



ROBERT MELLORS PRIMARY ACADEMY

Information and advice for parents and carers of children with SEND

Dear Parents/Carers,

We understand you will be feeling worried about the current situation and the impact this will have on your children, family and friends. We want to reassure you that the staff at Robert Mellors Primary Academy are working hard to continue to provide support for you and your child/ren.

This information will be regularly updated with the latest guidance and advice for parents and carers of children and young people with special educational needs or a disability (SEND) during this challenging time.

We are working closely families to give you our full support throughout this difficult time. We have compiled this information to access if you need some advice or support for your child, tips on managing well-being, behaviour, sleep, educational activities and more at home for yourself and your family.

We will be updating these pages regularly so please keep checking for the latest advice and information.

Please do not hesitate to contact me if you have any questions or concerns via the school email address office@robertmellors.org.uk

Yours truly

Dr J Hussain

APRIL 1, 2020

ROBERT MELLORS PRIMARY ACADEMY

COVID-19 - resources for parents and carers

A Children's Guide to Coronavirus:



<https://www.childrenscommissioner.gov.uk/wp-content/uploads/2020/03/cco-childrens-guide-to-coronavirus.pdf>



Coronavirus: Helpful information to answer questions from children

<https://www.place2be.org.uk/about-us/news-and-blogs/2020/march/coronavirus-information-for-children/>

Young Minds: Talking to your child about coronavirus – including 10 tips from parentline



<https://youngminds.org.uk/blog/talking-to-your-child-about-coronavirus/>



<https://www.rcpch.ac.uk/resources/covid-19-resources-parents-carers>



Tips for autistic people and families

<https://www.autism.org.uk/services/helplines/coronavirus/resources/tips.aspx>

Childnet – some useful advice:

<https://www.childnet.com/parents-and-carers/hot-topics/supporting-young-people-with-send-online>

The Children's Commissioner has produced a guide for parents and one for children and young people:



<https://www.childrenscommissioner.gov.uk/coronavirus/digital-safety-and-wellbeing-kit/>

How best to manage behaviour

There is no doubt this is time is challenging for many families. There is no easy answer but some things will help. Triple P have a good summary of the common-sense things we all need to do as parents at the moment:



<https://www.triplep-parenting.uk.net/uk-en/get-started/parenting-during-covid-19/>

or watch their videos:

<https://www.triplep-parenting.uk.net/uk-en/blog-and-videos/watch-videos/parenting-during-covid-19/>

If your child has learning disabilities and behaviour that challenges you may find this advice from the Challenging Behaviour Foundation useful:



<https://www.challengingbehaviour.org.uk/learning-disability-assets/supportingchildrenandadultswithsevlelearningdisabilitesathomeduringthecoronavirupandemic.pdfwww.challengingbehaviour.org.uk/learning-disability>

<https://www.challengingbehaviour.org.uk/learning-disability-assets/3challengingbehavioursupportingyourlovedoneathome.pdf>

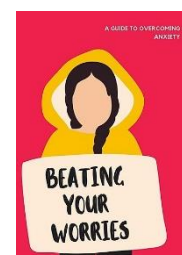


Anxiety/Worry

www.beyourbestversion.co.uk/resources

A guide for overcoming anxiety. The guide is aimed at children aged 9+.

It can be tough to know how to support your child when they are experiencing anxiety and many parents are feeling stressed and anxious themselves at the moment. I wanted to help these families so developed the guide.



Healthy sleep tips for children

Sleep and tiredness

If sleep is becoming an issue:

<https://www.nhs.uk/live-well/sleep-and-tiredness/healthy-sleep-tips-for-children/>

For more advice on families caring for children with serious and complex health needs, see this information from Well Child and Carers UK:



<https://www.wellchild.org.uk/2020/03/11/covid-19-information-for-parents-and-carers/>



<https://www.carersuk.org/help-and-advice/coronavirus-covid-19/coronavirus-covid-19>

Explaining school closure and Coronavirus to your child using Makaton:

My School is Closed



My school is closed.



<https://www.makaton.org/Assets/Store/FreeResources/sharedResources/My-school-is-closed.pdf>

SEND: useful apps and games
(Apps must be downloaded onto a compatible device)

Brain Parade

Website: <http://www.brainparade.com/products/see-touch-learn-free/>



A visual instruction app, including flash cards and picture-choosing games, for children with autism and special needs.

HelpKidzLearn

Website: <https://www.helpkidzlearn.com/#>



A collection of games and resources designed for a range of educational needs and stages. It includes provision for school closure.

SENSORY APP HOUSE

Apps for therapy and education

Sensory App House Ltd

Website: <https://www.sensoryapphouse.com/>

A range of apps are available for pupils with Profound and Multiple Learning Difficulties (PMLD) or Severe Learning Difficulties (SLD). All are interactive and many do not require significant coordination abilities.

Visuals2Go

Website: <https://www.visuals2go.com/>

Visuals2Go

An all-in-one app created to support people with communication and learning difficulties. For verbal and non-verbal learners.



Speech and Language Kids

Website: <https://www.speechandlanguagekids.com/free-speech-language-resources/>

A range of education and therapy resources for speech and language problems. A podcast is also available on iTunes for verbal and non-verbal children.

Registration: not required

UCL Centre for Inclusive Education

Website: <https://www.ucl.ac.uk/ioe/departments-and-centres/centres/centre-inclusive-education/homeschooling-children-send/managing-transition-home-schooling>

INSTITUTE OF EDUCATION

A guide to help parents adjust to remote learning by providing advice and links to resources.



Do2Learn (USA)

Website: <https://do2learn.com/>

A range of downloadable resources grouped by theme. Themes include: social skills, songs and games, and picture cards.

Registration: not required

Anna Freud National Centre for Children and Families

Website:

<https://www.annafreud.org/media/11160/supporting-schools-and-colleges.pdf>



A downloadable guide to supporting the mental health and wellbeing of pupils and students during periods of disruption.

Registration: not required



Housing advice: Shelter

For advice on your rights and latest legislation.

https://england.shelter.org.uk/housing_advice/coronavirus

Tel: 0808 800 4444 (for urgent enquiries only, you have nowhere to sleep, or might be homeless soon you have somewhere to sleep, but nowhere to call home or you are/could be at risk of harm)

Mental Health and Wellbeing: Young Minds

Information on child and adolescent mental health. Services for parents and professionals.

Visit: <https://youngminds.org.uk/>

Tel: 0808 802 5544 (Helpline for parents)



Financial Advice: Citizens Advice Service

Check what benefits you can get if your work has been affected by coronavirus (COVID-19).

You might be able to get extra money if you're sick, self-isolating or if you're earning less.

Visit: <https://www.citizensadvice.org.uk/benefits/>

Family Lives

Advice on all aspects of parenting, including dealing with bullying.

Visit: <https://www.familylives.org.uk/>

Tel: 0808 800 2222 (Monday to Friday, 9am to 9pm and Saturday to Sunday, 10am to 3pm)



Mind

Promotes the views and needs of people with mental health problems.

Visit: <https://www.mind.org.uk/>

Tel: 0300 123 3393 (Monday to Friday, 9am to 6pm)



A full list of mental health and wellbeing support can be found on the NHS:

<https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/>

Other support:



National Autistic Society

The Autism Helpline enquiry service provides impartial, confidential information along with advice and support for autistic people and their families and carers.

Visit: <https://www.autism.org.uk/>

Fill in the online enquiry form to request advice.

National Deaf Children's Society

Information and advice on support for deaf children and their families.

Visit: <https://www.ndcs.org.uk/>

Tel: 0808 800 8880 (Monday to Friday 9am to 5pm)



Mencap

Charity working with people with a learning disability, their families and carers.

Visit: <https://www.mencap.org.uk/>

Tel: 0808 808 1111 (Monday to Friday, 9am to 5pm)

What Bookstart can offer you:

Did you know that every child in England aged 0-12 months and 3-4 years is entitled to a free Bookstart pack?

<https://www.booktrust.org.uk/what-we-do/programmes-and-campaigns/bookstart/families/what-bookstart-can-offer-you/>



Disability Access Funding (DAF)

Do you claim Disability Living Allowance (DLA) for your child?

Is your child aged between 3 and 4 years old?

Does your 3 and 4-year-old access their funded nursery entitlement at a Day Nursery, Pre-School, Childminders or School Nursery?

If you have ticked all the above, your child might be entitled to DAF to support them in their Early Years setting. Talk to your childcare provider and share this information with them.



<https://www.nottinghamshire.gov.uk/education/special-educational-needs-and-disabilities-send/special-educational-needs-and-disabilities-send>

E earlychildhoodservices@nottsc.gov.uk

T 0115 977 2510

ASK US Nottinghamshire

We provide parents, carers, children and young people with free, confidential and impartial information, advice and support on children and young people's special educational needs and disability matters. We support families across Nottingham City and Nottinghamshire. We want to ensure that the views of parents, carers, children and young people are taken into account when decisions are made around education or disability issues. Our aim is to help children and young people achieve the best possible outcomes and prepare well for adulthood.

We offer:

- Telephone advice
- Face-to-face support at Drop-In sessions
- Support for meetings e.g. at school
- Support with paperwork e.g. requesting an Education, Health and Care
- needs assessment
- Support for EHC needs assessments or annual reviews of EHC Plans
- Signposting to specialist services or agencies

We can be contacted in the following ways:

Website: <https://www.asklion.co.uk/kb5/nottingham/directory/service.page?id=HL6twr - N6Q>

Telephone : 0800 1217772

Email : AskUs@futuresforyou.com

Post : Ask Us Nottinghamshire,
57 Maid Marian Way,
Nottingham,
NG1 6GE



EHC needs assessment for children in early years settings or at school

Telephone : 08001217772

Email : AskUs@futuresforyou.com

Post : Ask Us Nottinghamshire,
57 Maid Marian Way,
Nottingham,
NG1 6GE

Other useful websites:

Autism Education Trust:

<https://www.autismeducationtrust.org.uk/>



The Communication Trust
Every child understood

Communication Trust:

<http://www.thecommunicationtrust.org.uk/>

Dyslexia SpLD Trust: www.thedyslexia-spldtrust.org.uk



MindEd: <https://www.minded.org.uk/>

