



# Higham Lane North Academy SEND Newsletter

**WHERE 'EVERYONE IS INCLUDED AND EVERYONE BELONGS!'**

**At Higham Lane North Academy inclusion is a vital part of everything that we do. We aim to provide all students including those with Special Educational Need and Disabilities a high-quality and ambitious education and wider school experience. We aim to breakdown barriers and provide opportunities so all students can thrive.**

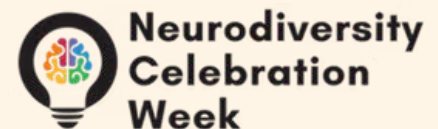
**If you have any questions regarding SEND support, please do not hesitate to contact me.**

**Kind regards**

**Miss Rounce**

## Neurodiversity Awareness and Celebration Week 16<sup>th</sup>-20<sup>th</sup> March 2026

Next week is Neurodiversity awareness and celebration week. We have lots of different activities planned for the students to celebrate all differing types of neurodiversity. Keep an eye out on our social media to see what the students get up to throughout the week



### **Top tips for improving attendance!**

School attendance is an important aspect of a child's educational journey, but for children with Special Educational Needs and Disabilities (SEND), maintaining regular attendance can present challenges. Regular school attendance is essential for all children as it provides stability, continuity, and access to a broad curriculum. It also supports social development, allowing children to form friendships and develop important life skills.

1. Working collaboratively- we encourage open communication between home and school, your child and their house champion to ensure we can address any concerns or worries your child might have regarding school.
2. Establish a consistent routine - create consistent morning and bedtime routines to ensure your child gets enough sleep and are prepared for the school day
3. Encourage positive behaviours- encourage your child to participate in school activities, co-curricular clubs and engage with their peers.



# This week in Orion...



Students conducted taste tests on different fruits and salad. They described the taste, texture and rated the fruit. Melon was a favourite and avocado was tried by all, but they would not eat it again! They really enjoyed tasting the food together and discussing their likes and dislikes. The students safely prepared the fruit, and they were able to select the correct method of slicing, the bridge hole, the claw grip, or the fork secure method.



In science, we have been learning about the density of different objects. The students have been extremely focused during practical work, and they have managed to measure and calculate the density of both regular and irregular objects. EUREKA!



We are delighted that we have started to see birds visiting our send garden. Wrens and blue tits have been going in and out of our homemade bird feeders. Students are proud of their work they have been doing to help the birds through winter.



All invitations designed, created, and given out for Orion's Easter Coffee shop, students have been working hard on budgeting, branding, shopping online for ingredients and they will bake their cakes next week following their chosen recipes. The students have selected and drawn their own Easter and spring decorations, they have created a wonderful seasonal door display.



Maths Interventions - During Maths, students have been using multisided dice to aid in number bonds and different calculations. Students have really embraced this and have made some good progress.

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# What has been happening in the North Bridge this week?

In North Bridge we have been developing logic and decision-making skills and making the most of some better weather by playing Jenga in the sensory garden.

Students have been working with partners making papier mâché brains ready for an activity for Neurodiversity Celebration Week next week.

We have also been using games to develop fast thinking and verbal skills. The students have been enjoying this challenge.

Students have created a lavender garden to nurture and grow. If this goes well, we may try some other small plants for our sensory garden.



## Supporting your dyslexic child at home

Supporting a child with dyslexia requires patience and understanding. Dyslexia affects many areas of learning for students although it is stereotypically associated with reading and spelling.

Dyslexia has an impact on a student's processing speed, working memory, organisation as well as reading, writing and spelling. Support should be structured and calm to build confidence.

- Focus on your child's strengths. Celebrating strengths builds self-esteem and motivation.
- Create a dyslexia friendly learning space. A calm and organised environment reduces distractions and improves focus.
- Establish a routine. The consistency in creating a fixed schedule for homework, reading and activities allows children to feel secure and reduces anxiety.
- Encourage the use of assistive technology, for example audiobooks to support reading.
- Read together regularly. Reading aloud together improves fluency, vocabulary and confidence.
- Be patient and provide emotional support. Dyslexic children can feel discouraged and anxious when learning. Celebrating small achievements will support in building confidence and reduce anxiety.



## Mental Health in Schools Team Tips For Wellness



Dimensions tool



Free online personalised self-care information & support for adults and children in Coventry & Warwickshire

### Nutrition

Nutrition refers to the nutrients in food and how our body uses them to stay strong and healthy. There are lots of positive benefits for our **physical health**, nutrition is also really important for our **mental health!**

Our brain works hard taking care of our thoughts, movements, breathing, heartbeat and senses (even when we are sleeping!), so we must fuel our brain with nutritious foods to help us function. This can help us to think clearly, increase our energy levels and support concentration. What we eat also affects our mood too!

#### Our tips:

- 1. Get involved in the cooking**– Can you help your parent/carer to prepare dinner? This can be a fun way to spend time with others and learn a new skill.
- 2. Make it fun**- There are lots of different ways different foods can be prepared. You could try experimenting putting different food together to see what you like and don't like.
- 3. Try something new**- When was the last time you tried a new food? It can be exciting to find out what food we like and don't like. Also, our tastes can change as we grow and develop. See if you can set yourself a challenge to try a new food this week.
- 4. Keep Hydrated**- Dehydration could lead to headaches, difficulty focusing and may impact sleep. Try to ensure you are regularly drinking water, it can be useful to bring a bottle of water to school every day to remind you to stay hydrated!

In Coventry and Warwickshire, for any urgent mental health concerns, contact the RISE Crisis Helpline available 24/7, by calling NHS 111. Alternatively, call 999 or visit A&E in an emergency, for example if medical attention is required.

MHST are available to support you and your school throughout the school year including term time and school holidays.

Please contact your school's Mental Health Lead for information and advice.

## Where can I turn to for help outside of school?

**WARWICKSHIRE  
SEND LOCAL  
OFFER**

[click for more details](#)

**WARWICKSHIRE  
SENDIASS**

[click for more details](#)

**COMMUNITY  
AUTISM  
SUPPORT  
SERVICE  
(CASS)**

[click for more details](#)

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