

Bright Sparks News

Newsletter No. 27

March 2026

The sunnier and lighter days are here! I hope you had a lovely Spring term. There are a number of activities to do in York over the Easter holidays. There is more information on this newsletter as well as ideas of other things you can do with your child. 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?



Lemons float in water, but limes sink!

SEND White Paper

You will undoubtedly have heard about the proposed changes to SEND. There are a few places where you can find out what is happening and how this may impact you and your child. These are:

Council for Disabled Children have made a series of webinars, one is for parent carers <https://councilfordisabledchildren.org.uk/resources/all-resources/filter/inclusion-send/send-reform-government-consultation-information>

Contact summarised what they welcome and where they think the gaps are and how to consult before it closes <https://contact.org.uk/help-for-families/information-advice-services/education-learning/the-schools-white-paper-education-reforms/>

The links at the bottom have easy read guides and guidance documents for parents.

Heavy Work ideas

Did you know the important role that heavy work activities play in our ability to learn, focus, attend, and participate in everyday tasks? Heavy work is activity that requires effort from our muscles and these tasks usually involve activation of the muscles and joints of the body which calms and regulates the sensory system. Heavy work may include:

PUSHING HEAVY WORK:

Heavy work is activity that requires effort from our muscles and these tasks usually involve activation of the muscles and joints of the body through the proprioceptive system by movements such as pushing, pulling or lifting.

The movement activities create resistance input to the muscles and this feedback is ultimately what calms and regulates the sensory system.

Try this

- Wall Push-Ups
- Chair Push-Ups
- Pushing a box across the room
- Push a full Laundry Basket
- Push a large therapy ball
- Wheelbarrow Walks



PULLING HEAVY WORK:

Heavy work that uses the upper and lower extremities and the core.

Try this

- Pulling on a rope
- Tug of war
- Pulling and stretching a piece of theraband or stretchy material
- Pull up bar





SEND central based at Clifton Green Primary School

SEND CENTRAL is an 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.

Other events: Wednesday 25 March 2026, 10.00am to 11.30am Think Together Workshop: energy accounting theory: helping manage energy levels with Autistic young people. Energy accounting is an idea developed by autistic psychologist Maja Toudal. It uses the idea of a bank account, where the withdrawals and deposits are energy rather than money. Many autistic people find this idea useful as it provides a way of thinking about managing stress and energy levels. Energy accounting is something you can use yourself, or that others around you can help you with. This workshop will introduce energy accounting, how we can plan into a daily week and how to build ourselves up when already on low energy.

All SEND central information can be found here: <https://www.yorksend.org/parents/send-central>

What's on

RAISE York is the central place to find out what's happening over the Easter holidays. More information can be found here: <https://www.raiseyork.co.uk/directories/whats-on/2>

Giant Inflatable Octopus Enjoy a spectacular free city-centre experience this spring as a giant inflatable octopus arrives for York BID's latest Family Friendly Saturday event. See the York BID website for more details: <https://www.theyorkbid.com/event/giant-inflatable-octopus/> **Date:** Saturday 28 March - 2.00pm, 4.00pm and 6.00pm
Location: King's Staith and the surrounding area, York City Centre



Discover Eggspore: York City Centre Easter Egg Sculpture trail. Families will be able to pick up a trail map to find the locations of 15 eggs on this free community egg trail. Each sculpture has a unique design that tells the story of a local, independent business. Further information found here: <https://york.mumbler.co.uk/discover-eggspore-york-city-centre/> **Dates:** Saturday 28 March to Sunday 12 April 2026

50 things to do before you're 11 and 3/4 Give your children a challenge over the summer! The National Trust are running their award winning campaign '50 things to do before you're 11 ¾.'

From climbing a tree to tracking wild animals, the list is great fun and will be sure to capture the imaginations of your children and inspire them to venture into the great outdoors. Further information can be found here: <https://www.nationaltrust.org.uk/visit/50-things>

Change4Life Activities. Change4Life 10 minute Shake Up - Change4Life and Disney have teamed up to bring you Shake Up games inspired by Disney and Pixar's Toy Story 4 and Incredibles 2, and Disney's The Lion King and Frozen. These 10-minute bursts of fun will really get your kids moving and count towards the 60 active minutes they need every day! Sports and active hobbies are a great way to get active, which is important for everyone's physical health, and can help improve confidence and self-esteem. More details here: <https://www.nhs.uk/healthier-families/activities/indoor-activities-for-kids/>



Head teacher–Tina Clarke

Deputy Head teacher –Dani Rees

Inclusion leader– Lisa Solanki