



St. Nicholas Priory CEVA Primary SEND Newsletter

April 2020

Issue: 1

Welcome Parents and Carers to the first regular SEND newsletter from school. In this newsletter we hope to provide some useful information and activities you may find helpful whilst your child is at home.

Useful SEND Contacts:

Mrs Powley (Year R, 1 & 2) Wednesday-Friday
07501967431

Mr Rust (Year 3, 4, 5, 6) Monday-Friday
07391560605

Please feel free to contact either of us with your SEND concerns between 9am-3pm.

Popular Educational Apps:



Timo Kids Routine Timer



Check out Nessy Video's for learning support.

<https://www.youtube.com/user/greenandfriendly/videos>

Coming up with a timetable can be a great way to break up the day. Try and change the activity every 45 minutes. Remember to have lots of rests.

Timetable suggestion:

- 9:00-9:30 P.E with Joe Wicks on Youtube
- 9:30-10:15 Literacy/Reading
- 10:15-11:00 Choosing (toys/play)
- 11:00-11:15 Break and Snack
- 11:15-12:00 Maths
- 12:00-12:45 Lunch
- 12:45-12:50 Mindfulness
- 12:50-1:35 History/Geography/Science/DT/Art
- 1:35-1:45 'Take a Break' challenge
- 1:45-2:30 Choosing
- 2:30-3:00 Walk with an adult

Check out the Audible app for free children's books.

Help burn some of that energy with Joe Wicks on Youtube with a daily 30 minute P.E session from 9am!



5 Minute Mindfulness Activity

Peaceful Place

Lie down on a mat or blanket, let your arms rest loosely. Imagine you are in your own peaceful place, you feel happy and safe. Explore your peaceful place, notice details of the landscape. Listen for animals or water. Smell the trees and flowers. Imagine doing something fun. You could fly with an eagle or run with an elephant. Before you leave, you discover a hidden gift. To return to the present moment, say goodbye to your peaceful place. Bring your attention back to the sounds around you. Open your eyes. Can you hold you peaceful in your thoughts?



Take a Break with 10 minute shake ups:

<https://www.nhs.uk/10-minute-shake-up/shake-ups/>

