



Kings Meadow SEND News



Autumn 1 2025

Dates and Events

Women's Group - Mindfulness and Relaxation Techniques

**WOMEN
&
AUTISM/ADHD,
MASKING,
FOLLOWED BY:
MINDFULNESS,
RELAXATION,
TECHNIQUES**

**NETHERTON,
FAMILY HUB,
L30 5QH,
12:30PM-
2:30PM**

**THURSDAY,
6TH NOVEMBER**

**2025
NOT
TO BE MISSED!!**

Book your space
07378884813
Lifesforlivingsefton@yahoo.com
Facebook: Lifes for Living
Instagram: Lifes_forlivingsefton

Netherton Family Hub,
Magdalen Square, L30 5QH

Thursday 6th November
2025

12:30pm - 2:30pm

Book your space -
07378884813



Welcome to Kings Meadow Primary SEND newsletter!



**Miss Karen O'Brien
SENDCo/Deputy Headteacher**

As Kings Meadow Primary School Special Educational Needs and Disability Coordinator (SENDCo), I am here to offer support and advice regarding additional needs or SEND support for your child.

As a school, we value the engagement of our parents, so please do not hesitate to get in touch via our school office if you have any questions, or would like a paper version of this newsletter.

Alternatively, you may find further information about our SEND provision on the school website:

<https://www.kingsmeadowprimary.co.uk/send-information/>

Spotlight on Intervention:

Memory Fix



'Memory Fix' intervention offers children tactile and visual ways to explore and enhance their memory. It helps children improve their performance in class, attainment, attention and self-esteem.

Currently at Kings Meadow, children from Y2-Y4 are accessing this intervention.

Sefton's Local Offer

**SPECIAL EDUCATIONAL
NEEDS & DISABILITIES (SEND)**

Sefton's Local Offer is a website where you can find everything you need to know for children and young people aged 0-25 years with Special Educational Needs & Disabilities (SEND) whether it be their rights as a citizen or access to education, employment or health to name a few.

You can access Sefton's Local Offer website at your local library.

To assist with website accessibility please use the Accessible software at the top left of the website page.

www.seftondirectory.co.uk/localoffer

The SEND Local Offer for Sefton provides local information for families with a child with a special educational need or disability. Within the online resource you can find useful links to support groups, activities, clubs, benefits, information, advice and guidance. There are lots to support parents and carers of a child with SEND. Do have a look at this link to see more information;

<https://www.seftondirectory.com/kb5/sefton/directory/localoffer.page?localofferchannel=0>



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SEND in Focus

Working memory is a mental notepad that helps children hold and use information briefly to focus, follow instructions, and connect ideas. It involves remembering what they hear or see and staying on task. Difficulties with working memory can affect learning and attention.

What Are the Signs of Working Memory Difficulties?

You may have noticed signs of working memory difficulties at home or your child's class teacher may have identified some barriers to learning. Your child may need extra support with:



Retaining information (for example, when reading a book they are unable to tell you what just happened).

Following instructions, especially without missing steps.

Starting tasks.

Maintaining focus on a task.



Tackling multi-step problems.

Applying past learning to current situations.

Multitasking.

Following routines.



Planning and organising.

Time management.

Children who need support with these processes may find that their self-esteem is affected or may appear to be lacking in attention or easily distracted.

What Can Affect Working Memory?

Everyday issues such as tiredness, mood and distractions all affect working memory.

However, neurodivergent children and those with specific learning needs (such as those listed below) often find it more difficult to utilise their working memory effectively.



Dyslexia

Dyscalculia

ADHD

Autism

Auditory processing difficulties

Speech and language difficulties

Genetic disorders

Childhood trauma





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How can I support my child with Working Memory Difficulties?

Visual Cues and Reminders

To decrease the amount of information your child is having to keep in mind, it would be useful to:

- Display a VISUAL TIMETABLE or NOW/NEXT board
- Have all materials set up and easily accessible, e.g., pencil, ruler, etc.
- Key vocabulary and Instructions set up at eye level

Break It Down

Children who need support developing their working memory may find it easier to tackle a task when they are broken down into smaller chunks. Allow your child to complete an instruction one step at a time. A child with working memory difficulties may do one step, and forget the rest of the task!

Repeat, Repeat, Repeat!

Children are more likely to be able to recall a routine if it is repeated consistently. You could try:

- Repeating routines at the same time each day
- Asking your child to repeat instructions or information back to you
- Asking your child to visualise what they are going to do first.

Games to Improve Working memory

1. **Simon Says** - Follow spoken instructions to boost listening and memory.
2. **Memory Card Game** - Match pairs by remembering card positions.
3. **"I Went to the Market"** - Build and recall a growing list of items.
4. **Pattern Copying** - Repeat and add to clapping or movement patterns.
5. **Story Chain** - Take turns adding to a story while recalling previous parts.

Help Your Child to Help Themselves

One of the most powerful tools you can give your child is the ability to help themselves. You can encourage and support your child to trial and error a variety of ways to manage their working memory difficulties until they find something that works for them. You could:

- Go shopping for a nice notepad and pen so they can jot down information they need to remember
- Show your child how to use visual aids correctly
- Model strategies for dealing with anxiety around forgetfulness
- Work with your child to find a way of organising their belongings that makes sense to them





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Memory Games

Below are just a few activities that will help to enhance children's memory and recall:

- Kim's Game

A selection of objects, numbers or words are displayed before the objects are covered up and children are asked which item has been removed. This can continue indefinitely with different combinations of objects.

- Number and Letter Sequences

You could try typing a short number sequence and gradually building this up digit by digit. Give children a minute to review it before removing it all together. The children can then attempt to recall as much of the sequence as they can, before the process is repeated with letters.

- Memory Games

There are lots of children's games that involve utilising memory to win. Often these games will begin with a location, a situation and items required. For example, the first person could say "I went to the moon for a year and I took with me a star-catcher". The next person would need to repeat the sentence, including the first person's item, and then add their own to start a list.

As the game goes on, each participant needs to recall the full list and add their own, and if they can't they will be out of that round. The theme can vary from space to beaches, school to a fun fair, and the basic task of thinking of relevant items and recalling those already mentioned is a great and simple way to develop your child's memory skills.

- The Concentration Game

Concentration is another name for Memory. Concentration is also called by other names, such as Match, Match, or Pairs. Cards are laid face down on a surface and two cards are flipped face up for each turn. The object of the game is to turn over pairs of matching cards. If a player succeeds in matching a pair, they have another turn and continue until they fail to match two cards. The object of the game is to find the most matches.

Concentration is played by one or with any number of people. It is an especially good game for young children. However, adults find it challenging and stimulating as well.

- The Category Game

For this easy memory game suitable for all ages, participants are required to list words that fit into a particular category. For example:

- List all the colours that you know in one minute, in two minutes.
- List all the words that you know that mean small (tiny, little, petite, miniature, micro, elfin).
- List all the breeds of dogs you know.
- List all the words that you know that mean red (scarlet, auburn, crimson, brick, lipstick, cherry).