

Burlington Junior School



SEND Newsletter

March 2026 - No:15

Here we are, right in the thick of that classic British "four seasons in one day" weather. Transitioning from the cold winter months to the bright (and often damp) UK spring can be a bit of a wobble for our SEN learners.

Navigating the Sensory Shifts

Spring in the UK brings "big transitions"—the clocks going forward, unpredictable showers, and the start of hay fever season.

- **Mastering the Layers:** British springtime is notorious for freezing mornings and warm afternoons. Encourage parents to send in **labelled layers** (fleeces or hoodies) so children can regulate their own temperature as the day changes.
- **Managing the Light:** As the days lengthen, the "sudden" brightness can be overstimulating. Suggest keeping a pair of **polarized sunglasses** or a peaked cap in their bag for breaktime to help with visual glare.
- **The Hay Fever Factor:** Itchy eyes and "foggy" heads can lead to increased irritability. Remind parents that for many SEN children, physical discomfort often manifests as "challenging" behaviour. A proactive dose of antihistamine can sometimes be a game-changer for focus in the classroom.

Handling the "Easter Hump"

With the Easter holidays, May Bank Holidays, and the lead-up to SATs or exams, the routine often feels fragmented.

- **The "Visual Countdown":** Use a simple wall calendar to mark out the weeks until the Easter break. Clearly distinguish "School Days" from "Home Days" using different colours to provide a sense of security.
- **Social Stories for School Trips:** Spring is prime time for farm visits and outdoor trips. Providing a short **Social Story** with photos of the coach, the venue, and the toilets can significantly reduce "transition anxiety" before a big day out.
- **The "Big Clock" Shift:** When the clocks go forward (British Summer Time), it can disrupt sleep hygiene for weeks. Suggest a "10-minute slide"—moving bedtime 10 minutes earlier each night during the week leading up to the change.

Grounding Outdoor Activities

Our school gardens and local parks are great for "heavy work" which helps regulate the nervous system.

- **Garden "Heavy Work":** Carrying watering cans, digging in a veg patch, or pulling a trolley provides **proprioceptive input**. This is incredibly grounding for children who feel "buzzy" or restless.
- **Muddy Play:** Many SEN children have tactile defensiveness. Use a "First/Then" approach: *"First, we use the trowel to mix the mud; then, we can use the wet wipes to get clean."*
- **The "Quiet Corner":** Even outside, the playground can be loud. If your school has a "buddy bench" or a sensory garden, remind students that it's okay to take a "time-in" there when the noise of the wind or other children becomes too much.

Dates for your diary:

SENDIASS - Online workshops regarding EHCP information and alternative provision - [Workshops - Richmond & Kingston SENDIASS](#)

Kingston Parent Carer Forum - Have your Say & Play sessions (*see attached poster*)

Friday 10th April: ASD Parent/Carer Support Group (*see attached poster*)

Achieving for Children's Mental Health Support Team (MHST) are delivering a series of webinars for parents/carers - (*please see attached poster for more information and dates*)

MHST Anxiety workshop 1.5.26 9:10 am



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](#)



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](#)



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/>

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 run various support groups and workshops throughout the spring. [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

‘Helping children with...’ Webinars for parents 2025/26

Achieving for Children’s Mental Health Support Teams are delivering a series of webinars for parents of primary-aged children. The ‘**Helping Children with ...**’ series of webinars will cover a range of common difficulties experienced by children and will aim to share evidence-based strategies to help parents and carers support their children with these difficulties. Below is a list of webinars on offer over the coming months.

Helping children with ...	Overview of webinar	Morning 9am	Evening 6pm
Worries and anxiety	The ‘ Helping children with worries and anxiety ’ webinar will help you learn ways to support your child in dealing with their big feelings, worries, and fears. This webinar will give you practical ideas on how to help your child to think more positively and develop their self confidence. You will also be introduced to some helpful cognitive behavioural therapy concepts.	Tuesday 28th October	Tuesday 20th January
Friendship difficulties	In this webinar we will learn how to support our children develop their friendship skills: learning to communicate better, repair difficulties, and negotiate solutions when relationships between peers are tricky.	Thursday 20th November	Tuesday 27th January
Challenging behaviours	Children often communicate their needs through their behaviours. The ‘ Helping children with challenging behaviours ’ webinar will help you to learn about the different factors that can impact children’s behaviours, build or strengthen positive relationships by reinforcing the importance of giving positive attention. You will also learn strategies to establish home rules and boundaries to create a safe and structured environment for your children.	Thursday 6th November	Tuesday 3rd February
Digital wellbeing	In this webinar we discuss the positive and negative impact of screen time and gaming on a child’s mental wellbeing. We will share the recommendations for screen time based on age, how to have this conversation with your child in a positive and effective manner and a simple and effective way to manage the use of screens	Thursday 13th November	Tuesday 13th January

	in your home.		
Self esteem	In this webinar we will explore what self-esteem is, how low self-esteem can develop and be maintained, and will introduce some practical techniques to support you to improve your child's low self-esteem.	Thursday 27th November	Tuesday 10th February
Transition to Secondary	In this webinar we will explore the main worries children may experience when moving from primary to secondary school. We will help parents/carers think about the different ways to help to support and get their children prepared for the transition.	Thursday 7th May	Tuesday 19th May

*All Webinars are 60 minutes long, with 15 minutes at the end for questions and answers.

**Please have a pen and paper handy for the webinar.*

How to sign up

Parents and carers can sign up to the webinars by scanning the QR code or using the link below:



https://afc-self.achieveservice.com/service/MHST_Helping_Children_Webinars_Primary

You can choose the date you would like to attend, and will need to provide your email address, the school your child attends, and their year group.

Who to contact

If you have any questions, please contact the school Mental Health Lead, who will direct queries to the allocated MHST practitioner.

Managing Your Child's Anxiety – Parent Workshop

We are pleased to invite parents and carers to a supportive workshop focused on *managing your child's anxiety*. This session will be delivered by the Mental Health Support Team (MHST) and will provide practical advice, strategies, and guidance to help you support your child's emotional wellbeing. This workshop is a great opportunity to learn more about anxiety in children, ask questions, and gain tools you can use at home.

Date: 1st May 2026

Time: 9:15am

Location:

Please fill in this Google form below if you would like to attend. <https://forms.gle/kYSBoRFHWW1eKR5Z9>

Please contact the school office if you would like to attend or need further information.

Local Authority Special Educational Needs and Disability (SEND) Register – Information for Families

Our Local Authority maintains a Special Educational Needs and Disability (SEND) Register to help better understand and support children and young people with additional needs across the area.

What is the Local Authority SEND Register?

The SEND Register is a voluntary and confidential database held by the Local Authority. It includes information about children and young people aged 0–25 who have special educational needs or disabilities. The purpose is to help services plan effectively, improve provision, and ensure families can access the right support.

Why join the register?

Signing up can offer several benefits:

- Helps the Local Authority plan and improve SEND services
- Ensures your child's needs are recognised at a wider level
- Enables you to receive information about local support, services, and events
- May provide opportunities to share your views and shape future provision

Who can join?

Any child or young person (aged 0–25) with a special educational need or disability can be registered. This includes those with or without an Education, Health and Care Plan (EHCP).

How to sign up

Joining the register is simple and completely voluntary:

1. [Visit the Local Authority's website](#)
2. Complete the online registration form
3. Provide some basic information about your child's needs

If you would prefer support with the process, please contact the school office and we will be happy to help you complete the form.

Working together

By joining the Local Authority SEND Register, you are helping to build a clearer picture of the needs in our community and ensuring that services continue to develop in the right way.

If you have any questions or would like support registering, please don't hesitate to get in touch with us.

**FREE
ENTRY**



Kingston
Parent Carer Forum

Join Kingston PCF

HAVE YOUR SAY & PLAY

2026

Join us at YMCA Hawker Centre for our regular
'Have Your Say and Play' sessions.

Sunday 8 March (over 11s session)

Sunday 19 April

Sunday 24 May

Sunday 28 June

Sunday 27 September (over 11s session)

Sunday 1 November

Sunday 13 December

These are private sessions exclusively for SEND children and young people, while parents and carers can chat, share their views and hear updates from the forum.

For further information please contact
help@kingstonpcf.co.uk



Support Group for parents and carers of children and young people with ADHD, Autism and additional needs.

10
Apr

🕒 12pm to 2pm
📍 Online.

Kingston Carers Network runs monthly groups to give carers the chance to chat with others who may be in a similar situation to themselves. It is a friendly opportunity to share stories and tips in a safe, non-judgemental space.

Organiser and contact details

Organiser

Kingston Carers Network

Email address

supportgroups@kingstoncarers.org.uk

Phone

020 3031 2757

Costs

Costs

Free

Event repeats

Repeats

This event repeats on the following dates:

- 10Apr
- 8May
- 12Jun
- 10Jul
- 14Aug
- 11Sep
- 9Oct
- 13Nov

Opening times

Days and times of activity / opening

Friday from 10:30 to 11:30 monthly on second friday of the month

We can remind you about this event

Please create an account or login to set up reminders for this event.