

Bright Sparks News

Newsletter No. 28

October 2026

Long walks, log fires and hot chocolate! That is what I look forward to in Autumn and winter! I hope this term has been enjoyable so far and you are prepared for the forthcoming cold weather. I also hope you are prepared for the joys and excitement Christmas at Fishergate brings. Please feel free to contribute to the newsletters; you can do this by emailing me. All contributions welcome!



Games to play

Visual Perception Activities

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.

I-Spy

Play I-Spy, but rather than looking for items that begin with a particular letter, look for items with a particular shape or colour (e.g. circles might include a clock on the wall, buttons on clothing, etc). Try to find as many items as possible with that quality.

Tactile Objects

Have an assortment of different everyday objects in a bag (key, cotton reel, toothbrush, marble, buttons, paperclip, small toys, etc). Start with just a few objects. Have the child feel an object inside the bag, without looking, and describe it in as much detail as they can – shape, texture, size. Can they tell what the object is

Auditory memory activity

Expanding Sentences

Child and adult take turns to increase the sentence length

"I watched T.V."

"I watched T.V. on Wednesday"

"I watched T.V. on Wednesday and saw Neighbours"

"I watched T.V. on Wednesday and saw Neighbours with my mum".



Random bit: Did you know?

Giraffe's cant cough.

Spelling support

<https://spellingframe.co.uk/>

This website helps with all the spelling rules from Y2 upwards.

When practising spellings use flour in a tray, sand, make it using playdough or your body shape or painting on the garden wall using water. Use as many different ways as possible using all your senses. This will help the spelling 'stick'.

Top Tips from parents



Parenting support

Parenting can be really hard! There are times when we all need a bit of a helping hand. There are a range of groups in York who offer parenting support and advice. There are also a number of courses too. However, sometimes it is tricky to commit to a course so <https://www.yorksend.org/parents/send-central-events-timetable/3> has information relating to one off sessions. These include the following:

Wednesday 7th October 10am - 11.30am – Think Together - Understanding ADHD and how to refer for an assessment in CAMHS.

Monday 12 October 1pm – 2pm Recognising Big Emotions in Primary aged children

Tuesday 13 October 1pm - 2.30pm Barriers to School Attendance

Wednesday 14 October 10am - 11.30 Understanding Autism and how to refer for an assessment in CAMHS.

Wednesday 21 October 10am - 11.30 Energy Accounting Theory: Helping manage energy levels with Autistic young people.

Thursday 22 October from 1pm- School Admissions appointments

Netmums Parenting Course-<https://www.netmums.com/parenting> this course has been put together with Family Links. It aims to give parents faith in their own abilities.

Parents Together Online <https://www.familylives.org.uk/how-we-can-help/online-parenting-courses/parents-together/> This course has six interactive blocks filled with helpful techniques and ideas.



Useful websites

<http://www.bdadyslexia.org.uk/> The British Dyslexia Association Parent section offers advice on homework and handwriting.

Following some research on supporting handwriting and Dyspraxia I found the Dyspraxia Foundation offer good tips and ideas.

www.dyspraxiafoundation.org.uk

Whilst on the hunt for some fun ideas to do with my groups I came across this website: www.funenglishgames.com Fun games and activities to develop literacy skills.

A recommendation from the SENCo forum I am a member of for supporting ADHD is: www.addiss.co.uk

<https://www.autism.org.uk/> The National autistic society is an organisation providing support for families including resources and signposting to other services.

Let's Make Sense

Together

Let's Make Sense Together is a virtual service that has been developed by occupational therapists. The team have developed a huge amount of resources and videos to support with sensory needs and there are also links to other services and organisations that may be helpful.

Have a look:

<https://www.yorkhospitals.nhs.uk/lmst/>



**York and Scarborough
Teaching Hospitals**
NHS Foundation Trust

Fancy a coffee and chat?

I would like us all to get together for a cup of coffee or tea on **Thursday 3rd December from 2-3.15**. This will be a great opportunity for you to talk to other parents and have a cup of tea/coffee and a piece of cake. As a parent it is always reassuring to chat to others about your child, especially those tricky things.



Please let me know if you can come.



Head teacher–Tina Clarke

Deputy Head teacher –Dani Rees

Inclusion leader– Lisa Solanki