

December 25

SEN Newsletter

New team

We know it's been a little while since our last newsletter—life has a way of keeping us busy! But we're excited to reconnect with you and promise to do our best to keep these updates coming regularly from now on.

As many of you know, last October we said a fond farewell to Ellie, who worked as Assistant SENCo for five wonderful years. Her dedication and warmth left a lasting mark, and she is truly missed. The good news is that her role has now been filled by not one, but two fantastic new team members: **Angela** will be taking the lead on the administrative side of the role. So if you receive emails or phone calls from the SEN team, chances are they'll be from her. And **Raquel** will be working closely with Helen and, most importantly, with the children, ensuring that support continues seamlessly.

		
<p>Helen Woodhall Teacher/SENCo</p>	<p>Raquel Andres Assistant SENCo</p>	<p>Angela Fozard SEN Admin</p>

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Christmas Time

Christmas is here—the lights are sparkling, the trees are up, and the streets smell a combination of cinnamon and pine needles. This season is meant to be full of joy and happiness, but we also know it can feel overwhelming—especially for those who are neurodiverse.

Last week we shared some tips and strategies to help you through this busy time (let us know if you'd like a copy!). Here are a few simple ideas that might make the season easier:

- **Skip the “must-do” traditions:** If lights, decorations, or even the smell of mince pies feel overwhelming, it's perfectly fine to keep your home “Christmas clean.”
- **Create a Christmas-free zone:** If some children love the festivities and others don't, set aside a space that stays calm and decoration-free.
- **Keep meals simple:** Sensitive to textures or new flavours? Crackers and plain pasta are absolutely fine on Christmas Day.
- **Manage gift overload:** Receiving presents can be exciting but overwhelming. Ask Santa to spread them out rather than delivering too many at once.
- **Stick to routines:** Predictability helps. Talk through the day's plans with your child so they feel prepared.
 - **Pack a survival kit:** If you're heading out, bring along essentials—ear defenders, fidget toys, squishy balls, snacks, or anything else that helps your child feel secure.

Christmas doesn't have to be complicated. Small adjustments can make a big difference, helping everyone enjoy the season in their own way.

SOS Sessions

Back in November, we hosted two SOS (Share Our Strategies) sessions, and it was wonderful to see parents come together—sharing experiences, talking openly, and supporting one another. The feedback we received was very positive, and we felt the conversations flowed naturally, creating a comfortable and welcoming atmosphere.

Because of this success, we're keen to keep arranging more sessions. The topics we could explore are endless—communication, food, sleep, and much more. We'd love to hear what you'd find most helpful.

And remember, joining doesn't mean you have to share. If you'd prefer just to listen, that's absolutely fine. There will be coffee, tea, and biscuits, so it can simply be a chance to relax in good company.

Our goal is to make these sessions stress-free and enjoyable for everyone. We're finalising the dates and will send them out very soon.



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Decoding Acronyms

We know that having a child with additional needs can be challenging—and it gets even trickier when you're faced with a maze of acronyms and abbreviations that seem impossible to decode: EP, EHCP, IEP, DLA, and many more. In this section, we'll break them down and explain why they matter to you.

Let's start with **EHCP**, which stands for *Education, Health and Care Plan*. This is a legal document for children and young people up to age 25 who have significant special educational needs or disabilities. It sets out their educational, health, and social care needs, along with the support required to help them reach their goals.

Put simply, an EHCP ensures that children with complex needs receive **coordinated support across school, healthcare, and everyday life**—so they're never left behind.

Hydrotherapy Sessions

We've had a few parents asking about hydrotherapy at the leisure centre, so here are the details:

- **Monday:** 17:00
- **Friday:** 16:00
- **Sunday:** 10:00

Cost: **£3.50 per person** Location: Hampshire Leisure Centre, Bar End Rd, Winchester SO23 9NR Phone: **01962 848700**

Please note: **booking is essential.**

Feedback

We'd love to hear from you! If you have any questions, thoughts, or suggestions for future editions of this newsletter, please get in touch with Raquel at r.andresgarcia@lanterns.hants.sch.

Your feedback helps us make each issue more useful and enjoyable for everyone.