

Burlington Junior School



SEND Newsletter

December 2023 - No:8

With Christmas fast approaching, we hope you are all looking forward to having some down time with your family.

The Christmas holidays are a time of great excitement and anticipation. Holidays also mean changes in the schedule, visitors, crowds, line-ups, noise, and socialising. For autistic children, the Christmas holidays can be a stressful and an anxious time. Meeting family demands can be especially nerve-wracking, particularly if you want to break with time-honoured traditions that just don't work for an autistic child. This can be a difficult time of year, but with some preparation and planning, the holiday season can be enjoyable. The [National Autistic Society](#) have lots of tips and advice to help families prepare for the festive season.

We hope that you have a Wonderful Christmas and we will see you next year!



A nice way to keep children (and adults!) calm over the festive period is with guided meditation.

- [What is Guided Meditation?](#)
- [The Benefits of Guided Meditation for Kids](#)
- [Using Guided Meditation for Kids](#)
- [Links to Sample Meditation Scripts](#)
- [How to Use a Guided Meditation Script with Your Child](#)
- [Getting Started](#)

Just breathe!

Breathing exercises are helpful to alleviate feelings of stress, anxiety and anger.



THREE STEPS FOR DEEP BREATHING



Look up to the sky and take three big breaths.



Breathe down to the bottom of your shoes.



Exhale all the way up to the top of your head.

IF IT FEELS GOOD, REPEAT!

Just Keep Breathing... MINDFUL BREATHING

LET'S MAKE MINDFULNESS FUN!

1. THE POWER OF BREATHING

First, we need to teach our kids how to breathe deeply. Trace the figure 8 to the right, breathe in deeply while tracing the first half of the design, then exhale slowly while tracing the second half of the shape.



2. 10 DEEP BREATHS

Put your hands on your belly and fill it up with your biggest breath. Like this: Inhale for one, and feel your belly fill and expand. Exhale for two, and feel your belly go down. Do this ten times. Can you feel your body sink into relaxation? You can try this exercise whenever you feel anxious or angry.

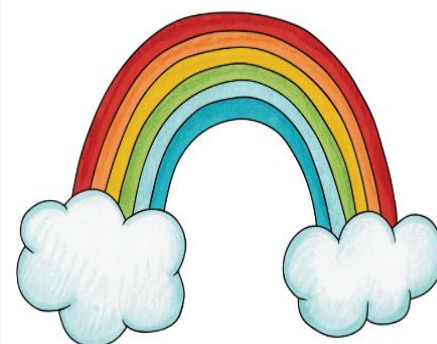
3. SET A TIMER

Set a timer for one minute. Sit cross-legged on the floor, in a chair, or outside in the grass and breathe in and out deeply (without talking) until the timer goes off. Pay close attention to any sounds you hear around you or any sensations felt in your body. Just notice. If your mind wanders, pull it back to the breath.



MINDFULMAZING

Ready to feel calmer, more focused, and relaxed? RAINBOW BREATHING



Trace up and around one side of the rainbow while breathing in. trace up and back down the next side of the rainbow, while breathing i and our

Dates for your Diary

SEN Pupil progress meetings - March 2024 (dates to be confirmed)

Achieving for Children will be running various parent workshops in the New Year - we will keep you posted!

Mental Health Awareness Month - February 2024



A Nice Christmas Walk

Research has shown that walking on a daily basis can help lessen symptoms associated with chronic mental illnesses such as anxiety and depression. Walking is free and you can walk everywhere without any additional equipment.

Why is walking so good for anxiety?

Physical activity causes changes in the brain chemicals that affect mood. Exercise increases blood flow and oxygen to the brain, triggering the release of endorphins and serotonin, the “feel good” hormones – especially if walking at a brisk pace to get your heart rate up. Here are six great walks around Kingston [WALK](#)

Action for Happiness

Action for Happiness brings people together and provides practical resources. We help each other learn evidence-based skills for happier living, feel a sense of belonging and commit to personal action to create more happiness, for ourselves and others.

Take a look at their amazing website for lots of happy information, advice and resources by clicking on the Happiness link below

[HAPPINESS](#)

December Kindness 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Support a charity, cause or campaign you really care about	2 Give a gift to someone who is homeless or feeling lonely	3 Leave a positive message for someone else to find	4 Give kind comments to as many people as possible today	5 Do something helpful for a friend or family member	6 Contact someone you can't be with to see how they are	7 Offer to help someone who is facing difficulties at the moment
8 Buy an extra item and donate it to a local food bank	9 Be generous. Feed someone with food, love or kindness today	10 See how many different people you can smile at today	11 Share a happy memory or inspiring thought with a loved one	12 Say hello to your neighbour and brighten up their day	13 Look for something positive to say to everyone you speak to	14 Give thanks. List the kind things others have done for you
15 Ask for help and let someone else discover the joy of giving	16 Contact someone who may be alone or feeling isolated	17 Help others by giving away something that you don't need	18 Appreciate kindness and thank people who do things for you	19 Congratulate someone for an achievement that may go unnoticed	20 Choose to give or receive the gift of forgiveness	21 Bring joy to others. Share something which made you laugh
22 Treat everyone with kindness today, including yourself!	23 Get outside. Pick up litter or do something kind for nature	24 Call a relative who is far away to say hello and have a chat	25 Be kind to the planet. Eat less meat and use less energy	26 Turn off digital devices and really listen to people	27 Let someone know how much you appreciate them and why	28 Plan some new acts of kindness to do in 2024

ACTION FOR HAPPINESS Happier · Kinder · Together

Beyond Fussy Eating Online Programme



Refusing known and new foods is a normal stage of a child's development, often starting between 18 and 30 months of age and with most children growing out of it by 5 years-old. But for some children, feeding becomes a persistent and serious problem which, if ignored, can lead to serious weight loss and nutritional deficiencies. These problems can include eating a very restrictive diet made up of a small number of foods, only eating foods which are a certain colour – for example 'beige foods' like cheese and pasta, chicken nuggets, chips and white bread – or food with a certain texture, or eating very small volumes of foods. It can also involve becoming highly anxious when asked to try new foods, and showing disgust or fear when presented with new foods.

Research shows that children on the autistic spectrum and those with developmental disabilities are much more likely to experience these problems. But help is at hand! There are tried and tested methods which can help children start to make steps in the right direction and these are presented in a new Beyond Fussy Eating programme, designed for parents and carers dealing with children who are extremely selective eaters and/or who may have little interest in food and eating. The programme will also help health, education and care staff who work with these children.

Beyond Fussy Eating consists of five modules covering: exploring feeding difficulties; mealtime strategies; learning about new foods; planning for changes; and a parent's perspective (video). It was developed by children's speech and language therapists at Your Healthcare CIC, whose expertise covers speech, language, communication and swallowing problems. Take a look at the new programme using this link [Beyond Fussy Eating](#)



The NSPCC provide help and support for children and families and work closely with schools and professionals. If you would like help, advice or general information, you can access their website by clicking [Here](#)