

## Need help?

Here are some home help tips to try to tame any tears...



We understand that the current COVID-19 situation is still presenting many challenges to our daily life. During this time, it's important that you support and take care of your own and your family's physical and mental health.



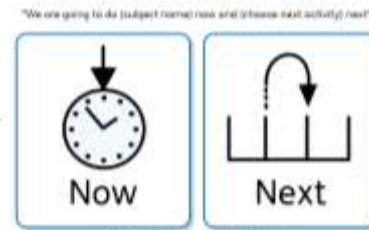
♥ We understand negative behaviour can pop up so we wanted to share how we manage things in school. Here are some of School's top tips and resources to try:

### 1. Timetables - to help keep us on track with our routines.



### 2. Now and next talk -

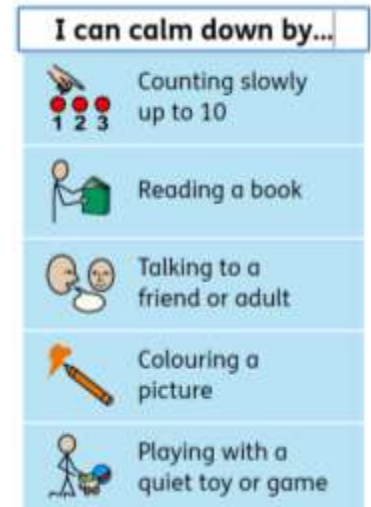
It is helpful to make learning times short and sweet throughout the day, we break it into small manageable chunks



3. Praise and Rewards – talk to your child and tell them how well they have done, ask them how they feel and talk about a shared time that they can have with you as a reward.



4. Calm down techniques – Timeout area/ quiet space and support your child to use some of these strategies.









♥ Please see further along this newsletter for the larger versions.





## Signposts to additional support
























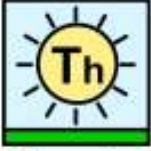









-  **Dudley Learning Support Service** – This service give advice, support or resource suggestions for children with SEN/Learning needs during the current COVID 19 situation.  
Contact them between 9am – 4pm weekdays only on: 01384 813733/ 812093 or [Lssenquiries@dudley.gov.uk](mailto:Lssenquiries@dudley.gov.uk) 
-  **Educational Psychology and Counselling Service Guidance Link:**  
<https://careandshare.uk/resources-for-parents-dudley-educational-psychology-counselling/>
-  **Child Line Toolbox of calming activities to support mental health:**  
<https://www.childline.org.uk/toolbox/>
-  **Resources and tips from the National Autistic Society:**  
<https://www.autism.org.uk/services/helpline/coronavirus.aspx>
-  **NHS tips for looking after your Mental Health Link:**  
<https://www.nhs.uk/oneyou/every-mind-matters/>



# Resources you may find useful while home learning continues



1. Weekly Timetable example, use this if it helps

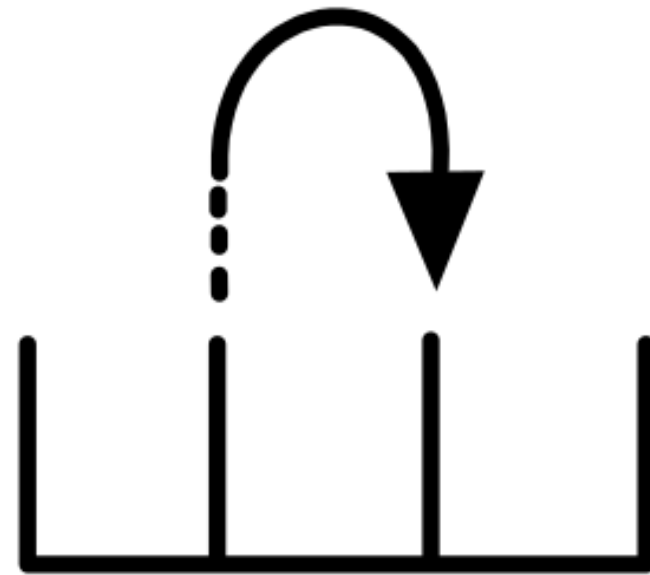
Symbol								
Text	9:00	10:00	10:30	11:30	12:30	1:30	2:00	3:15
 Monday	Symbol Text	 Break	Symbol Text	 Lunch	Symbol Text	 Break	Symbol Text	 Home
 Tuesday	Symbol Text	 Break	Symbol Text	 Lunch	Symbol Text	 Break	Symbol Text	 Home
 Wednesday	Symbol Text	 Break	Symbol Text	 Lunch	Symbol Text	 Break	Symbol Text	 Home
 Thursday	Symbol Text	 Break	Symbol Text	 Lunch	Symbol Text	 Break	Symbol Text	 Home
 Friday	Symbol Text	 Break	Symbol Text	 Lunch	Symbol Text	 Break	Symbol Text	 Home

2. Now and Next talking board:

"We are going to do (subject name) now and (choose next activity) next"



Now



Next

Use this to help chunk your child's learning into manageable steps.



3. Praise and Reward Choosing board:

Which reward will you choose?



baking



lego



games



colouring



outside



sharing a  
story

Some ideas of possible rewards you can share together after a learning activity.

4. Calm down techniques board:

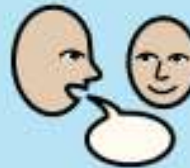
## I can calm down by...



Counting slowly  
up to 10



Reading a book



Talking to a  
friend or adult



Colouring a  
picture



Playing with a  
quiet toy or game