

# SEND AT OBA



I am really pleased with the way our new year 7 students have settled into the Academy and have made an excellent transition from primary to secondary school.

The breakfast club provides students with a really calm and supportive start to the day. I would like to thank you for encouraging your child(ren) to attend homework club as these sessions provide opportunities for the students to be fully supported when completing it.

I am extremely pleased to see a number of students attending our EPIC (Engage Participate Interact Communicate) Clubs, Beat Dyslexia intervention sessions and homework clubs.

I hope you find time to read through this newsletter as I am sure you will find it really useful as there is always something new for us to learn.

**Leigh Drew**  
**SENCO**

## PREPARING FOR EXAMINATIONS

In order to achieve the best in their examinations students need equal access to exams and this starts from the preparation and support students receive right up to them completing their papers. During examination periods students can become increasingly stressed and anxious and this is often heightened for students with special educational needs. Therefore during this time it is essential that teachers and parents think about the support different learners may need to prepare well with (see [HERE](#) for tips to beat exam stress).

It can be difficult to know what and how to revise, one tool that can be incredibly useful to support learners is retrieval practice. This will help students to build their memory of key information over time see [HERE](#) for more information.

Changes in routine and lesson structure may also cause additional anxiety and stress therefore planning for these changes and routines ahead of time making sure students know what the new timings are and what equipment is needed too. Packing and reviewing plans the night before can also support with this.



Mindfulness exercises can also support student wellbeing during this time review the Optimus Education top tips [HERE](#) for strategies and tools that may be useful to help you to support your child.

If you or your child have any questions or concerns please do not hesitate to contact us at [SEND@bushfield.co.uk](mailto:SEND@bushfield.co.uk)



# SEND TOP TIPS

**Julie Wilderspin**  
Higher Level Teaching Assistant



Dyslexia Awareness week is an annual event to raise awareness of Dyslexia. This year this took place between the 3rd and 9th October. The theme for this year was "Breaking Through Barriers" focusing on the barriers that those living with dyslexia often face.

Dyslexia can sometimes be overlooked in children and adults meaning that they do not get the support that they need.

By raising awareness, teachers, parents and carers will be able to gain the knowledge to spot the signs, seek a diagnosis and support those with dyslexia with appropriate strategies and provisions. For example; students with dyslexia letter reversal is very common particularly b, d, p and q see the bed image (right) which can help students to remember the correct letter formation.

## Beat Dyslexia at OBA

At OBA we continue to provide intervention groups for students with dyslexia through the Beat Dyslexia programme. Beat Dyslexia is a step-by-step multi-sensory literacy programme that helps learners to understand the linguistic and phonological structures that underpin literacy.



Useful websites for information and advice:

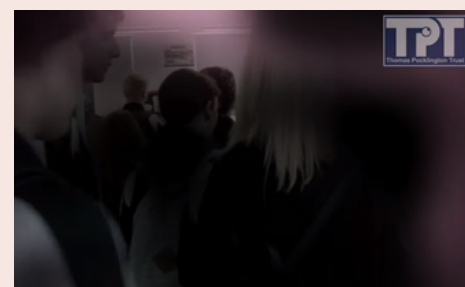
British Dyslexia Association - For information and latest news click [HERE](#)

John Hicks - A lifestyle coach who runs a facebook group called Parenting Dyslexia click [HERE](#)



As part of our ongoing CPD all staff regularly receive focused SEND training as we work hard to keep up to date with how we can best support the needs of our students. This term we have had training from the local authority on how we can support students who may be visually impaired and strategies we can support them with in an educational setting.

The Thomas Pocklington Trust have produced a video 'What do we see 2 - How the world looks to vision impaired children and young people' which simulates the five most common conditions affecting vision impaired children and young people in the UK today. It uses augmented reality to demonstrate how things look to those living with the most common visual impairments; Nystagmus, Retinitis Pigmentosa, Cataracts, Retinopathy of Prematurity and Optic Atrophy. To view this video click [HERE](#)



## VISION IMPAIRED SUPPORT

# MENTAL HEALTH

Mental health affects all of us and establishing positive mental health and well being can improve the way we feel and act. Optimus Education have created an A-Z of tips that can be used to improve mental health one letter at a time.

## A-Z OF MENTAL HEALTH

Positive mental health and wellbeing makes us feel content, peaceful and valued.  
Use these tips to improve your mental health one letter at a time.

<b>A</b> <b>ASK FOR HELP</b> You are not alone, so reach out and ask for help	<b>B</b> <b>BREATHE</b> Focus on your breath to find a sense of calm	<b>C</b> <b>CONNECT</b> Connect with friends, family and trusted adults	<b>D</b> <b>DETOX</b> Unplug from social media and other distractions	<b>E</b> <b>EMOTIONS</b> Observe how you feel and label your emotions	<b>F</b> <b>FIND SAFE PLACE</b> Go to a place where you feel safe and at ease
<b>G</b> <b>GRATITUDE</b> Focus on the things you're grateful for	<b>H</b> <b>HEALTHY HABITS</b> Create a balanced routine with healthy habits	<b>I</b> <b>INQUIRE</b> Pause and ask yourself, 'how do I feel right now?'	<b>J</b> <b>JOURNAL</b> Use a journal to express your thoughts and feelings	<b>K</b> <b>KINDNESS</b> Be kind and compassionate to yourself and others	<b>L</b> <b>LET GO!</b> Feel more energised, by moving your body
<b>M</b> <b>MEMORIES</b> Visualise three things you are proud of	<b>N</b> <b>NATURE</b> Improve your mood by exploring the great outdoors	<b>O</b> <b>OPENNESS</b> Be open to new activities and notice what happens	<b>P</b> <b>PATIENCE</b> It's okay to not be okay, so give yourself time	<b>Q</b> <b>QUIET</b> Take quiet moments every day to reflect	<b>R</b> <b>REST</b> Be mindful, rest often and get plenty of sleep
<b>S</b> <b>SUPERHERO</b> Stand in the Superhero Pose for two minutes every day	<b>T</b> <b>THOUGHTS</b> Track your thoughts in a journal, and notice any themes	<b>U</b> <b>UNIQUE</b> You are unique, and so is your mental health	<b>V</b> <b>VOLUNTEER</b> Boost your self-esteem by giving back to others	<b>W</b> <b>WORRY TIME</b> Schedule 'worry time' to help solve practical worries	<b>X</b> <b>EXCITEMENT</b> Do more of the things that bring you joy and excitement
<b>Y</b>	<b>Z</b>	Find out more about how Optimus Education can help boost your wellbeing at <a href="https://healthinschoolsuk.com">healthinschoolsuk.com</a>			



Useful Websites:

Keep Your Head Up - For mental health support in the Peterborough and Cambridgeshire region click [HERE](#)

MIND - For information and additional links to support click [HERE](#)

NHS Mental Health Support - For links to additional services and support click [HERE](#)



**Marija Bibb**  
Teaching Assistant



**Claire Martin**  
Learning Assistant

# HOMework CLUB

Sometimes students need additional support and help to access different curriculum areas beyond the classroom. At OBA we offer a homework club that runs from Monday to Thursday 3:10 to 4:00. Each year group has two designated sessions a week where KS3 and KS4 Teaching Assistants provide focused and targeted support from them.

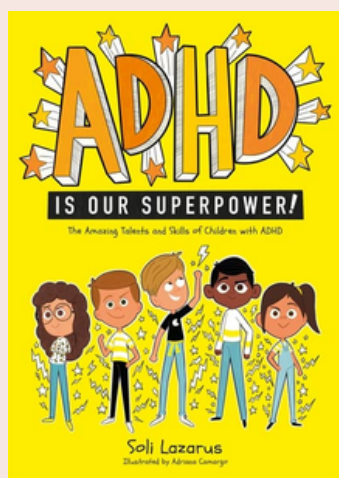
Computers and other specialist devices are available to help with students may have difficulties accessing technology or who don't have WiFi at home. Homework club is also useful for KS4 students to catch up on coursework with experienced teaching assistants on hand to advise and help.



You don't have to stay for the whole 50 minutes, you can pop in just to check what homework has been set, print off work or just access the internet. Feedback from students has been really positive about the learning environment created so please feel to come and join us! To view the timetable for this click [HERE](#)

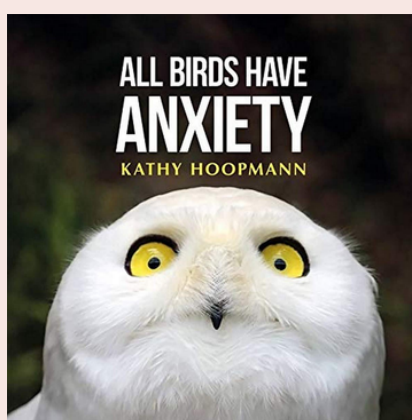


## RECOMMENDED BOOKS FOR YOU AND YOUR CHILD



In this book you are introduced to different children with ADHD who can do amazing things. Some strengths are superpowers for interacting with others, like having a strong sense of what is fair or entertaining friends and family to make them feel happy.

This book also provides guidance for parents and teachers, with advice on how they can support children with suspected or diagnosed ADHD at home or in the classroom.



This book validates the deeper everyday experiences of anxiety, provides an empathic understanding of the many symptoms associated with anxiety, and offers compassionate suggestions for change.

The combination of understanding and gentle humour make this the ideal introduction to anxiety disorder for those diagnosed with this condition, their family and friends and those generally interested in understanding anxiety



This book follows a child called Ariana who has Pathological Demand Avoidance which is a form of autism. Most people just think she's naughty and misbehaved, but this book allows her to explain why that's not true by explaining what her life is like from inside her head.

This book provides a brilliant insight into the mind of the PDA child and is an engaging book for those who want to gain a better understanding.



**Carla Jones**  
Teacher of English and Access  
Arrangement Assessor

## POST 16 SUPPORT

At the recent Year 11 'Help Your Child' evening, parents were invited to think about how they can help their children through the next few months. A member of the SEN team was there to help guide parents in how they can help their child, and to answer any questions. The SENCo from Peterborough college was also invited to talk to parents about life at college and the post-16 transition process.



In school throughout the rest of year 11, our SEN students will be offered specialised guidance and support about the post-16 transition process. We will be running visits to local colleges, college 'Mythbuster' sessions in school, guidance on 'what's next' as well as practical support in the application process for 6th form and colleges. We will also start putting together individualised 'Transition Profiles' so that key staff in the colleges can get to know the students and their individual needs.

Transitions to the next stage of education can be very daunting; this is why it is really important to think about it and start planning as early as possible. Later in the year we will be running sessions for year 9 and year 10 students to ensure that they are already thinking about their post-16 journey.

Any questions please contact me on [carla.jones@bushfield.co.uk](mailto:carla.jones@bushfield.co.uk) or any other member of the SEND team via our email below.

## SEND LEGISLATION - NASEN



NASEN are the National Association for Special Educational Needs, a charitable organisation that exists to support children and young people with SEND and those working with them. SEND legislation and access to support can be difficult to navigate at times and to help support with this they have produced an excellent webinar that covers SEND Legislation and what this means for your child as well as covering the SEND process within school, reasonable adjustments, how parents should be involved as well as SEND funding. To access the webinar click [HERE](#).

***"The curriculum is well developed to meet the needs of pupils with special educational needs and/or disabilities (SEND)"***

Ofsted 2019

## LOCAL OFFER



A guide to the Local Offer can be found [HERE](#)

For more information about the SEND Provision in Peterborough City Council and the Local Offer click [HERE](#)

## PETERBOROUGH POST 16 OFFER

For more information about the Post 16 SEND Provision in Peterborough click [HERE](#)

## FAMILY ACTION



Family Action recognises that (SEND) information for parents can often be hard to find or difficult to access so have brought together key topics, links and resources. To access this information please visit Family action click [HERE](#).

## SEND INFORMATION ADVICE AND SUPPORT SERVICE

The Parent Partnership Service providing Cambridgeshire's SEND Information, Advice and Support Service (SENDIASS) offers impartial and confidential information, advice and support to parents and carers who have a child or young person with special educational needs (SEN) or a disability or have concerns that their child has special educational needs. They also offer impartial and confidential information, advice and support to young people and children with special educational needs (SEN) or a disability or who have concerns they may have special educational needs. For information click [HERE](#)



## SEND REFERRAL



Please remember that a parent/carers, teacher or any other educational professional at OBA, plus of course any child themselves can request an SEND assessment. Should you wish to refer a child for an SEND assessment then please contact our SENCO Mr Leigh Drew on [SEND@bushfield.co.uk](mailto:SEND@bushfield.co.uk)