



SEND Newsletter

Autumn 2 2025 - Christmas Special



He always knew he was
a little different, but
he let his light shine
regardless of what
others said.



Be more like:
RUDOLPH!

Christmas is just around the corner, and although it's a magical time, we know it can also bring challenges for many children, but particularly those with SEND. This period can bring increased sensory input, changes to routine, decorations changing rooms they know well, and increased social expectations. Please be reassured that we're very mindful of this in school. We keep a close eye on how pupils are coping and do our best to support them through the changes and the festive buzz.

In this newsletter you'll find ideas, activities and resources that might be helpful over the festive period, along with some gift suggestions to support with specific needs. If you have anything that works well for your family, I'd love to hear from you so we can share it with our SEND parent community. And as always, if you need support, drop me an email. I am always happy to help.

If I don't see you before the end of term, I hope you're able to enjoy aspects of the Christmas break, and I look forward to seeing you in 2026!

Warmest wishes, Miss B

SEND-Friendly Christmas Activities

Many local venues offer SEND-friendly or adapted Christmas events with reduced sensory input and smaller groups, though these can book up quickly. I've listed as many as I could find below, and please do share any others that have worked well for your family so I can email them out to our community.

Some parents have also said that organised events like grottos can feel overwhelming, but a calm, beautifully decorated shop can offer a magical experience without the social pressures. **Cook's Garden Centre in Stourport** is a lovely example—full of festive displays, easy to move through at your own pace, and with no pressure to take part in activities. Hartlebury Common is just across the road too, offering a peaceful outdoor space if you need a regulating walk afterwards.

Local events:

- Breakfast with Santa at **Churchfields Farm, Droitwich** – Quiet Session, 14th Dec, 8:30am
- Worcester Christmas Tree Festival, **Worcester Cathedral** – generally quiet, free walk-around; relaxed sessions on 13th, 20th, 22nd & 23rd Dec
- **Little Owl Farm Park**, Dunhampton – SEN Grotto sessions
- **Malvern Theatre Pantomime** *Jack and the Beanstalk* – relaxed performances: 17th & 21st Dec, 2nd Jan
- **Swan Theatre Worcester Pantomime** *Sleeping Beauty* – Relaxed, Audio Described & BSL: 9th Dec, 13th Dec, 2nd Jan
- The Chronicles of Christmas at **Attwell Farm Park, Redditch** – sensory guides, quiet room, inclusive play, and pre-visit familiarisation support on request
- **Malvern Winter Glow** – fully wheelchair-friendly; Sensory-Friendly Light Trail on 19th Dec
- **Severn Valley Railway** – Relaxed Santa Steam Train: 7th, 14th & 21st Dec
- **Telford Steam Railway** – SEND-adapted tickets included in ticket price
- **Green Tree Adventures**, Whitbourne – a range of Christmas events with staff experienced in supporting children with SEND

A few reminders...

SEND Coffee Morning

Thursday 11th Dec 8:30-10:00AM. Come and hear a presentation from the School Nursing Team, meet each other and enjoy some cake!

SEND Champions

In our last newsletter, I shared the opportunity to become a SEND Champion and work with me to develop our SEND approach in school. I will ensure that the commitment is manageable and am happy to answer any questions you have.

SEND Parent Survey

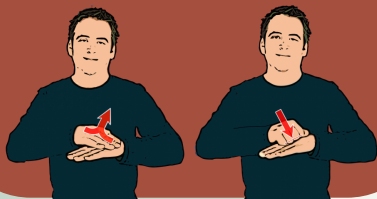
Here is the link to this year's SEND Parent survey. I really do value your views and want to thank those of you who have already filled this in:

Click [here](#) for the survey



Learn some Christmas words in British Sign Language:

[Click here](#)



Christmas Craft is great for developing fine motor skills:



Get moving this Christmas!



Activities to develop physical skills, burn off energy and support regulation

[Christmas Dance](#)
[Christmas Yoga](#)
[Christmas Workout](#)



Speech and Language Games and Activities

[Click here](#)



**Christmas meltdown?
Feeling overwhelmed? Need to regulate?**

Try this snowflake-themed mindfulness activity to bring things back down.

[Click here](#)



A Christmas Social Story that you can download, edit and share with your child before the festivities begin:

[Click here](#)

Christmas Present Ideas

Below are some gift ideas that can support children with needs across a range of areas

<i>Neurodivergence (e.g. Autism, ADHD, OCD)</i>	<i>Speech and Language and Cognitive</i>	<i>Physical Skills</i>	<i>Emotional Development</i>
- Sensory/fidget toys - Sensory play kits or messy play e.g. kinetic sand, slime, putty - Weighted toys or blankets - Musical instrument - Movement/vestibular toys e.g. a balance board, wobble toys, swings - Story books with autistic characters - Gifts linked to any special interests - Gifts with lights e.g. star projector, colour changing lamps	- Picture books to talk about - Stories that rhyme - Rhyming pairs games - Board games - Word games (e.g. Yes/No, What's Up? Don't Say It! Guess Who? 5 Second Rule) - Memory Games - Turn-taking games - Alphablocks /Number blocks resources (if your child is accessing phonics/early Maths support)	- Christmas craft kits - Sewing kit - Colouring - Bop-it - Garden games - Science kit such as slime - Balance board - Balance bike - Construction games e.g. blocks, Lego, gem kits, k-Nex - A Skipping Rope - Seek and Find books for visual tracking e.g. Where's Wally? - Jigsaws - Fine motor games e.g. Kerplunk, Hanging Monkeys, Jenga	- Sensory toys - Weighted blankets/toys - Stress toys that can be squeezed - Things that smell nice e.g. lavender bags - Emotion journals - Mindfulness books/activity cards - Affirmation cards - Picture books about emotions e.g. Tom Percival books, The Colour Monster, The Unworry Book - Mindful activities e.g. craft, colouring, painting - Board games to support turn-taking frustrations

12 Tips for an autism-friendly Christmas

Christmas can be a magical time, but if someone in your family is on the spectrum, there's extra pressure to get it right. These simple pointers may help:

- 1 Have a designated place to relax and retreat, especially if you plan to have a houseful of guests. You could even label it as a 'quiet room'.
- 2 Be clear about when friends, family or neighbours may visit. Write up a schedule and stick it on the fridge or somewhere it is easily accessible.
- 3 Use advent calendars to your advantage – a countdown can be really beneficial to make people aware of upcoming events.
- 4 Some families opt for a one-day Christmas, when decorations and lights are put up and taken down in the same day.
- 5 Alternatively, how about decorating a designated 'Christmas room' to limit the impact of changes to other rooms in the house.
- 6 Look at the world through the eyes of your loved one – what aspects of Christmas do they enjoy? There are no rules – Christmas can be whatever works for you and your family.



www.autismtogether.co.uk

[f autismtogetheruk](#) [t autism_together](#)

CHRISTMAS REMINDERS (AUTISM EDITION)

- | | | | |
|---|---|---|---|
|  |  |  |  |
| You don't have to do what everyone else is doing | Take time out in a quiet space when needed | You are allowed to say no | Noise, lights, social stuff and change can be hard |
|  |  |  |  |
| It's okay to stick with your normal safe foods | Be kind to yourself | Good emotions can be overwhelming too | Routine and normality will return soon |

@ItsEmilyKaty

Sensory-Friendly Greetings

- | | | | | |
|---|--|---|---|---|
|  |  |  |  |  |
| Hug | Mitten handshake | High five | Wave hands like antlers | Fist bump |
|  |  |  |  |  |
| Elbow bump | Wave | Say Happy Holidays! | Air hug | Wink |

5 TIPS FOR A SMOOTHER HOLIDAY SEASON WITH ADHD

The holiday season can feel exciting for many, but for people with ADHD, it often brings overwhelm at Christmas. Changes in routines, busy schedules, and endless to-do lists can make this time of year especially challenging.

Set Boundaries

Say no to commitments that stretch your energy or time. Recognize your limits and let go of guilt. It's okay to prioritize what matters most to you.

Use a Calendar

Whether it's a physical planner or a scheduling app, writing down events and deadlines helps reduce mental clutter. Seeing everything in one place can make planning more manageable.

Stick to Routines

Maintain consistent sleep, exercise, and self-care habits to reduce fatigue and anxiety. Simple practices like deep breathing, journaling, or yoga can keep you grounded.

Simplify Traditions

Look for ways to reduce effort. Choose a reusable tree instead of a live one or host a potluck instead of cooking a full meal yourself.

Break Tasks Into Small Steps

Avoid tackling everything at once. Spread holiday tasks, like shopping or decorating, over several days. Use a checklist to track progress and celebrate small wins.

