

SWALLOWNEST PRIMARY SCHOOL SEND NEWSLETTER

JANUARY 2026

Welcome to the first SEND newsletter of 2026! We hope you all had a wonderful break over the festive period.

As always, any queries or questions related to SEND can always be sent to senco@swn.dsat.education, where Mrs Leivers will be happy to help!

Mrs Leivers and the Swallownest Team

ESSENTIAL FOR SOME, GOOD FOR ALL

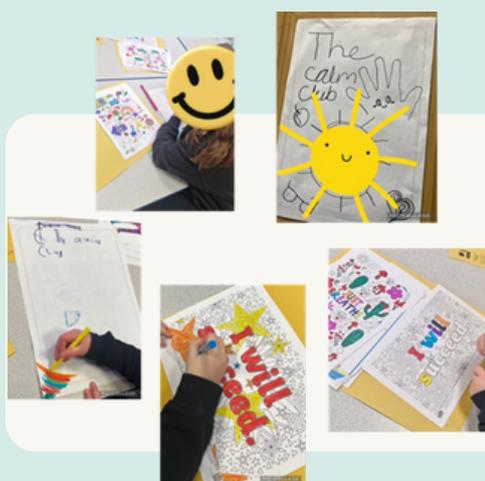
This month, Mrs Leivers has been able to deliver training for all teaching and support staff on supporting Anxiety and Bereavement awareness. This has been well received, and means that we will be able to further support our pupils in school.

We currently have lots of opportunities to support anxiety in school, including our 'Morning Nurture Group', which takes place every morning with Miss Hague, and supports a number of children who find coming into school and separating from their adults difficult.

SCHOOL UPDATES

This month, Mrs Leivers has attended Deaf Awareness training run by the Rotherham Hearing Impairment Team and Selective Mutism awareness hosted by the NHS SALT team. All information will be shared with both teaching and support staff at future dates!

Mrs Leivers has also been in contact with the Rotherham Oral Health Improvement Lead, with a view of running information sessions for children and parents. Keep posted for updates on this!



UPCOMING EVENTS

5/2/26 – SEN Parent Coffee Club, focusing on the basic behaviour techniques featured in the Family Links programme, hosted by Lynn from Early Help.

For families with younger children, the Rotherham Family Hub are running a weekly Stay and Play session for children aged 0-5 at Aston Parish Hall. This is on every Tuesday 10:00am to 11.15am. For more information call Family Hubs on 01709 91456.



Last issue, we shared some of the ways we are running Sensory Circuits in school to support sensory and emotional regulation. Here are some ways that you can complete a similar Sensory Circuit at home, without the need for any specialist equipment!

What is a Sensory Circuit?

A sensory circuit is a sequence of physical activities that stimulate different senses—proprioceptive (body awareness), vestibular (balance), and tactile (touch). It usually lasts 10–15 minutes and is divided into three phases:

- Alerting – Wake up the body and mind.
- Organising – Improve focus and coordination.
- Calming – Prepare for calm, regulated behaviour.

Phase 1: Alerting (2–3 minutes)

Purpose: Increase heart rate and energy.

Star Jumps – 10–15 jumps.

Skipping or Jumping on the Spot – Use a skipping rope or just jump.

Animal Walks – Crab walk, bear crawl across the room.

Trampoline or Cushion Jumps – If safe, jump on a small trampoline or firm cushions.

Phase 2: Organising (5–7 minutes)

Purpose: Challenge balance and coordination.

Balance Beam – Use masking tape on the floor as a “beam.”

Throw & Catch – Toss a soft ball or rolled-up socks.

Obstacle Course – Crawl under chairs, step over cushions.

Hopscotch – Draw with chalk or tape on the floor.

Phase 3: Calming (3–5 minutes)

Purpose: Slow down and regulate.

Wall Push-Ups – Push against a wall 10 times.

Weighted Blanket or Cushion Hug – Gentle pressure helps calm.

Breathing Exercises – Deep belly breaths: inhale for 4, exhale for 4.

Slow Rocking – Sit and rock gently on a chair or yoga ball.



USEFUL CONTACTS

SENDIASS: Special Educational Needs and Disability Information, Advice and Support Service
www.rotherhamsendiass.org.uk

Rotherham Local Offer website
www.rotherhamsendlocaloffer.org.uk

Rotherham Parent and Carers Forum – link up with other SEND parents for support <https://www.rpcf.co.uk/>

Rotherham Early Help All families go through trying times at some point. Early Help staff will work with you at these times so that small problems don't get bigger.
<https://www.rotherham.gov.uk/family-support/early-help>

TIPS FOR SUCCESS

- Keep sessions short and fun.
- Use clear instructions and visual cues (pictures or cards).
- Adapt activities to your child's age and ability.
- End with a calming activity before moving to schoolwork or quiet play.

