



# St. Nicholas Priory CEVA Primary SEND Newsletter

May 2020

Issue: 2

Welcome Parents and Carers to the second regular SEND newsletter from school.  
We know many of you are concerned about keeping updated with the latest news, please keep checking the schools Facebook page regularly for updates.

### 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:

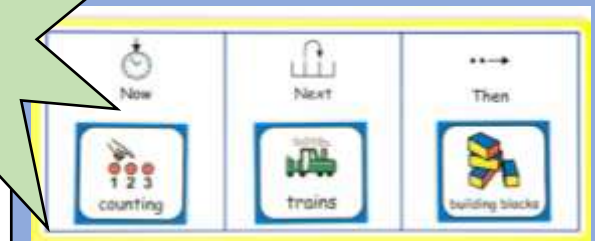
Lingumi- Kids English

Communication App



### Now, Next and Then Boards

Help your child focus on learning activities at home by using a Now, Next and Then board. You could either write or draw the activities you want them to do. This will help them to know what is expected of them and what they need to do next. At school we use these a lot to support children stay focussed.



### Oxford Owl

This website is a great resource to use for supporting reading writing and maths.



The website also has lots of fantastic E-books. Many of these are the reading schemes used at school.

<https://www.oxfordowl.co.uk/for-home/find-a-book/library-page/>

Remember to keep activities short with lots of breaks.

### 5 Minute Mindfulness Activity - Bubbles



Sit mindfully, with your spine straight and your body relaxed.  
Imagine you are holding a bubble wand.  
Breathe in deeply, then breathe out as if you are blowing a bubble through the wand.  
Breathe in again and notice your worry. Imagine what it looks like.  
Breathe out again and blow your worry through your bubble wand.  
Imagine it forming a bubble  
Imagine the bubble pops and disappears.

Keep blowing out worries until you feel ready to go on with your day.

### Sensory Play Idea

Have a go at making some playdough with your child. It's great for supporting their sensory needs and it's lots of fun.



You will need: 8tbsp Plain Flour, 2 tbsp Table S alt, 60ml warm water, Food colouring, 1 tbsp vegetable oil, mixing bowl, a spoon and a container to keep the dough in.

Mix the ingredients together in a bowl until it forms a dough, then knead it for 2 minutes.

Put your dough in a container to keep it soft and fresh.