

# Great Barr Academy

## SEND specific resources and information during Covid 19

Dear parents/carers

Lots of people are feeling stressed, overwhelmed and under pressure by everything that's happening around the world.

Here are Miss Hough's top tips to success:

1. We are in an unprecedented emergency situation impacting on the whole world, let's keep perspective. **KEEP YOUR FAMILY SAFE AND WELL AT ALL TIMES.**
2. If you are trying to facilitate distance learning for your own children and work from home you are a superhero, don't beat yourself up if your child is not sticking to the timetable being sent out by teachers.
3. If you can get the children into a routine that will help when things get back to normal. I have suggested that my pupils get up, shower, have breakfast, email me to sign in/register each day and then start some activities (Joe Wicks if possible)
4. If your children find the timetable I have attached too prescriptive then in an ideal situation I would like the children to do some of the following: A bit of reading everyday (independent/with them or via audio book), free writing/drawing (keep a diary, draw a comic strip, paint a rainbow), practical maths through cooking, gardening, physical exercise, fine motor skills (playdough, salt dough, hand writing, LEGO, jigsaws), family tree or a research project (see examples attached)
5. If you are a key worker/carer for elderly relatives or a full time parent then your focus is survival. Do not feel guilty if your own children are not working all day every day.
6. Minimising stress is absolutely vital in a time like this so loving and supporting your children and looking after yourself is your priority. Try some positive mindfulness activities to promote healthy mental health and well-being.
7. Keep safe, keep well and I hope you see you all soon.

	Keep corona away	P.E with Joe Wicks 9.00 am	Maths whizz	Lexia	Seneca/Microsoft teams	Choose each day	Read with somebody or alone	Get your rest		
<b>Monday</b>	shower	Wake and Shake	Numeracy	Literacy	Break Time	Art	Music	Inside Activity	Guided Reading	bedtime
<b>Tuesday</b>	shower	Wake and Shake	Numeracy	Literacy	Break Time	Dance and Movement	RE	Activities	Guided Reading	bedtime
<b>Wednesday</b>	shower	Wake and Shake	Numeracy	Literacy	Break Time	History	Science	Clean Bedroom	Guided Reading	bedtime
<b>Thursday</b>	shower	Wake and Shake	Numeracy	Literacy	Break Time	Languages	Geography	DVD Time	Guided Reading	bedtime
<b>Friday</b>	shower	Wake and Shake	Numeracy	Literacy	Break Time	ICT	Design and Technology	Construction	Guided Reading	bedtime

Below are some useful resources that you may be able to use when supporting your children from home, please click on the hyperlink's in bold to access the resources.

## ChatterPack

- **A list of FREE** Speech, Language, communication, Occupational therapy, and SEND resources for schools and parent/carers
- **Free downloadable resources** to support transitions, emotional regulation, attention to tasks and many more - on the homepage
- **An A-Z information directory** of SEND information/advice/support
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- **Resources with step-by-step instructions and tips on how to individualise** - to aid attention, foundation skills and positive behaviour support
- **ADHD and Me** - a book for children and young people to help them understand what ADHD means to them as a unique individual

Now available as a digital download. **Find out more here**

- **Latest Coronavirus information for SEND parents** - Lots more information in the articles on the left-hand side of the page (via the link to Special Needs Jungle)
- **Simpson Millar** - are holding a daily SEND Q&A session to answer any questions in the Education Matters group on FaceBook
- A video by **Steve Broach, Public Law Barrister**, explaining the coronavirus bill and the implications for disabled children
- **Education and Learning foundation** - Teaching, learning and assessment resources for young people with SEND
- **CrickerSoft** - Reading and writing software for all abilities - Free during this period
- **Down Syndrome** - A list of resources to support learners with Down Syndrome and their families
- **Inclusive teach** - FREE downloadable resources
- Kim Griffirin, Occupational Therapist - Daily fine motor activities families can follow along to at 11am on **Facebook** - the videos will also be available on **Griffin OT-YouTube**
- **SEN resources blog** - Advice, learning activities and recommended toys, books, and resources for children with SEND
- **GoBoardmaker** - Free resources

- **Tobiidynavox** 10 weeks of free content, leveled and thematic units created with Boardmaker - books, communication supports, speech/language activities for students with communication difficulties and SEND
- **Accessibite** - Free apps to support students who are blind, visually impaired, deaf, have reading difficulties
- **BrailleWeek** - Worksheets in Braille
- **Visual impairment** – Resources
- **Journey for peace** - An online project with a visual impairment awareness focus through the medium of comics
- **SENDcast** - Podcasts on sensory processing and dyslexia
- **ALN Home School** - Resources for parents of children with additional needs
- **EasterSeals** - Free visual timetable resources - to help with school closures
- **Autcraft** - A modulated and monitored, online site for autistic children and young people
- **Reader Pen** - A pen scanner for those with reading difficulties - that reads text out aloud in English/Spanish/French - Free 14 day trial - **Sign up here**
- **Sensory Project** - List of online, sensory learning resources
- **APD support** - Information and links about Auditory processing disorder

## **Inclusive anxiety/emotional support for children**

- **Managing behaviour of concern - Empathetic stress support - Studio III**
- A FREE webinar by **Professor Andy McDonnell** on the Low Arousal approach (behaviour management) - 31st March at 3pm - email [admin@studio3.org](mailto:admin@studio3.org) to book & receive a link for the event. Also, more events coming from **Studio III**
- **A simple, easy-read visual resource explaining Coronavirus**
- **Social Stories about Coronavirus by Carol Grey**
- **Newsround information for children about Coronavirus and staying safe**
- **Video and information about Coronavirus for children**
- **A simple story to help children manage anxiety about Coronavirus**
- **Supporting children with emotional regulation**
- **Supporting children with a change in routine**
- **A coronavirus Story for children** - Elsa support

- [\*\*WHO guidance to support mental health during this time\*\*](#)
- [\*\*MIND coronavirus and your wellbeing\*\*](#)
- [\*\*Blog from Anna Mathur, Psychotherapist - dealing with Coronavirus anxiety\*\*](#)
- [\*\*Young minds - mental health support for young people\*\*](#)
- [\*\*5 Ways to wellbeing\*\*](#)
- [\*\*Bereavement counseling\*\*](#)
- [\*\*Makaton-signed video to help those with communication difficulties understand the current situation\*\*](#)
- [\*\*Coronavirus information in a range of languages\*\*](#) - Written by doctors of the world
- [\*\*Supporting Children during this period - Coronavirus\*\*](#)
- [\*\*Talking to your anxious teen about Coronavirus\*\*](#)
- [\*\*Phoenix education - Coronavirus information for children\*\*](#)
- [\*\*Why are schools closing? Video by Skyward kids life skills\*\*](#)
- [\*\*Sign up to ChatterPack's FREE monthly SEND newsletter here\*\*](#)
- [\*\*Emotional wellbeing resources\*\*](#)
- [\*\*Talking to children about Coronavirus - Engage Education\*\*](#)
- [\*\*Drama Therapist/Educator - Videos helping children through fun activities to manage their feelings during this time\*\*](#)

Kind regards

The Great Barr Academy SEND Department