



Kings Meadow SEND News



Summer 2025

Dates and Events

ADDvanced Solutions



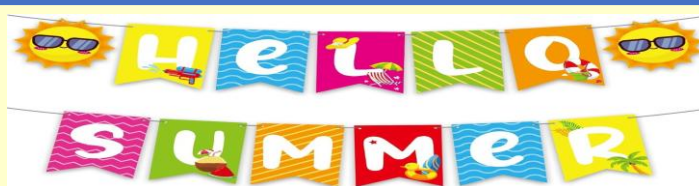
Monday 4th August
9.30am - 11am (online)
**Understanding and
Supporting behaviours
that Challenge**

Wednesday 6th August
5pm - 6.30pm (online)
Supporting Transition

Monday 11th August
9.30am - 11am (online)
**Sensory Processing
Difficulties**

Wednesday 13th August
5pm - 6.30pm (online)
Autism and Girls

Please scan/take a
picture of the QR code
above to register!



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.

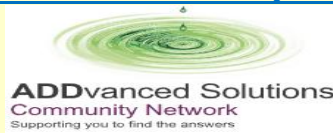
Alternatively, you may find further information about our SEND provision on the school website:

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

*Thank-you for your continued support this year.
I hope you and your family have a wonderful Summer break!*

Spotlight on Support:

ADDvanced Solutions (Sefton)



ADDvanced Solutions offers free advice, strategies and activities for families to support and understand challenging behaviour, identify characteristics of Neurodiversity and explore strategies to improve difficult situations at home and at school.

No referral or diagnosis needed.



Sefton's Local Offer



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

This term's focus is CHANGE

Change affects everyone differently. As adults, we learn how to manage our feelings over time. However, children do not always find it easy to understand or express their emotions. Sometimes this will impact on how they behave. They may need some guidance to process what's happening. As a parent or carer, you can help them learn to cope with these new situations.

Choose health

Know what affects your child.
What makes them grumpy, hyper, disconnected...



- Do they need snacks throughout the day?
- Do they need lots of sleep?
- Do they need to get out and about and do exercise?
- Do they need time alone?

Trust that you know your child and give them the basics that they need to cope with difficult days

Work together

Share ideas about how to:

- create action plans
- have a problem-solving approach
- enjoy achievements
- be forward-looking
- show them that we can all get things wrong



Move on up

Encourage independence:

- help them to move positively from child identity towards teen identity
- increase their responsibilities
- be positive whenever they act maturely



Be aware of your child's changing needs. Sometimes it might feel like one step forwards, two steps back.

Be calm

Try to stay calm whilst your child is feeling distressed.

Your child may show:

- highs and lows
- melodrama
- anger
- blame
- self-centredness



Communicate

The small things you do make all the difference:

Keep talking, texting, listening, hearing, hugging, sympathising, smiling, reassuring, checking, sharing, suggesting, encouraging, respecting

Get learning

Be involved, find out more and talk about:

- social media
- internet benefits and dangers
- new music
- language and slang
- current affairs
- what it's like to be young in the current world



Be wise

As they discover new things, try to:

- be interested
- be non-judgemental
- guide
- give boundaries
- see it from all sides
- listen to their point of view
- choose your words carefully
- act on warning bells



Be the anchor

In times of change you are:

- constant
- family
- familiar
- routine
- in-jokers
- irritating
- comforting
- home



Have fun

Provide lots of light relief:

- be silly
- be embarrassing
- play games
- laugh together
- do stuff together
- make jokes
- make things
- be outside



Look after yourself

Support yourself, to best support your child:

- lean on friends
- offload on other family
- find 'me time'
- see the GP
- relax, exercise, sleep well, eat well
- remember tomorrow is a new day



Ten Ways for parents to help children cope with change

ASDA foundation
Transforming Communities, Inspiring Lives

Find Your Feet
YOUNGMINDS
stepping up, moving up, growing up



Transition: Coping with Change

Positive Coping Ideas

You will be faced with lots of changes as you grow up. You might experience changes, such as: friendships, moving school, moving class, moving house, getting a new brother or sister, moving to a different country.

There are lots of ways you can deal with change. Here are some ideas of how to cope with change. Some of the ideas are healthy and positive. Some of the ideas are less healthy. Some ways will help you more than others.

Read the ideas below and then circle the ones you think are healthy or positive ways of dealing with change.

Place a star next to the ones you think you would like to try.



Talk to an adult.

Get angry about the change.

Get organised.

Ask for people's help and advice.

Do what everyone else does.

Stay calm and relaxed.

Focus on all the positives that may happen.

Look after yourself.

Think about what might happen that is not positive.

Stop doing the things you enjoy.

Think about what you are grateful for.

Pretend the change is not happening.

Say something positive to yourself every day.

Play games and enjoy your free time.

Do the things you love.





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How Can I Support My Child with Change?

Be Aware

Types of change that may affect your child or impact their behaviour include:

- A new sibling
- Change in school or school arrangement
- Death of someone close to them
- Changes in routine
- Lack of sleep
- Conflict at home
- Separation or divorce
- Parent working away
- Moving house

Acknowledge their Feelings

Young children may not know what they're feeling, but you can help them identify the emotion by labelling it.

Saying things like, 'You seem sad/nervous/scared/angry/excited' can help. Tell them that it is OK to feel like that. Explain that you understand and that you love them.

Talk about what is Changing

Try making a book with photos and drawings, e.g. if you are moving house, stick in pictures of their old bedroom and their new bedroom. Look through the book and talk about the positives of the new house and how exciting it is to be moving. You can also talk about the sadness of leaving the old house.

Look for the Positives

Children may imagine the worst when facing the fear of the unknown. They might say things like, 'No one will be friends with me'

Gently challenge your child if you hear them say things like this. Help them visualise a realistic picture of the new situation. For children who can't or struggle to express how they feel, try to imagine the concerns and worries they might have. Then talk to them about the change in a positive and exciting way.

Teach them to Bounce Back

Learning the tools to cope with and bounce back from stressful situations is an important life skill. This is also known as resilience. It is something we can build on throughout our lives. You can help this process by showing your child positive ways to deal with stress through your own actions, and make them feel loved.

Useful Websites



- ADDvanced Solutions - <https://www.addvancedsolutions.co.uk/services-for-families/families-in-sefton/>
- Young Minds Parents Helpline - www.youngminds.org.uk / Tel: 0808 802 5544
- National Autistic Society - <https://www.autism.org.uk/advice-and-guidance/topics/transitions/england>
- Contact - <https://contact.org.uk/help-for-families/information-advice-services/education-learning/education-england/top-tips-to-help-when-your-child-changes-schools/>
- Childline - <https://www.childline.org.uk/info-advice/school-college-and-work/school-college/moving-schools>