgeries or specialist groups, any additional help can make a valuable contribution and difference to the lives of people who need them. Knowing what is out there gives you more choice and more control over what support is right for your child.



Please find the link below:

[Rotherham Local Offer](#)

Note from the SENDCo

Thank you to all the parents/carers who attended the dedicated SEN PLP review appointments. It is great to be able to offer parents/carers the opportunity to discuss their child's progress, targets and any concerns they may have. I just wanted to personally remind you of my availability for SEN support. As many of you are aware, as well as my role as SENDCo, I am also part of the Y3 teaching team and responsible for the class 3B. Although I have dedicated release time for SEND, this role is extremely demanding and is consumed with supporting children in school first and foremost, liaising with external agencies and professionals to obtain the highest level of support for our children and making referrals to agencies. As SENDCo, I have a dedicated email address which parents/carers can email me on anytime and I am to respond within 3-5 working days. If you have an urgent matter or message, you can speak to your child's class teacher, email info@rosehill.org.uk or contact the school office. If you wish to meet with me or any member of the inclusion team, again, please email and we will get back to you to arrange a meeting. A polite request is that if you are unable to attend a booked meeting please could you contact the school office or send an email so that time can be allocated to supporting the children.

Regarding referrals and waiting times. Once a referral has been made, the external professionals will contact parents/carers first. No update will be provided to school until parents/carers have been informed. For example, once a child has been accepted onto the CAMHs pathway, the school would not be provided with any additional information from CAMHs. Parents/carers would first be contacted to discuss the child once they reach assessment stage (current wait time is 3 years). Only then, would school be informed. If parents/carers wish for an update, it is their responsibility to contact CAMHs and obtain this information. A list of contact numbers and details can be found on the school website on the dedicated SEN page.

My email address is: send@rjsch.uk

My telephone number is: 01709710574

I wish all our parents and carers a Happy Easter and we look forward to seeing the children on their return to school, rested and refreshed, ready for the final term of this academic year.

Miss Brown