SEND Support at Home

We understand that we are not there face to face at the moment for all of the students that we support, but we can arrange a chat and check in on Teams if you or your child wants to speak to us. Please just email us at school.

Here are some strategies that you can use at home to support you child if they feel stressed or anxious or are just not coping at any point during lockdown, some of these may not work and that is okay.

1) Keep your child in a routine, it is really important to get them up and get them ready each morning as they would for school. Structure and routine are good and mentally it gets us ready for the day ahead.

2) If your child is feeling stressed with school work online then you can give them a break, it is okay to take a break from learning and it is okay to not complete the work all in one go.

3) Break up the work into smaller chunks and if you can use a visual cue or now and next board to show them what they have to do. You can create your own or we can help you make one.

4) If they need it, use a timer to give them a clear start and finish time for each activity or lesson. You can use online timers, such as the one here – https://www.online-stopwatch.com/ or you can buy one online.

5) Make sure that they get some downtime and they get some time to relax.

6) If your child gets angry, then give them some space and allow them to go somewhere that they feel safe, possibly their bedroom and let them do something that they like, something that will calm them down.

7) Do not push them to talk about why they are angry or upset until they are ready to talk. If you push it too quickly then they may have to start the process of self-regulation again.

8) Provide them with calming/sensory equipment. It can be a simple as a ball of blue-tack or can be more expensive, such as a sensory cube or tangle toy.

9) If your child needs an overlay in school then they can download the Colorveil programme to support them whilst they are doing their online learning and it is free - https://www.aurelitec.com/colorveil/windows

10) Do not struggle alone - ask for help.

Here are some resources to support remote learning that you may find useful:

Natural Readers: https://www.naturalreaders.com/online/

Natural Readers is a professional text to speech programme that changes any written text into spoken words. It also highlights the words as it reads. You simply need to upload the document or PowerPoint, or alternatively copy and paste the text into the box and click "Play" in the top left hand corner. The voice can be changed also.
Make sure you have Chrome, Safari or Firefox installed. It doesn't seem to work with Explorer.

Flux: https://justgetflux.com/

Flux is a free application on Windows, Apple devices, and on Android devices. Flux makes the colour of the computer's display change according to the time of day that you are using your computer. It removes the blue light that your computer, tablet or phone uses in the screen, reducing headaches and strain on your eyes whilst also helping you to get to sleep easily when you have stopped working.

OpenDyslexic: https://www.opendyslexic.org/

This Is an example of the Open Dyslexic Typeface

OpenDyslexic is a free font that you can download on Windows, Apple devices, and on Android devices. It increases readability for readers with dyslexia as the letters have a unique shape with a bold bottom.

Colorveil https://www.aurelitec.com/colorveil/windows/

Colorveil is available on Windows devices and is useful for anyone who finds an overlay helpful. The application adds a customisable colour filter over your desktop, internet browser, document or program. You can easily turn it off too.

Reachout ASC https://reachoutasc.com/resources/downloadable-resources/

An array of resources to support students with ASC and SLCN including social stories to communicate the current lockdown measures.
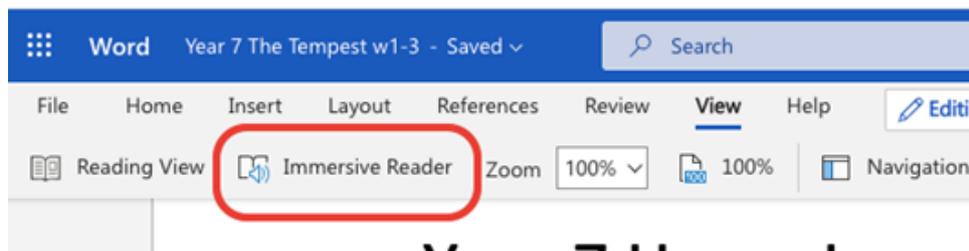
Immersive Reader view on Microsoft Word

Immersive Reader is helpful for learners to follow and complete work with fewer distractions. Follow the steps below to access this on the web-browser version of Microsoft word:

1. Click on "View" on the tool bar.
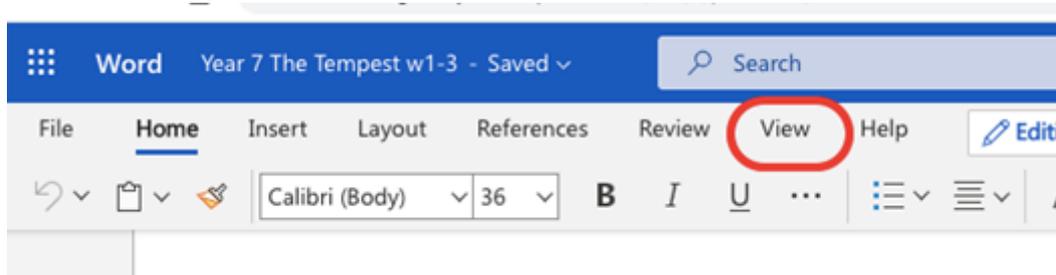
2. Click on Immersive Reader.

3. You can scroll through the work on the document. You can also click on words to have them read out by the voice over

You can edit your preferences by selecting the "Text Preferences" button in the top right hand corner. This allows you to change the font, background colour and the size of the font.

You can select "Grammar Options" to turn on syllable breaks and labels for word classes (e.g. adjective).

You can select "Reading Preferences" and change how many lines of text show up when you are reading so that you can focus on one part of the text.

Clicking on the arrow will expand your window to full screen so that you can focus even further.