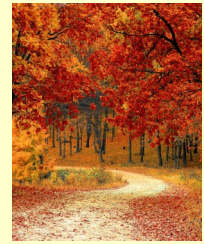


Bright Sparks News

Newsletter No. 26

October 2025

Welcome to the autumn term and first newsletter of the academic year. I hope you are now in the rhythm of the term and return to school. The crisp mornings and crunchy leaves are a thing of beauty despite it being very difficult to get up in the mornings. Please feel free to contribute to the newsletters; you can do this by emailing me via to school office on admin@fishergateschool.com.



Random bit: Did you know?



Bananas are radioactive. Due to being rich in potassium, every banana is actually slightly radioactive thanks to containing the natural isotope potassium-40

Executive functioning

What is executive functioning?

Executive functioning consists of skills including the ability to manage emotions, initiate activities within a timely manner, shift attention from topics or activities, control impulses and urges, retain information for use during functional activities, develop plans and formulate systems to perform a desired task, prevent missing materials, and being mindful of how our own behaviour impacts others.

Strategies to help

Spotting difficulties with executive function

Younger children

Gets frustrated easily, might throw things instead of asking for help

Has trouble following directions and often forgets what to do

Has lots of tantrums over things that seem minor

Acts out instead of expressing feelings

Struggles with basic tasks like finding things in a cupboard or packing up at the end of the day

Is very stubborn about doing things a certain way

Older children

Starts a task and gets distracted, then doesn't finish

Can solve a maths problem one way but gets stuck when asked to solve it a different way

Focuses on the least important thing you said

Mixes up tasks and doesn't bring home the right books and handouts needed for homework

Has a messy desk and backpack

Panics when rules or

Create routines for your child's day and week

Use rewards to help reinforce positive behaviour and avoid punishing negative behaviour

Model planning, organisational and time management skills in everyday life

Support your child in weighing up the pros and cons of different solutions to a problem

Help your child to see the bigger picture and perspective of others

Play games that help practice executive function skills, such as:

Strategy games like connect 4, noughts and crosses. Games such as monopoly or chess use executive skills such as maintained focus, planning ahead, considering options before acting, and inhibition. Practice switching between the rules, so they can practice flexible thinking and working. This could involve playing card games matching colours then suits and so on.



SEND central based at Clifton Green Primary School

SEND CENTRAL is a new advice centre which offers supports for parents and carers of children who have any level of additional need. Your child does not need a diagnosis to access this hub. If you're looking for some advice, information and don't know where to turn, pop along between 9.30am to 5.00pm Monday to Friday and chat to one of the friendly navigators who are people with lived experience of SEND and are employed by the Parent Carer Forum. If you're unable to physically come to the hub you can email: sendcentral@york.gov.uk or telephone: 01904 555076 and a navigator will call you back. They offer one off or regular advice sessions. One off sessions this term are:

NOVEMBER INFORMATION SESSIONS AT SEND CENTRAL IN COLLABORATION WITH YORK PARENT CARER FORUM

Monday 3 November 1pm- 2pm – Barriers to School Attendance

An information session led by the Educational Psychology Team around understanding barriers to school attendance and how to support your child or young person when they are experiencing significant barriers to school engagement.

Friday 14 November 1pm- 2pm- Welfare Rights- knowing what you may be entitled to as a family who have a child with SEND.

An information session around the benefits that are available to families who have children and young people with SEND, a general overview to make sure you know what you should and could be accessing and if there are gaps the opportunity to book in for a follow up appointment that is personalised around claiming any benefits you may be missing.

Friday 21 November 1pm – 2 pm- Elective Home Education

An information session led by our Local Authority School Attendance Lead and a SEND navigator from the Parent Carer Forum around Elective Home Education.

Monday 24 November 1pm- 2pm- ADHD a Guide for Parents

An Information Session led by CAMHS that looks at what ADHD is. There will be a focus on looking after yourself, practical tips for helping at home and supporting your child's educational development, general tips for supporting at school. Understanding sleep and ADHD, tips and hints. There will also be a consideration of the referral and assessment process and what comes next.

Further information on the SEND central service and what is available as timetabled events can be found here:

<https://www.yorksend.org/parents/send-central/4>

Zones of regulation

Did you know that we use zones of regulation to help children recognise and manage their emotions. We use this useful video: <https://www.youtube.com/watch?v=nEUzQ7yL9A0>

There are a range of resources available to use at home that can be found here: <https://zonesofregulation.com/free-downloads/>

There is a section on our school website explaining zones and how to use them alongside a number of resources. Have a look: <https://www.fishergateschool.com/learning-fishergate/mental-health-and-emotional-well-being>.



Head teacher–Tina Clarke

Deputy Head teacher –Dani Rees

Inclusion leader– Lisa Solanki