

Barnardos Special Educational Needs & Disability Newsletter

Believe in
children
 Barnardo's

Hi everyone, and welcome to the Barnardo's SEND Services Newsletter. At the moment things have changed because of the Coronavirus, we are trying to support families in different ways during this time. In this newsletter you will find a lot of information, links and activities for parents and carers, children and young people



Rochdale
SENDiass
Special Educational Needs,
Disability Information,
Advice & Support Service.

Bury
SENDiass
Special Educational Needs,
Disability Information,
Advice & Support Service.

Information for Parents & Carers

The links below provide information to parents and carers on how to support their child or young person through Coronavirus

- Helping children cope with stress during COVID-19
https://www.who.int/docs/default-source/coronaviruse/helping-children-cope-with-stress-print.pdf?sfvrsn=f3a063ff_2
- Talking to children about the Coronavirus
<https://childmind.org/article/talking-to-kids-about-the-coronavirus/>
- The British Psychology Society – Advice on talking to children about illness
<https://www.bps.org.uk/news-and-policy/talking-children-about-coronavirus>
- The Incredible Years – Keeping calm and providing supportive parenting during the Coronavirus
<http://www.incredibleyears.com/parents-teachers/articles-for-parents/>
- Place2Be – Guide to helping parents answer questions from their children and to support family wellbeing
<https://www.place2be.org.uk/about-us/news-and-blogs/2020/march/coronavirus-information-for-children/>
- Young Minds – Talking to your child about Coronavirus and 10 tips from their Parents Helpline to support family wellbeing
<https://youngminds.org.uk/blog/talking-to-your-child-about-coronavirus/>
- Covi Book - An interactive resource designed to support and reassure children aged 7 and under to help children explain and draw the emotions that they might be experiencing during the pandemic
<https://www.mindheart.co/descargables>

Information for Parents & Carers

Special Educational Needs & Disability

- National Autistic Society – guidance and helpline for parents', young people and staff
[https://www.autism.org.uk/services/nas-schools/vanguard/news/2020/march/coronavirus-\(covid-19\)-advice.aspx](https://www.autism.org.uk/services/nas-schools/vanguard/news/2020/march/coronavirus-(covid-19)-advice.aspx)
- Mencap - Easy Read guide to Coronavirus
<https://www.mencap.org.uk/sites/default/files/2020-03/Information%20about%20Coronavirus%20ER%20SS2.pdf>
- The Autism Education – A social story that has a good level of specificity about the effects of social distancing e.g. not being able to go to favourite places
<https://theautismeducator.ie/wp-content/uploads/2020/03/The-Corona-Virus-Free-Printable-Updated-2-The-Autism-Educator-.pdf>
- CarersUK – Guidance for carers
<https://www.carersuk.org/help-and-advice/health/looking-after-your-health/coronavirus-covid-19>
- Amaze – Information pack for parents
<https://amazesussex.org.uk/faqs-about-the-coronavirus-for-parent-carers-of-children-with-send-brighton-hove/>
- Public Health England has produced an easy read version of their advice on the coronavirus for places of education
<https://www.easy-read-online.co.uk/media/53192/advice-on-the-coronavirus-v1.pdf>

- Information for those struggling with OCD
<https://www.ocduk.org/ocd-and-coronavirus-survival-tips/>
- Information for those with sensory difficulties who struggle with hand washing
<https://www.sensoryintegration.org.uk/News/8821506>
- Guidance on Coronavirus in various languages
<https://www.clas-eal.org.uk/index.aspx?articleid=15258>
- Bury Directory – Support and resources for families whilst a home
https://www.theburydirectory.co.uk/kb5/bury/directory/service.page?id=fD-qu6_lmFQ&directorychannel=1
- Our Rochdale – The SEND Local Offer
<https://www.ourrochdale.org.uk/kb5/rochdale/directory/localoffer.page?localofferchannel=0>

If you need impartial information advice or support around education, health and social care for your child or young person please contact us on the following;

If you live in Bury please contact:

- Bury SENDiass via email at bury.sendiass@barnardos.org.uk

Why not join our Facebook page where we upload lots of information. Search Bury SENDiass and request to join

If you live in Rochdale please contact:

- Rochdale SENDiass via email at rochdale.sendiass@barnardos.org.uk

Why not join our Facebook page where we upload lots of information. Search Rochdale SENDiass and request to join

Please note that our response times are 48 working hours upon receipt of your email. When emailing please provide your name, a brief description about the support you require and your contact number so a member of our SENDiass team can call you back.

If you require any other support please contact Rochdale Services via email at rochdale.services@barnardos.org.uk or ring 01706 769634

Information for Children & Young People

The information below is for children and young people to access. If you get stuck with any of the information below please ask your parent/carer or a trusted adult to help you.

- The BBC Newsround Website – The website has a section on coronavirus with text and video guidance focusing on tips if you are worried, how to wash your hands, and what self-isolation means
<https://www.bbc.co.uk/newsround/51204456>
- Covibook – Supporting children and families around the world
<https://www.mindheart.co/descargables>
- Coronavirus story books
https://660919d3-b85b-43c3-a3ad-3de6a9d37099.filesusr.com/ugd/64c685_319c5acf38d34604b537ac9fae37fc80.pdf
<https://www.elsa-support.co.uk/wp-content/uploads/2020/03/Story-about-Coronavirus.pdf>
- Carol Gray social story about Coronavirus. It uses pictures and large print
<https://carolgraysocialstories.com/wp-content/uploads/2020/03/Pandemics-and-the-Coronavirus.pdf>
- General information for young people about managing mental health
<https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/>
- Beyond Psychology – This can be used by children and young people and their parents and carers. If you need support you can speak to a member of the team by providing your phone number, and a few details of how you want to use the phone consultation and someone will call you back
<https://www.beyond-psychology.co.uk/contact/>

Activities

- Sensory Stories – Pete Wells has some free sensory stories you can download from the website <https://sensorystoriespodcast.com/free-special-stories/>
- The Sensory Project – Has free educational resource packs you can use for inclusive learning <https://sensorystoriespodcast.com/free-special-stories/>
They also have some sensory games to play as well <http://www.thesensoryprojects.co.uk/guides>
- The Sensory Dispensary has activities you can download from the website https://www.tes.com/member/Sensory_Dispensary
- Access Art – Free resource you can download <https://www.accessart.org.uk/art-resources-for-home/>
- Soundabout – Free online music lessons <https://www.facebook.com/SoundaboutUK/>
- Inclusive Teach activities <https://inclusiveteach.com/2019/05/13/the-a-z-of-sensory-learning-activities/>
- Clicker – Accessible word processing <https://www.cricksoft.com/uk/clicker/clicker-at-home>
- 31 pages of activity ideas for children and young people with individual needs <https://docs.google.com/viewer?a=v&pid=sites&srcid=ZGVmYXVsdGRvbWFpbX0aGVzZW5zb3J5cHJvamVjdHN8Z3g6MzYyMTU2M2JIZjI3MDdkZQ>

- Website and activity ideas
<https://twitter.com/teachPMLD/status/1240369135885975554/photo/1>
- Sensory and messy play activities for children and young people with special educational needs
https://www.empoweringlittleminds.co.uk/resources-1?fbclid=IwAR2AlnVCXXW_ZMOq4I3Xdynlze8fEwmRnUXe2b8i1rivmM17eSb1D9RpCuc
- 50 sensory learning activities
<https://inclusiveteach.com/2020/03/20/150-sensory-learning-ideas/>
- Activities including sensory and massage stories themed for the time of year
https://www.dropbox.com/sh/2f48mlkqn0ylqiz/AADgTFXcby2aHw1E085-KJ6Pa/Home%20learing%20pack?dl=0&subfolder_nav_tracking=1
- Positive Eye Ideas Machine
<https://www.youtube.com/watch?v=JDuvfdg32NY&feature=youtu.be&fbclid=IwAR34Al4hEMpthnuBhx5qtpsijN0TqUmTtFQIKFBF3XvOcyIV-0hKcEu9qiuY>
- Ways to learn through play
<https://www.youtube.com/channel/UCpkztoFHlgP4jpJDKWNWaHA>

Activities

Not in Nursery/School Activities

Top tips with activities that can be done with your children during this period of time off nursery/school: Here are some preparation top tips:

1. Setting Up a Family Meeting – calling a family meeting is important to set ground rules and expectations for the duration of this situation. Ask all to join in and look into what is their understanding of the situation, what this means and why are we doing this. Acknowledge emotions as children may feel like things are not fair. Write together a poster with ground rules, decide on the ground rules together, like how many hours of devices and games for example, chores, cooking and ask for everyone's contribution to the family household.



2. Setting Up a Schedule – Having a calendar or a schedule outlining different activities will help create a routine and establish predictability. It can be done visually using colour coded signs. Deciding on a schedule together can help everyone to cope better.

3. Deciding on Different Activities – When discussing different activities, it is important to ensure that all family members' needs are met. For younger children, they may need play and unstructured times, as for older children, it may mean learning online with structured educational activities set by the school. For parents, it may mean the need to have some time to work and communicate with colleagues. Remember it is also important to allow for self-care and time for you, have to care for yourself to be able to care for someone else.



Top tips with activities that can be done with your children during this period of time off nursery/school at home:

Setting Up a Den in the house or a Camp in the garden – This activity can be useful to create a safe place for children and a place they know they can have some quiet time, such as, reading a book, playing with little people, teddies or puppets. You can ask them to contribute to set it up with you, make decorations, put up lights and a sign. Children may find this fun and different. It can create an imaginative world for the child.



Setting Up a Learning Place in the house and Do Learning Together – It is important that children feel they have an allocated space in the house where they can concentrate and focus on learning. It does not have to be a big space and can even be a shared space. It is more about how we use this space and what we do when we are learning. Setting up some ground rules for this will also be helpful. With a schedule, allocate time to learning in short bursts, it is more about the quality and the positive experience of learning rather the quantity and speed at which we do these learning tasks. When you are noticing that learning is no longer being enjoyed have a short break, a snack, a glass of water, some movement breaks. Family learning can be rich as we can all learn together and share understanding, problem-solving and information.



Cooking Together – Cooking is great as it also includes literacy and numeracy tasks, such as, reading recipes or counting and measuring ingredients. Involving children in cooking can be fun and full of joy as they are involved in producing a product at the end. You can also ask the children to finish off the cookies, cake, etc. by decorating them, lots of time can be spent on this.



Puzzle, Lego, Visual-Spatial Activities – These activities tend to be calming as the brain focuses on putting things together rather than verbal or emotion demanding tasks. Offering these activities in the house will be of benefit to everyone as it will help all involved to be grounded and calm.



Setting Up a Fun Project – It is important to vary activities, like a carousel.

Start with one and move on to the next. When activities are designed to promote different areas of development, children will find this more engaging than if it is tapping into the same type of skills so it is important to also have something creative, a fun project you will enjoy doing together. A fun project could be: making a scrapbook of different drawings, paintings, making characters out of modelling clay, picking up leaves from the garden and finding the name of the tree online, taking photographs of wildlife in the garden such as birds, animals, painting rocks with emojis on them, drawing a cartoon strip or writing a collection of short stories, inventing characters and drawing these, so many things that can be done. Some children may like the challenge of a research project.



Starting a Collection, Playing Board Games – Stamps, stones, leaves, labels and lots of other things can start collections. Board games, such as snakes and ladders, can be made using templates on the web.



Sending Messages, Letters and Postcards to Family and Friends – Keep in touch with your social networks via different communication modes either video call or messaging.



Learning a New Skill Together and/or Teaching a New Skill – There are lots of youtube videos nowadays that can teach skills step by step. Learn to say words in a different language, learn how to do sewing, knitting, crochet, slime, scrapbooking, photography, design a webpage together or design cards online.



Implementing Routines for Self-care and Mindfulness – It's ok for all involved to feel this is not a normal situation. It is important to keep communicating, being transparent, responding to questions, presenting the facts as well as not bombarding with facts. Children are curious and like to find out about the world so it is a good opportunity to open their thinking by sharing information, exploring maps, countries. It is also important we are aware of feelings and able to recognise sensations, feelings and actions.

Implement some self-care activities together such as doing a calming activity together, reading a book, relaxing, watching a film.



Exercising – Don't forget to move and for the full family to move. You can set up some an obstacle course in the garden for example. This can be done using household items like a skipping rope, bottles, a ball. Like do 10 jumps, 10 skips, 10 hoops in the basketball hoop, knock 3 bottles down, etc. You can set up a challenge and time them going through the course. Walking the dog and playing with an animal can also be part of the routine.



Activities

Have Fun at Home

- GoNoodle – Videos designed to get children and young people moving
<https://www.gonoodle.com/>
- Seussville - a lot of activities, crafts and games based on the world of Dr Seuss
Children: <https://www.seussville.com/>
Parents: <https://www.seussville.com/parents/>
- Thinking games - this website has links to a whole host of games designed to improve logical thinking skills
<https://allinonehomeschool.com/thinking/>
- Highlights Kids - a popular US magazine for children, this site has lots of ideas for craft activities, recipes and an 'explore' section covering science questions and experiments
<https://www.highlightskids.com/>
- Art for Kids Hub - this Youtube channel shows you how to draw a variety of things from animals to cartoon characters and even cars
<https://www.youtube.com/channel/UC5XMF3Inoi8R9nSl8ChOsdQ>
- The Imagination Tree - Creative art and craft activities for the very youngest.
<https://theimaginationtree.com/>
- The MET Office
<https://www.metoffice.gov.uk/weather/learn-about/met-office-for-schools>
- RSPB - activities
<https://www.rspb.org.uk/fun-and-learning/for-kids/games-and-activities/activities/>
- Paw Print Badges – Free challenge packs and other downloads. Indoor and outdoor.
<https://www.pawprintbadges.co.uk/>

Activities Early Years

- Chat Play Read
<https://small-talk.org.uk/>
- Tiny Happy People
<https://www.bbc.co.uk/tiny-happy-people>
- Early Movers
www.earlymovers.org.uk
- Hungry Little Minds
<https://hungrylittleminds.campaign.gov.uk/>
- World Stories
<https://www.kidsout.org.uk/what-we-do/world-stories/>
- CBeebies Radio – Listening activities
<https://www.bbc.co.uk/cbeebies/radio>

Activities Learning at Home

- Ted Ed – Stay Curious
<https://ed.ted.com/>
- Twinkl - free home learning booklets from EYFS through to GCSE
<https://www.twinkl.co.uk/resources/extra-subjects-parents/school-closures-category-free-resources-parents/school-closures-free-resources-parents>
- Oxford Owl - free e-books for ages 3-11, and range of how-to videos for maths. They also have a parents' page which explains how spelling and grammar are taught in schools. If you ever wondered what a 'fronted adverbial' was, here's your chance to find out!
<https://www.oxfordowl.co.uk/for-home/>
- Discovery Education - English, Maths & Science activities for KS1 & KS2 and also a section on coding
<https://www.discoveryeducation.co.uk/free-resources>
- Scholastic - this US company have put together 20 days of cross-curricular projects to work through at home. The correct grade will need to be selected to match the UK year group:
 - PreK and Kindergarten = Reception and Year 1
 - Grades 1 & 2 = Year 2 and 3
 - Grades 3-5 = Years 4, 5 and 6
 - Grades 6+ = Year 7 onwards<https://classroommagazines.scholastic.com/support/learnathome.html>
- BBC Bitesize - videos, quizzes and games covering the entire curriculum for primary, secondary and post-16 students
<https://www.bbc.co.uk/bitesize>
- Topmarks - a collection of educational games covering all topics
<https://www.topmarks.co.uk/>
- Toy Theater - Educational online games
<https://toytheater.com/>

- Teach your monster to read
<https://www.teachyourmonstertoread.com/>
- Phonics Play - phonics games which follow the Letters & Sounds phonics programme. Pick the phase the child is currently on using the menu at the side.
Phonics Play is currently free for all users during the school closure period.
Username: **march20**
Password: **home**
<https://www.phonicsplay.co.uk/>
- Storyline Online - a catalogue of videos featuring celebrities reading children's stories
<https://www.storylineonline.net/>
- Unite for literacy - a US online library which provides free access to over 400 original picture books
<https://www.uniteforliteracy.com/>
- CoolMath4Kids - interactive games covering the four operations (+ - x ÷) and fractions
<https://www.coolmath4kids.com/>
- Pet Bingo - an app for practising the four operations, children get to earn pets and care for them
Apple: <https://apps.apple.com/gb/app/pet-bingo-by-duck-duck-moose/id726307725>
Android: https://play.google.com/store/apps/details?id=com.duckduckmoosedesign.pb&hl=en_GB
- Snappy Maths - maths worksheets for quick mental arithmetic sessions, like doubles & halves, number bonds and times tables
<http://snappymaths.com/>
- Science Museum Group - Videos, activities and facts on lots of different science topics for all key stages
<https://learning-resources.sciencemuseum.org.uk/>
- Science for Kids - A New Zealand based site with lots of science experiments and games for kids
<http://www.sciencekids.co.nz/>
- Switch Zoo - the idea started from creating new animals by switching parts, includes lots of information about habitats, biomes, feeding animals and animal sounds
<https://www.switchzoo.com/>

- Big History Project - Secondary
<https://www.bighistoryproject.com/home>
- National Geographic Kids - covering animals, science, history & geography, a website full of fascinating facts.
<https://www.natgeokids.com/uk/>
- 3D Geography - free paper templates for making models, plus lots of geography information and resources
<https://www.3dgeography.co.uk/>
- Geography Games
<https://world-geography-games.com/world.html>
- National Geographic Kids – Activities and quizzes
<https://www.natgeokids.com/uk/>
- Tynker - marketed as 'coding for kids', this website is currently offering free access to its premium content
<https://www.tynker.com/>
- Code.org - founders of the 'Hour of Code' tutorials, this website offers computer science courses for students from reception through to A-level
<https://code.org/learn>
- iDEA Awards - Digital award scheme that can be completed online
<https://idea.org.uk/>
- Blockly
<https://blockly.games/>
- Scratch
<https://scratch.mit.edu/explore/projects/games/>
- Duolingo - a free platform for learning languages. You can learn from a computer, or download the app.
<https://www.duolingo.com/>