

Bright Sparks News

Newsletter No. 21

November 2023

Welcome back to the Autumn term! I hope you have settled back into school and are enjoying the unexpected sunshine.

Thank you for all your support this year. Please feel free to contribute to the newsletters; you can do this by emailing me. All contributions welcome.



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Games to play

Developing auditory memory

Odd one Out: Child identifies odd one out of a list of spoken items. The number of items should fit in with their memory level and might be related by: Category-dog, cat, orange horse rhyming-cake, shoe, make, bake initial phoneme-ball, bush, box, toy

Chaining Games: Child and adult take turns to add an item and/or detail to an increasing list. This might be a simple game of "I went shopping and I bought..", or you can ask the child to include descriptions.

Adult: "We went to the zoo and saw an elephant eating peanuts."

Child: "We went to the zoo and saw an elephant eating peanuts and a zebra with stripes" etc.

This idea can be adapted to similar games using food, furniture, clothes, vehicles etc.

Visual perception and memory

Body moves : To work on body awareness and left-right awareness, give directions such as: "touch your left ear with your right hand". Build up to 2- or 3-step directions.

Shape pictures Use some cut-out shapes in different colours and arrange them to make pictures. Challenge the children to make specific images : a house, a fish, a face, etc. You could also use kits such as "Fuzzy Felt".

Make a picture, show it to the children and see if they can copy it. Can they copy it from memory?

Hand strengthening activities: Squeeze play dough or a stress ball, Drop beans into a bottle to make a sensory bottle, Use a hole punch to create confetti for crafting, Everyday play activities using small toys or manipulatives

Weight bearing activities: play games on the floor Pop bubble wrap, Attach paperclips onto the edge of a paper Shoot a marble into a target with the thumb, Screw together nuts and bolts, Tear pieces of paper, Make dough and roll and cookies

Random bit: Did you know?

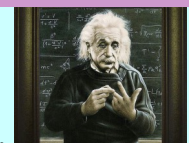
Did you know that humans can't walk in a straight line without a visual point?

If blindfolded, we gradually walk in a



Top Tips from parents

'A secret tool' to helping children learn to label the emotions behind their behaviour-The Guessing Game is useful for helping get behind the behaviour (usually angry) to the emotions of frustration/fear/jealousy etc... for example starting sentences with 'I see you are angry! I wonder if this might be because you feel scared about your appointment with the dentist / worried about how I will react because you hit someone today?' Children tell us quickly when we guess wrong, and to try again. This helps them accept all feelings as ok whatever they may be.



LOCAL AUTHORITY UPDATE

City of York council have updated the Local Offer and SEND pages. All new information can be found here:

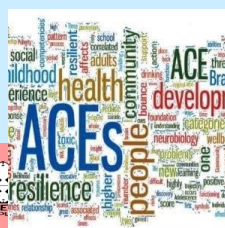
<https://www.yorksend.org/>

They have also produced a letter for parents which is attached to this newsletter.

The Parent Carer Forum York is an established and recognised group who work with parents and carers of children or young people with additional needs or disabilities (0-25) who live in York. They are a voluntary organisation. Their aim is to ensure that provision and support from Health, Education and Social Care are informed by the expertise and lived experience of parents and carers. In order to ensure they are representing parent / carer voice correctly they: Organise and attend social events, Offer peer support, Share information and signpost services and Work closely with professionals within York. Further information can be found here:

<https://www.parentcarerforumyork.org/>

Good ideas



This is a great group that supports understanding around emotions and regulation: www.facebook.com/PorterACES

THE STRESS RESPONSE IN KIDS

FIGHT

Yelling, Screaming,
Using Mean Words

Hitting, Kicking, Biting,
Throwing, Punching

Blaming, Deflecting
Responsibility, Defensive

Demanding,
Controlling

"Oppositional",
"Defiant", "Noncompliant"

Moving Towards What
Feels Threatening

Irritable, Angry,
Furious, Offended
Aggressive

FLIGHT

Wanting to Escape,
Running Away

Unfocused, Hard
to Pay Attention

Fidgeting, Restlessness,
Hyperactive

Preoccupied, Busy with
Everything But the Thing

Procrastinating, Avoidant,
Ignores the Situation

Moving Away From What
Feel Threatening

Anxious, Panicked
Scared, Worried,
Overwhelmed

FREEZE

Shutting Down,
Mind Goes Blank

Urge to Hide,
Isolates Self

Verbally Unresponsive,
Says, "I don't know" a lot

Difficulty with
Completing Tasks

Zoned Out,
Daydreaming

Unable to Move,
Feeling Stuck

Depressed, Numb,
Bored/Apathetic,
Helpless



WholeHearted School Counseling

Tea, coffee and chat.

We met during the summer term for a chat and cake. If you would like to meet in the Spring term please let me know. It may make the darkness and cold of January/February more bearable. All are welcome! So if you would like to come to the next one let me know what days and times work and I'll let you know when we arrange something. There is always cake!



Head teacher—Tina Clarke

Deputy Head teacher —Dani Rees

Inclusion leader— Lisa Solanki

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