



# Pinehurst Primary School

## SEND Support at Home

'Experience, Excel and Enjoy'

We understand that we are not there face to face at the moment for all of the pupils that we support, but we can arrange a telephone call or Zoom Meeting if you or your child wants to speak to us. Please just email Mrs Steers at [senco@pinehurst-primary.co.uk](mailto:senco@pinehurst-primary.co.uk)

Here are some strategies that you can use at home to support your child if they feel stressed or anxious or are just not coping at any point during lockdown, some of these may not work and that is okay.

- 1) Keep your child in a routine, it is really important to get them up and get them ready each morning as they would for school.
- 2) Choose a good place for them to learn. Somewhere that is free from clutter and if possible, quiet.
- 3) Break up the work into smaller chunks and if you can use a visual cue or now and next board to show them what they have to do.
- 4) Encourage physical activity and exercise. This will help with your child's mental wellbeing.
- 5) Monitor your child's screen time and make sure that they get some downtime and they get some time to relax.
- 6) If they need it, use a timer to give them a clear start and finish time for each activity or lesson. You can use online timers, such as the one here - <https://www.online-stopwatch.com/> or you can buy one online.
- 7) If your child gets angry, then give them some space and allow them to go somewhere that they feel safe, possibly their bedroom and let them do something that they like, something that will calm them down.
- 8) Provide them with calming/sensory equipment. It can be as simple as a ball of blue-tack or a blanket, to help them feel grounded.
- 9) If your child needs an overlay in school then they can download the Colorveil programme to support them whilst they are doing their online learning and it is free - <https://www.aurelitec.com/colorveil/windows>
- 10) Do not struggle alone and ask for help. We send out a lot of information on our Twitter Page or on Class Dojo, but we are always here if you need our help.