



SEND Newsletter

Spring 2 2026



"Inclusion is not about everything being the same. It's about celebrating the different, and exploring unique ways to learn, work, and engage."

We are all different, which is great because we are all unique. Without diversity life would be very boring.

Hi everybody,

Another half term gone already... and what a busy term it has been! The children have experienced so many exciting things and so much success this term and we are all so proud of them. Swimming has been a particular highlight and all staff have been so impressed by how your children have managed the new routines and experiences of the swimming pool, taking to it like a duck to water (pun intended!).

It was lovely to welcome some of you at our most recent coffee morning, including some new faces. This was another lovely event. The SEND parent community at Clifton really is something special and the way you help and support each other really does have a magic about it!

As you know, this is my final newsletter as SENCo at Clifton as I am off to pastures new after the Easter holidays so I just wanted to take a little moment to thank you for the kind words I have received and for all of your care, involvement, openness and support as parents of children with SEND. The relationship and community we have built is something we should all be very proud of and I wish every single one of your children, and you, the very, very best for the future. This role has been such a wonderful, important and rewarding part of my career and I have learnt so much from working with you all. Mrs Wills, who is an experienced SENCo, will be taking on this role after Easter and is looking forward to continuing to work with you and your children.

Take care and best wishes,

Miss B

Worcestershire's SEND Parents/Carers Newsletter



Click [here](#) to access the local authority SEND parent newsletter. Following feedback from families, it is now being created using MailChimp to make it easier to access and navigate.

If you would like to sign up to receive this newsletter sent straight to you, you can do that [here](#).

SUPER SENDIASS! – Does your child need support managing transitions and change?

A reminder that SENDIASS have added a new FREE Parent workshop to the list of workshops they provide. This one focusses on supporting your child with transitions (big and small) as this is a very common area that parents across the county are reporting challenges with.

Details and booking information can be found [here](#).

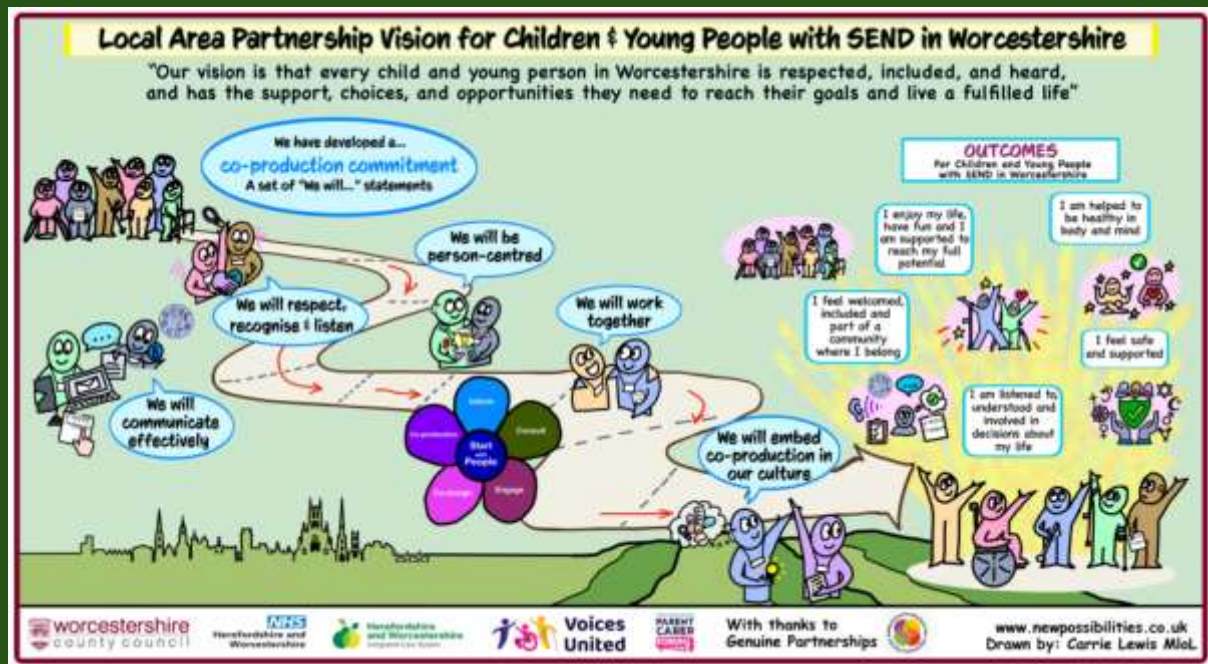
Parents who have attended these have given really positive feedback.



When we say 'outcomes for children with SEND,' what do we actually mean?

This term is used a lot, particularly if your child has, or you are applying for an EHCP but what does it actually mean and are children with SEND actually involved in deciding this?

Well, the Worcestershire Co-Production Team have been working hard to create a set of shared outcomes for young people with SEND, informed by direct conversations and work with young people and that will shape the services of the professionals supporting them. You can find information on the whole project and outcomes [here](#). They are also included on the right hand side of the poster below which the team have produced to outline their partnership vision for SEND across the county.



Easter Activity Ideas for Fine and Gross Motor Skills

- Easter baking – weighing, mixing, placing on the eggs
- Make an Easter sensory bin and fill in with things to touch, pick up and explore – shredding the paper to make it is a great fine motor activity too!
- Painting a hard-boiled egg – it takes care and concentration
- Be a chick – use tweezers or kitchen tongues as your beak – what can you pick up?
- Make a cross from twigs and tie it together – this is fiddly work! You could even make a whole Easter Garden from natural resources you find and build together



Got any more? Let us know via email and we will share them with everyone!

Does your child benefit from sensory input to help them regulate, spend their energy and calm throughout the day? Try these Easter-themed sensory circuits over the Easter break!

These circuits include the three important stages of a sensory circuit: alerting, organising and calming.

Monday

Hop on one leg.

1 Hop around the space quickly and then hop around slowly. Can you hop around like a chick?

2 Pretend to carry an egg on a spoon and walk around – don't drop the egg!

3 Crouch down as if you are a daffodil bulb. Slowly stretch your body upwards, like a growing daffodil. Stand on your tiptoes and stretch your arms above your head and grow as tall as you can. Repeat five times.



Tuesday

1 Crouch down like you are a chick in an egg and jump up as you hatch out of your egg.

2 Pretend you are an Easter chick – flap your arms like they're your wings and pretend to scrape the floor with your chicken feet.

3 Easter bunny breathing – take 3 quick sniffs in through the nose and one long exhale out through the nose. Repeat five times.



Wednesday

1 First jump around slowly, then jump around quickly like an Easter bunny jumping.

2 Throw hoops over and Easter bunny toy.

3 Curl yourself up like an egg and then hug yourself tight.



Thursday

1 Jump up and down, like a bouncy Easter bunny! How fast can you jump?

2 Roll into an Easter rabbit burrow. Lie on your back with your hands stretched above your head and your legs out straight. Turn onto your stomach and roll like a pencil. Can you roll into the opposite direction to another Easter rabbit burrow?

3 Yoga egg pose – how long can you lie still for?



Friday

1 Pretend you are stuck in a giant egg and you have to break your way out.

2 Throw and catch an Easter egg or bunny toy. Can you throw it high and can you throw it low? Now try using your other hand.

3 Lie down on your back and make a star shape. Pretend you're in a giant Easter egg. Stretch out your arms and legs all the way so your fingertips and your toes touch the edge of the egg.



**Saturday and Sunday
are down to you...**

**You could either repeat
your favourites or make
up your own!**

I came across this really useful list of regulation tools and ideas for older children, as so often the recommendations we receive suit younger learners. I apologise for the fact that it is a bit blurry but it was too good not to share! There are some lovely ideas on here that you might not have thought of.
Happy Calming!

CALM DOWN TOOLS FOR OLDER KIDS

www.andnextcomesL.com

Items that give kids a brain break

- Puzzles
- Chapter books to read
- Blank notebook/journal and writing utensils
- Coloring books
- Scratch art doodle pad
- Activity books
- Brain Quest cards
- Doodle books
- Mad Libs
- One player travel sized games

Items for auditory sensory support

- Noise cancelling headphones
- MP3 player with music, nature sounds, audiobooks, etc.
- Sound machine

Items for oral motor sensory support

- Chewing gum, hard candies, or lollipops
- Snacks with a variety of textures
- Chew necklace

Items to support breathing & relaxation

- Book of yoga poses or yoga activity cards
- Rescue Remedy Spray

Items that provide proprioceptive support

- Punching bag or bop bag
- Mini massager
- Weighted lap cushion
- Hand weights
- Resistance/exercise bands
- Compression clothing
- Heated blanket
- Weighted blanket
- Skipping rope

Items to squeeze, fidget with, or keep hands busy

- LEGO kits
- Stress balls
- Rubik's Cube
- Wooden or metal logic puzzles
- Craft kits
- Cat's cradle

Items to visually calm

- Kaleidoscope
- Eye mask
- Look & find books
- Lava lamp

Items for olfactory sensory support

- Calming essential oil spray
- Scented lotion