



# Autumn Term 2022

## Ormesby Village Schools Federation

### SEN News



### Message from Mr Townsend, SENCO

Dear Parents/Carers,

Welcome to the Autumn Term 2022 edition of the SEN News, which this term includes focused sections on dyslexia and dyspraxia.

The aim of the newsletter is to provide information and support for parents/carers. Some of the links will be useful to parents/carers of pupils with specific special educational needs, but many of the links could be useful to anyone supporting their children.

If you would like to discuss anything about your child's support, this newsletter or any other SEN issue please feel free to phone the school office or contact me by email. I am at the schools Tuesday and Thursday each week.

Darren Townsend, SENCo, Ormesby Village Schools  
**Email: [mrtownsend@ormesbyjunior.school](mailto:mrtownsend@ormesbyjunior.school)**



### The Local Offer

The local offer can help you find out more about support and services available in Norfolk for you and your child.

It includes information about:

- Educational support
- Health
- Social Care
- Finance
- Training and events
- SEN Support and EHCPs

You can find your local offer on the county council's website at [www.norfolk.gov.uk/send](http://www.norfolk.gov.uk/send)



## Norfolk Healthy Child Programme

The Norfolk Healthy Child Programme offers help and advice to all Norfolk families as their children grow up and develop, such as :

- Toileting and bed wetting
- Eating, diet and staying active
- Development, transitions and growing up
- Emotions and behaviour
- Yearly contact if your child has additional needs
- Any other questions or worries you have?

**Call: 0300 300 0123**

**Text: 07520 631590**

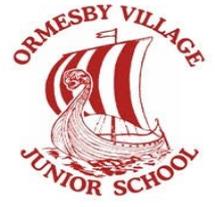
**Visit: [JustoneNorfolk.nhs.uk](http://JustoneNorfolk.nhs.uk)**



Further information about the Norfolk Healthy Child Programme, with scan codes, can be found on the final page of this newsletter.



# Sen support for parents/carers



The **Norfolk SEND Partnership, Information, Advice and Support Service (IASS)** provides free and impartial information and support for parents and carers of children and young people with special educational needs. It offers a confidential telephone support and information helpline, written information and a termly newsletter. It puts parents and carers in touch with others who may be able to help and can offer the support of a volunteer Independent Parental Supporter. Norfolk SEND Partnership also ensures that parents' views are represented and influence SEN policy and practice. Leaflets and newsletters are available on the group's website: [Norfolk SEND Partnership Home Page \(norfolksendiass.org.uk\)](https://www.norfolksendiass.org.uk) with useful links on:

[Useful links | Norfolk SENDIASS](#)

## **Family Action Service**

Family Action provides practical, emotional and financial support for those who are experiencing poverty, disadvantage and social isolation. They work with families to build skills and resilience and improve the life chances of everyone they work with. For more information and contact information, please look on the following link: [www.family-action.org.uk/](http://www.family-action.org.uk/)

## **Early Help Service**

Early Help is about giving information, advice and guidance to families as soon as there is a worry in a child's life. Please click on the website below to look at the support they can provide.

[www.norfolk.gov.uk/children-and-families/early-help-and-family-support/get-early-help-and-family-support](http://www.norfolk.gov.uk/children-and-families/early-help-and-family-support/get-early-help-and-family-support)

## **Speech and Language support**

The **I CAN** website ([Progress Checker home \(ican.org.uk\)](http://www.ican.org.uk)) provides short questions you can answer to see how your child is getting on with their speech, language and communication. It's not the same as a standardised measure a specialist would carry out but it should give you an idea of how your child is developing and whether you need some support or advice to help you and them. Just choose the right age, answer the questions, and at the end they will let you know how your child is doing and what help is available, if you need it.

## **SEN Parent information padlets**

Norfolk County Council have introduced a parent information padlet ([Parent Information \(padlet.com\)](http://www.padlet.com)) which provides useful sections including: Parent advice, Information booklets, Parents groups, Courses/Training, Autism Education trust, Websites, Resources and Videos. There is also a specific autism padlet ([Autism Resources \(padlet.com\)](http://www.padlet.com)) which is well worth a look!

## **Mental health and wellbeing**

There are lots of links and suggestions to support mental health and wellbeing which includes:

<https://www.nhs.uk/every-mind-matters/supporting-others/childrens-mental-health/>

<https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/>

and the **Just One Norfolk** website at <https://www.justonenorfolk.nhs.uk/>



# Information on Dyslexia



## Background to dyslexia

Did you know that 1 in 10 people in the UK are affected by Dyslexia? Dyslexia results from individual differences in the parts of the brain that enable reading and it tends to run in families. Dyslexia appears to be linked to certain genes that affect how the brain processes reading and language. In October, Dyslexia Awareness Week was held from the 3rd to 9th October.

Once your child is in school, dyslexia symptoms may become more apparent. A person with dyslexia may:

- read and write very slowly
- confuse the order of letters in words
- be confused by letters that look similar and write letters the wrong way round (such as 'b' and 'd')
- have poor or inconsistent spelling
- understand information when told verbally, but have difficulty with information that's written down
- find it hard to carry out a sequence of directions
- struggle with planning and organisation

*But people with dyslexia often have good skills in other areas, such as creative thinking and problem solving!*

**Techniques and support that may help your child at school include:**

- phonics (a way of teaching children to identify and process the smaller sounds that make up words) combined with other techniques
- technology like computers and speech-recognition software that may make it easier for your child to read and write when they're a bit older
- occasional 1-to-1 teaching or lessons in a small group with a specialist teacher or teaching assistant

**How can you help?** Below are 5 top tips for supporting children with dyslexia at home and school.

### **1 - Adapt Your Communication Style**

Communicate with your child with dyslexia to understand their preferred communication styles, breaking down information and adapting to their needs where possible.

### **2 - Make Learning Material Adjustments**

Children with dyslexia may require precise, clear instructions and a specific coloured background or contrast changes to paperwork.

### **3 - Focus on Their Strengths**

Children with dyslexia possess many strengths, so building their confidence and encouraging a positive mindset will develop their self-esteem.

### **4 - Give Precise and Focused Feedback**

Provide and share feedback by breaking it down into bitesize chunks. Provide specific feedback on the improvements that they could make.

### **5 - Allow Plenty of Time**

For children with dyslexia, tasks can take twice as long. Allow plenty of time for your child to understand and complete activities.



# Information on Dyslexia



**dysLexia**

**Dyslexia**

**Outreach Service**



The Dyslexia Outreach Service is part of the Cognition and Learning specialism of Norfolk Specialist Resource Bases (SRBs) and works across all key stages, from ages 5-18, to provide support to schools and parents. On their website below, there are a range of valuable support links for parents/carers who have children diagnosed with dyslexia, may show early traits or/and have general difficulties with cognition and learning.

[www.dyslexiaoutreach.co.uk/resources/strategies-for-parents](http://www.dyslexiaoutreach.co.uk/resources/strategies-for-parents)

Once you are on the website, if you click the resources section tab, followed by strategies for parents, you will find a range of support information for parents listed below.

A useful Dyslexia Awareness poster from Dyslexia Daily

Signs your child may be dyslexic

Strategies to help your child with homework

Support you can expect in the education system

Stress reduction ideas

Ideas for resources to support learning

Inspirational stories

Access Arrangements for all stages of education

There are also many other valuable websites offering guidance on dyslexia, which include:

[www.bdadyslexia.org.uk](http://www.bdadyslexia.org.uk)

[www.dyslexic.org.uk/help-and-advice](http://www.dyslexic.org.uk/help-and-advice)

[www.nhs.uk/conditions/dyslexia](http://www.nhs.uk/conditions/dyslexia)

[www.nessy.com/uk/parents/dyslexia-information](http://www.nessy.com/uk/parents/dyslexia-information)



# Information on dyspraxia



## What is dyspraxia?

Dyspraxia is a neurological disorder that impacts an individual's ability to plan and process motor tasks. Individuals with dyspraxia often have language problems, and sometimes a degree of difficulty with thought and perception. Dyspraxia, however, does not affect the person's intelligence, although it can cause learning problems in children. Developmental dyspraxia is an immaturity of the organisation of movement. The brain does not process information in a way that allows for a full transmission of neural messages. A person with dyspraxia finds it difficult to plan what to do and how to do it. Experts say that about 10 per cent of people have some degree of dyspraxia, while approximately 2 percent have it severely. Four out of every 5 children with evident dyspraxia are boys, although there is some debate as to whether dyspraxia might be under diagnosed in girls. According to the National Health Service, United Kingdom, many children with dyspraxia also have attention deficit hyperactivity disorder (ADHD).

## Diagnosis of dyspraxia

A diagnosis of dyspraxia can be made by a clinical psychologist, an educational psychologist, a paediatrician or an occupational therapist. Any parent who suspects their child may have dyspraxia should see their doctor. When carrying out an assessment, details will be required regarding the child's developmental history, intellectual ability and gross and fine motor skills:

- **Gross motor skills** – how well the child uses large muscles that coordinate body movement, including jumping, throwing, walking, running, and maintaining balance.
- **Fine motor skills** – how well the child can use smaller muscles, including tying shoelaces, doing up buttons, cutting out shapes with a pair of scissors, and writing.

The evaluator will need to know when and how developmental milestones, such as walking, crawling, and speaking were reached. The child will be evaluated for balance, touch sensitivity, and variations on walking activities.

## Dyspraxia in children

**Below are some of common traits which can be shown by children with dyspraxia:**

- Problems performing subtle movements, such as tying shoelaces, doing up buttons and zips, using cutlery, and handwriting.
- Many will have difficulties getting dressed.
- Problems carrying out playground movements, such as jumping, playing hopscotch, catching a ball, kicking a ball, hopping, and skipping.
- Problems with movements, such as using scissors, colouring, drawing, playing jigsaw games.
- Problems processing thoughts.
- Difficulties with concentration. Children with dyspraxia commonly find it hard to focus on one thing for long.
- The child finds it harder than other kids to join in playground games.
- The child will fidget more than other children.
- Some find it hard to go up and downstairs.



# Information on dyspraxia



## Dyspraxia in children continued

- A higher tendency to bump into things, to fall over, and to drop things.
- Difficulty in learning new skills – while other children may do this automatically, a child with dyspraxia takes longer. Encouragement and practice help enormously.
- Writing stories can be much more challenging for a child with dyspraxia, as can copying from a blackboard.
- Does not follow, or/and finds it hard to remember, instructions.
- Is badly organised.

## Support for dyspraxia

Although dyspraxia is not curable, with support, the individual can improve. However, the earlier a child is diagnosed, the better their prognosis will be. The following specialists most commonly treat people with dyspraxia:

**Occupational therapy** - An occupational therapist will evaluate how the child manages with everyday functions both at home and at school. They will then help the child develop skills specific to daily activities which they find difficult.

**Speech and language therapy** - The speech-language therapist will conduct an assessment of the child's speech, and then implement a treatment plan to help them to communicate more effectively.

**Perceptual motor training** - This involves improving the child's language, visual, movement, and auditory skills. The individual is set a series of tasks that gradually become more advanced – the aim is to challenge the child so that they improve, but not so much that it becomes frustrating or stressful.

**Active Play** - Experts say that active play – any play that involves physical activity – which can be outdoors or inside the home, helps improve motor activity. Play is a way children learn about the environment and about themselves. Active play is where a very young child's physical and emotional learning, their development of language, their spatial awareness, the development of what their senses are, all come together. The more children are involved in active play, the better they will become at interacting with other children successfully.

**Further information about dyspraxia can be found through the following websites:**

<https://dyspraxiafoundation.org.uk/>

<https://www.nhs.uk/conditions/developmental-coordination-disorder-dyspraxia/symptoms/>

<https://www.healthline.com/health/dyspraxia#childhood-symptoms>

<https://exceptionalindividuals.com/candidates/neurodiversity-resources/neurodiversity-quizzes/dyspraxia-quiz-test/>



# Information - Healthy Child Programme



## Information Sheet



## Information Sheet



### JustOneNorfolk.nhs.uk

The new 'go to' health website for Norfolk families. The site features advice and information on childhood illnesses, healthy lifestyles, emotional health, staying safe, child development and additional needs. JustOneNorfolk.nhs.uk uses videos and animations to keep content interesting and easy for users to understand. The website also features short films starring real Norfolk families talking about their own experiences. Anyone can create an account and complete a health questionnaire to help them gain skills and knowledge.




### Additional Needs Annual Contact

**Who is it for?**  
Children and young people aged 0-19 with an emerging or diagnosed additional need or disability.

**What is it?**  
A telephone appointment with a practitioner from Children and Young People's Health Services during which we will talk with you about how your child or young person and your family are doing. We may offer advice on the telephone, discuss further support or signpost you to other helpful services.



[Justonenorfolk.nhs.uk/childhood-development-additional-needs](http://Justonenorfolk.nhs.uk/childhood-development-additional-needs)

### ReciteME - accessibility

Change the colours  
Ruler  
Screen Mask  
Dictionary  
Select Language  
Enable/Disable Text Mode  
Download Audio File  
Magnifying Glass



**Who is it for?**  
Anyone on JustOneNorfolk.nhs.uk who needs extra help with accessibility.

### online Solihull

UNDERSTANDING YOUR CHILD  
SOLIHULL APPROACH

**Who is it for?**  
Norfolk parents and carers and professionals

**What is it?**  
New online learning to help parents, families, carers and professionals feel more confident when looking after children and young people. The learning is interactive, easy to understand and focussed on helping you. The learning is free and once registered can be accessed 24/7.



[bit.ly/sa-learning](http://bit.ly/sa-learning)  
Access Code = JON70

### Health Unlocked

**Who is it for?**  
Norfolk parents and carers

**What is it?**  
An online community forum where parents and carers can support each other, give advice and ask questions.




[bit.ly/ionparents](http://bit.ly/ionparents)

### #NorfolkCan

**Who is it for?**  
Norfolk families.

**What is it?**  
NorfolkCan is a new campaign to help young people and families make healthier lifestyle choices. A referral is not required and anyone can request help and support by calling Just One Number on 0300 300 0123.




[JustoneNorfolk.nhs.uk/healthylifestyles](http://JustoneNorfolk.nhs.uk/healthylifestyles)

### Just one Number

0300 300 0123

**Who is it for?**  
Young people, parents, carers and professionals in Norfolk.  
Phone lines are open Monday to Friday 8am - 6pm and Saturday 9am - 1pm

**What is it?**  
A single point of access to get in contact with the Norfolk Healthy Child Programme. The Just One Number team can help you make or change an appointment, give you clinical advice and information, help you with referrals and connect the right people with the right services.



### Parentline

07520 631590

**Who is it for?**  
Norfolk parents and carers of 0-19 year olds.  
Monday - Friday 8am-6pm Saturday 9am-1pm

**What is it?**  
A text message advice service for Norfolk parents of 0-19 year olds. Text messages can be anonymous and will cost the same as a standard text or come out of the message allowance. Texts will be replied to by one of our clinicians who will offer health related advice.




### Our Services 0-19

- Antenatal Visit
- New Birth Visit
- 6 - 8 Week Check
- 1 Year Review
- 2 - 2.5 Year Review
- School Readiness Check
- School Age Immunisations
- Hearing and Vision Screening
- Height and Weight Screening
- 5 - 19 Health Promotion and Support
- 5 - 19 Transitions - School Entry to Adulthood
- Additional Needs Pathway
- Emotional Health Pathway
- Teenage Parents Pathway




### Get involved!

We've already had some fantastic input from Norfolk families to help us develop our services. We really value this and would love to get more people involved. If you are a Norfolk parent, carer or professional who would like to help us make our services even better - we would love to hear from you. Contact us through 0300 300 0123, JustOneNorfolk.nhs.uk or get in touch through our social media channels.




### ChatHealth 07480 635060

**Who is it for?**  
Anyone aged 11-19 living in Norfolk.

**What is it?**  
A confidential text message advice service. Young people can ask for advice about contraception, mental health, bullying, alcohol, self harm, healthy eating, drugs, sex and smoking. Text messages can be anonymous and will cost the same as a standard text or come out of the message allowance. Texts will be replied to by one of our clinicians who will offer advice and support.




### 16 - 19 Health App

**Who is it for?**  
Anyone aged 16 - 19

**What is it?**  
A new app for young people aged 16 - 19 years old. The app has advice on a range of topics including sexual health, drugs, mental health and travel safety. Young people can also access their own GP health record using Evergreen life. Free to download from the app store or Google Play.





### Find us on social media



@NorfolkCYP

### Find us on



CCS NHS Trust

