

Burlington Junior School

SEND Newsletter



Summer 2025 - No:13

As we come to the end of the academic year, some children may be feeling worried about the transition into a new class or new school in September. It is important that we reassure and support them at this uncertain time.

Children with autism have a hard time transitioning from one thing to another because they prefer routine and predictability. Anything that takes them out of their routine can feel overwhelming. It's the same thing for children with sensory processing challenges.

Achieving for Children (AfC) have useful information for parents to help with the transition. Take a look [HERE](#).

Anxiety (or worry) is something we all feel from time to time. It's our brains way of warning us that something may be wrong and keeping us safe ([Fight Flight Freeze Response](#)). When children start a new school or class, meet new people or have a change in their normal routine, they can feel anxious.

Here are some tips for parents/carers to help support their children with this any anxieties they may be facing in September.

Choose health
Know what affects your child, what makes them grumpy, hyper, disconnected...
Do they need snacks throughout the day?
Do they need lots of sleep?
Do they need to get out and about and do exercise?
Do they need time alone?
Trust that you know your child and give them the basics that they need to cope with difficult days.

Work together
Share ideas about how to:
• create action plans
• have a problem-solving approach
• enjoy achievements
• be forward-looking
• show them that we can all get things wrong

Move on up
Encourage independence:
• help them to move positively from child identity towards teen identity
• increase their responsibilities
• be positive whenever they act maturely
Be aware of your child's changing needs. Sometimes it might feel like one step forwards, two steps back.

Be calm
Try to stay calm whilst your child is feeling distressed. Your child may show:
• highs and lows
• anger
• blame
• self-centredness

Communicate
The small things you do make all the difference:
Keep talking, texting, listening, hearing, hugging, sympathising, smiling, reassuring, checking, sharing, suggesting, encouraging, respecting

Get learning
Be involved, find out more and talk about:
• social media
• internet benefits and dangers
• new music
• language and slang
• current affairs
• what it's like to be young in the current world

Be wise
As they discover new things, try to:
• be interested
• be non-judgemental
• guide
• give boundaries
• see it from all sides
• listen to their point of view
• choose your words carefully
• act on warning bells

Be the anchor
In times of change you are:
• constant
• family
• familiar
• routine
• in-jokers
• irritating
• comforting
• home

Have fun
Provide lots of light relief:
• be silly
• be embarrassing
• play games
• laugh together
• do stuff together
• make jokes
• make things
• be outside

Look after yourself
Support yourself, to best support your child:
• lean on friends
• offload on other family
• find 'me time'
• see the GP
• relax, exercise, sleep well, eat well
• remember tomorrow is a new day

Ten Ways for parents to help children cope with change



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](#)



Here are some simple tips to help your child manage their anxiety:

Deep breaths - When we are anxious, our breathing often changes, and our heart might start to race. Deep Breathing sends signals to our brain that we are safe and helps us to feel calmer and think more clearly. This video shows how simple it really is! [BREATH](#)

Question your thoughts - Our minds can play tricks on us when we are anxious, and we can start to think the worst about situations. Ask yourself, is this a fact or an opinion? If it's an opinion you may be worrying about nothing.

Talk to someone - They say a problem shared is a problem halved. Sometimes just voicing your worry out loud can make it shrink – try it!

Don't avoid what makes you anxious - It can be tempting to stay away from situations or things that makes you feel anxious, but over time this will only make things worse. Each time you face a fear the anxiety reduces, and the situation becomes easier.

Accept that anxiety is a normal part of life - No emotions are bad, although some are uncomfortable. It is impossible to go through life without uncomfortable feelings from time to time.



Universal Credit Days Out:

If you receive benefits such as Universal Credit, you can access heavily discounted tickets. For instance, London Zoo offers tickets starting from just £3 for eligible recipients. Eligibility criteria for these discounts are typically tied to specific benefits. For more information click [HERE](#)



Young Minds is the UK's leading charity fighting for children's and young people's mental health. They offer services to parents and carers who are concerned about their child. They are available for advice through Email and Webchat as well as providing a helpline telephone service.

Click [HERE](#) for pupil resource information to help with school transition.

The helpline number is 0808 802 5544. It is free to call and is available Mon-Fri from 9.30am – 4pm

<https://www.youngminds.org.uk/>



New to SEND in Kingston and Richmond?

It can feel overwhelming, but help and support is available. The same can be said about the SEND Local Offer website - so much information is available that it can feel overwhelming. To find links to some key information please click [HERE](#). The Special Educational Needs and Disabilities (SEND) Parent and Carer Engagement Team can be found by clicking [HERE](#)

Emotional Health Service (EHS) Neurodevelopmental Assessment Service resource pack

Waiting times for ADHD and Autism assessments and services can be long, which can be worrying and frustrating for young people and families. This pack lists a variety of resources, including websites, apps, books and services for a range of mental health concerns. The idea is for you to have access to all of these so you can use them if and when necessary, for example if a new difficulty arises.

Please find the EHS Resource Pack ATTACHED.

Short Breaks provide disabled children and young people with fun, enjoyment and a chance to be with friends while their parents and carers get a break from caring. They come in many different forms, ranging from an overnight stay in a residential centre or a carer's home to attending a youth club, leisure centre or getting involved in a sports activity. For more information click [HERE](#)

The National Autistic Society have lots of helpful advice and information to help support people with autism, deal with change. To access their website please click [HERE](#)



Express CIC are running lots of events over the summer for you to come and find out more about our groups, clubs, and services and an opportunity to meet some of our lovely team including our therapists and club leads. Families can come along together and have some fun! [Click here](#) for more information.

Achieving for Children (Kingston and Richmond) have lots of SEND events during the half term holiday.

To find out what's on click [HERE](#)

If you live in either Kingston or Richmond, we encourage anyone whose family includes a child or young person who has a special educational need* or disability** to register. Everyone on the register will benefit from:

- Information about support, services, activities and events
- Information aimed at young people with disabilities
- Opportunities to have your say about the services that are important to you
- The knowledge that your anonymous statistical data is helping us to plan and improve services



To register please click [HERE](#)

Merton SEN Local Offer have lots of activities and leisure available throughout the half term holiday.

Click [HERE](#) to find out what's available



Support for SEND Parents



SEND Parent Champions
Kingston and Richmond

Contact your SEND Parent
Champion by email

SCAN HERE



sendparentchampions@achievingforchildren.org.uk
(Please type "FAO LINDA NYSTROM" in the subject)

What can your SEND Parent Champion do for you?

Connect you with other SEND parents,
Signpost you to the SEND information that you need,
Share information with you about local charities,
SEND support groupd and events, and much more!
So please get in touch.



Scan here to find out more about SEND Parent Champions.
This will link to the local offer website page:
<https://kr.afcinfo.org.uk/pages/local-offer/information-and-advice/participation-and-involvement-activities/send-parent-and-carer-engagement-team/send-parent-champions>

Pre and Post Diagnosis SEND Support Team
Parent/Carer Support
Supporting families with children 0-19 years with SEND

Do you need support in caring for your child?

Toileting
Support



Eating
support



Behaviour
Support



Sleep
Support



Parent/carer
wellbeing
support



Signpost to other
support services or
charities



**"very good
service"**
Parent A

**"gave informative
and practical
advice and
support"**
Parent B

**"very grateful for
all the information
given"**
Parent C

Your child must be on the pathway for an assessment/diagnosis or have received a diagnosis. Also, they must live within the Kingston or Richmond Borough or have a GP in either borough.



Scan the QR code to make a referral to our team.

Every month we run workshops for families!

Welcome workshop	Introduction to Autism	Restrictive Eating	Toileting	Sleep	Behaviours that challenge
Saturday 17 th May 9:30 am until 11:30am	Thursday 15 th May 10:00 am until 12:00 pm			Monday 19 th May 9:30 am until 11:30 am	Monday 12 th May 9:30 am until 11:30 am
	Monday 23 rd June 9:30 am until 11:00 am	Monday 2 nd June 9:30 am until 11:30 am	Monday 16 th June 10:00 am until 11:30 am Online	Thursday 12 th June 9:30 am until 11:30 am	Monday 23 rd June 11:00 am until 12:30 pm
Saturday 12 th July 9:30 am until 11:30 am	Wednesday 9 th July 10:00 am until 11:30 am			Monday 21 st July 1:00 pm until 2:45 pm	Wednesday 9 th July 11:30am until 1:00 pm
Monday 8 th September 6:00 pm until 8:00 Evening Workshop		Thursday 18 th September 10:00 am until 12:00	Tuesday 9 th September 10:00 am until 11:30 am Online	Monday 29 th September 9:30 am until 11:30 am	Monday 15 th September 9:30 am until 11:30 am

If you would like to attend one of the above workshops, please scan the QR code to complete a referral form. Venues are over the Kingston and Richmond Boroughs.

Venues will be shared once you are contacted.

Please note children cannot attend the workshops.

If you have any questions please contact us by email.

sendsupport@yourhealthcare.org

 yourhealthcare

Let's talk about SEND in Kingston

Are you a parent
or carer of a young
person with a special
educational need or
disability in Kingston?

Come along to one of our
focus groups and share your
experience to help improve
SEND services for children and
young people



Scan me or
fill in the form
to sign up



South West
London
Integrated
Care System



achieving
for children



Exercise Study for Executive Function in Children with ADHD

Recruiting

children, ages 7 to 11, with or without ADHD
for a research study on the relationship
between exercise and executive function in
ADHD

Participation involves:

One set of behavioral assessments, brain activity assessment (EEG), and physical fitness assessments (Total of 4 hours)

Benefits of participating:

- Family will receive honorarium of £10 for participation
- Help scientists better understand brain function of ADHD



For more information, or to enroll,
Contact **Lauren Dacorro:**

<https://forms.office.com/e/DKmS1kv7WV>

breadlabkingston@gmail.com

<https://sites.google.com/view/breadlab/home>

*For questions, concerns, complaints on participant rights, contact Dr. Stone Hsieh
(s.hsieh@kingston.ac.uk)*

Dear parent or carer,

Are you concerned about your child's emotional wellbeing or are you noticing increasingly challenging behaviour at home? The Mental Health Support Team (MHST) offers consultation slots on Thursdays between 2.15pm and 3.15pm at Burlington Junior School, to offer personalised support and advice tailored to your child's needs in a confidential 20 minute consultation.

The experienced mental health professional provides a safe space to discuss concerns, gain insight and explore strategies to support your child's wellbeing. You don't have to face these concerns alone. Book your consultation today and take the first step towards further supporting your child's wellbeing.

If you are interested, please feel free to book a consultation slot, by email me:

clara.henrich@achievingforchildren.org.uk

Mental Health Support Team (MHST) by Achieving for Children

The MHST is an early intervention and prevention service focusing on mild to moderate mental health difficulties such as anxiety, low mood and common behavioural difficulties. The Kingston and Richmond MHST is a schools-based multi-disciplinary team of psychological professionals including clinical leads, creative therapists, mental health practitioners and education wellbeing practitioners. We cover all schools in Kingston and Richmond.

- Deliver evidence-based interventions for mild-to-moderate mental health concerns.
- Support schools to develop a whole school approach to mental health.
- Work with schools and other services to help children get the right support.

www.achievingforchildren.org.uk

QR Code

