

Swallownest Primary School SEND Newsletter

December 2025

Welcome

Welcome to the third issue of Swallownest Primary School's SEND newsletter. This month, we're focusing on supporting sensory needs over the festive period.

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

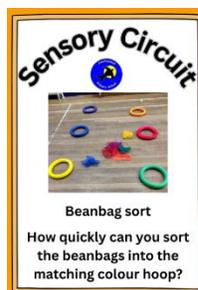
Wishing you a joyful holiday season!

Mrs Leivers and the Swallownest Team

“
Teaching children to manage their emotions is as important as teaching them to read.
”

Essential for Some, Good for All

This month, we have been very excited to further develop our Sensory Circuits intervention in school! This intervention helps children to feel more regulated throughout the day, by completing an alerting, organising and calming activity in succession.



We will include some information on running Sensory Circuits at home in our January newsletter.



Upcoming events

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

Further programmes run by Early Help will be shared as soon as they are available.

If you would like any more information about these events, please contact Mrs Leivers or the school office.

Following on from our guidance on Sensory awareness in the October Newsletter, see below for our **Top Tips** for reducing sensory overwhelm during the festive period and other important occasions!

Keep Routines as Consistent as Possible

Stick to regular bedtimes, mealtimes, and downtime. Changing sleep routines can have an impact for far longer than the holiday period! Use visual timetables to help children anticipate changes in routine.

Create a calm space and use sensory tools

Set up a quiet area at home where your child can retreat if things get overwhelming, using calming items like weighted blankets, soft lighting, or sensory toys.

Before outings: movement activities like jumping or swinging can help children to regulate.

After events: calming activities like playdough, water beads, or quiet time can help unwind.

Prepare for events in advance

Talk through what to expect at parties or gatherings. Use visual timetables or social stories to explain unfamiliar situations.

Be mindful of decorations

Flashing lights and strong scents can be overstimulating for many children. Try involving your child in decorating so they feel more in control of their environment.

Respect sensory preferences around food

Offer familiar foods alongside festive treats. Avoid pressuring children to try new textures or flavours- now is not the time to try something new if food is a comfort to your child!

Plan Downtime

Schedule breaks between busy activities and avoid back-to-back events to give your child time to reset.

Most importantly, focus on enjoyment, not perfection!

It's okay to skip traditions that cause stress to your child or your family. It's important to celebrate in ways that feel comfortable and joyful for everyone!

Useful SEND 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>

School Updates

This month, Mrs Leivers has attended training sessions for supporting children through bereavement and supporting anxiety in children.

There are some fantastic resources available to parents in order to support children outside of school.

These are recommended books, including an activity book for children and supporting book for parents.



www.kooth.com is an online self-referral service, providing free, safe, and anonymous online mental health support.



Winston's Wish is a national charity supporting children across the UK who are bereaved, or are facing the death of someone important.