

# Burlington Junior School SEND Newsletter



Autumn 2025 - No:14



With Christmas fast approaching, we hope you're all looking forward to some well-deserved time with your families.

The festive season is filled with excitement and anticipation, but it also brings changes to daily routines — visitors, crowds, queues, noise, and social gatherings. For autistic children, these changes can sometimes make the holidays feel overwhelming or stressful. Meeting family expectations can be particularly challenging, especially when long-standing traditions don't suit an autistic child's needs.

While this time of year can be difficult, a bit of preparation and planning can make the holidays more enjoyable for everyone. The [National Autistic Society](#) offers a range of helpful tips and advice to support families through the festive season.

We wish you all a wonderful Christmas and look forward to seeing you in the New 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




**START HERE**

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.  

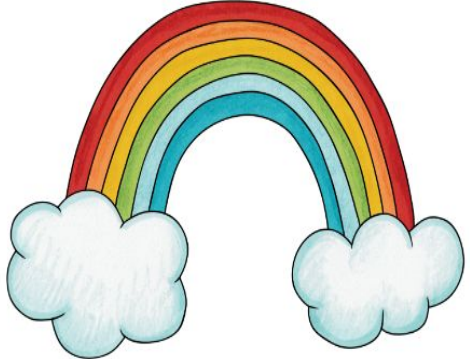
- 2. 10 DEEP BREATHS**  
Put your hands on your belly and fill it up with your biggest breath. Like this: inhale for one, and feel your belly fill and expand. Exhale for two, and feel your belly go down. Do this ten times. Can you feel your body sink into relaxation? You can try this exercise whenever 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



## Dates for your Diary

SEN Pupil progress meetings - November 2025 (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 Week - 11 - 17 May 2026



## 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

**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 Spread kindness and share the December calendar with others	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](#)

### Universal Credit Days Out:

If you receive benefits such as Universal Credit, you can access heavily discounted tickets. For instance, The London Transport Museum offers tickets for just £1 for eligible recipients and children under 17 are free. Eligibility criteria for these discounts are typically tied to specific benefits. For more information click [HERE](#)



# YOUNG MiNDS

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/>

# NSPCC

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](#)

## Does Your Child Suffer from Anxiety?



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 any anxieties they may be facing.



### Ten Ways for parents to help children cope with change



Here are some simple tips you can use at home 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.



## 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](mailto: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

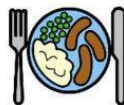
---

## *Do you need support in caring for your child?*

Toileting  
Support



Eating  
support



Behaviour  
Support



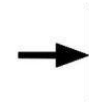
Sleep  
Support



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.

# 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



THE ROYAL BOROUGH OF  
KINGSTON  
UPON THAMES



achieving  
for children

## 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](mailto: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](http://www.achievingforchildren.org.uk)

QR Code

