

COSY UP



A half termly newsletter for by the Autism Advisory Teacher Service for Peterborough's Autism community

A SENSORY AUTUMN

Rob Emery (*Autism Advisory Teacher*)

People with autism often have sensory processing differences and the Autumn is a time that presents both challenges and opportunities for sensory development. In this issue we identify some of the challenges and give some practical ideas for supporting sensory development at this time of year.

TACTILE

The Autumn presents lots of opportunities to develop the sense of touch as tactile sensory experiences are everywhere to be found. A short autumn walk offers the chance to experience the textures of crunchy leaves, squelchy mud beneath wellies, smooth conkers and rough bark. Children can make a 'nature bracelet' using a band of tape to stick items they like on their wrist.



TASTE/SMELL

Pumpkins are back in our supermarkets, and they can keep children entertained for hours whilst providing valuable sensory experiences. As well as a variety of interesting textures, the smell and taste are also quite unique. To develop number skills, children can find and count seeds on a number track.

Harvest festivals are also celebrated this time of year. Baking bread, cakes or even making simple biscuits with your child present lots of opportunities for sensory development. Kneading dough, tasting ingredients and of course licking the mixture out of the bowl!

INTEROCEPTION

Interoception relates to sensing the internal feelings of your body. Sensing when we are tired and need sleep is something that most of us do instinctively but for those with sensory processing differences, this can be more difficult. As the nights begin to draw in and the clocks change, adjusting sleep patterns accordingly can prove challenging. You might talk to your child/young person about the changes so that it is more predictable. You might begin to adjust bedtime at smaller ten-minute intervals leading up to the time change rather than try to tackle a full hour difference in one go. Studies have shown that regular exercise can also help with adjusting to a new sleep schedule.

HALLOWEEN & BONFIRE NIGHT

While these festivities might be fun for many of us, the assault on the senses presents challenges for many of our children. Unpredictable loud noises and flashing lights can be problematic.

Try to make things as predictable as possible. If people knocking on the door at Halloween is a problem, leave a bowl of sweets outside the front door with a sign that asks people not to knock. Your child/young person might enjoy the costumes through the window or at a distance. If you are going to an event, try to talk your child/young person through what will happen, they may need ear defenders and sunglasses to limit sensory input and snacks and hot chocolate can serve as a welcome distraction from crowds.

You know your young person best so celebrate this season's festivals in a way that is enjoyable and meaningful for them. Don't feel the pressure to attend big events or to take to the streets in costumes if it will only lead to distress. Sometimes family traditions are much more meaningful.

A Saturday Music Group for young people of ALL abilities

PCYM Music Inclusive
is held Weekly, term time only

Saturday's

Juniors: 10:30 - 11:00

Seniors: 11:15 - 12:15

**Ormiston Bushfield Academy,
Orton Centre, Peterborough**

REGISTER NOW



<https://forms.office.com/e/QB8X9n8TLq>



soundabout
Associate Choir

PCYM

music

PETERBOROUGH

Email: musicclub@peterborough.gov.uk

College Open Days:

Peterborough College:

12th October, 14th November,
17th January, 27th March all 5:30pm-
7:30pm register online

City College:

19th October, 14th November,
6th December 4pm-6pm and 20th April
10am-1pm

Stamford college:

3rd October, 8th November
24th January, 20th March 5:30pm-
7:30pm register online

Out & About

Hill Farm Pumpkin Picking

Pick your own Pumpkins!
[Click here](#)

Half term at Nene Park

Tree Hunts and
Broomsticks!
[Click here](#) for more
info.

Inflatanation SEN
Friendly sessions
[Click here](#)

Burghley Halloween Trail

[Click here.](#)

Sacrewell Farm
Pumpkin Festival!
[Click here](#)

Peterborough Cathedral

Transformed by lights!
[Click Here](#)



Try these...

...Autumn Scavenger Hunt
([click here](#))

...Autumn Spice Playdough
([click here](#))

...Autumn Tree Painting
([click here](#))

...Leaf Printing
([click here](#))

...Coding Ghost Game
([click here](#))

Make floating ghosts!

[Click here](#)



No Bake Recipes...

[click here](#)



NOTICE BOARD

To do:

- Apply for school places by Oct 31st (secondary places)
- Apply for School Places by January 15th (Primary places)

[Click here](#)

Welcome to the team: Stephanie

"Hello, I am Steph and I recently joined the AATS team. I will be working with Peterborough Secondary Schools and Colleges supporting students with preparation for adulthood and post-16 transitions. I have previously worked as a HLTA in an Autism hub within a mainstream secondary school and worked as a Learning Mentor delivering bespoke 1:1 and group sessions for students with SEN and SEMH.

I really enjoy creating unique packages and planning smooth transitions to support our young adults in achieving their goals and future aspirations.

My children keep me very busy in my spare time! However, I do love a cosy film night, walks in the woods and playing the ukelele."

