



**Burton
Green**
PRIMARY SCHOOL

Belong - Believe - Achieve
Respect, Kindness, Creativity, Teamwork, Success

SEND Newsletter

November 2025 - Issue 3

School SENDCo: Mrs Rachel Mackay

Usual working days: Wednesday am and Friday am at Burton Green
(Tuesday to Friday in other schools in the Trust)

Welcome to the third issue of our termly newsletter with a focus on SEND (Special Educational Needs and Disabilities) and Inclusion. We hope you will find it useful. You will also find further information on the SEND offer page on the school website: <https://www.bgp.hlt.academy/key-information/send>

Spotlight on Transition: Embedding Routines

We're now speeding through the second half term of the academic year and children have had time to get to know their new teachers and peers in their classes for the year. Timetables are becoming embedded and the importance of routines is ever present as we start to see seasonal changes to usual activities this term.

Some pupils find changes in routine difficult to manage and we can support this with extra preparation, social stories to explain what will happen (see below from issue 2 of the SEND Newsletter about writing social stories at home), and by maintaining consistency in as many routines as possible.

Pupils might find it difficult to separate from their carers when arriving at school in the mornings, especially when there are changes in routine that day. If your

child is having difficulty leaving you in the mornings, please talk to their teacher about ways to make the drop-off smoother and more comfortable for you all.

Creating Social Stories

Social stories can be really helpful for all children in understanding certain situations or routines, and preparing for change. You can find out more information here:

<https://therapyworks.com/blog/language-development/home-tips/using-social-stories-improve-childs-development/>

You can now make your own social stories, quickly and easily, using [Chat GPT!](#)

Try using a prompt like: 'Write a social story about taking part in the school Nativity for a 5 year old.' and let the computer or your phone do the work!

Provision Map Update

Provision Map is the platform we use to create and share learning plans and/or passports for pupils with SEND. Parents of pupils with passports and/or learning plans should be able to log in and see these documents.



Learning plans have been reviewed recently and you should be able to access these on the site. Children had the opportunity to talk about their targets with their teachers and reviewed their progress together. You can request a meeting with your child's teacher to discuss their targets or you can add a comment on Provision Map by clicking in the parent/guardian contribution box.

Jargon Buster: Co-regulation

When children experience big emotions, this can be shown through their behaviour and we might describe them as being dysregulated. This means their nervous system is offline and they may be experiencing feelings of 'fight or flight.'

When parents and other adults support children to regulate, we are 'co-regulating' and sharing our calm. When children are upset, our steady voice, gentle reassurance, and comforting presence help them feel safe. Over time, this support teaches them how to manage their own feelings.

More information about support for pupils with SEND is available on the SEND Information Report on the school website: [SEND Information Report](#)

Celebrating Partnerships for Inclusion of Neurodiversity in Schools (PINS)

We were pleased to be one of nine schools in York to take part in the PINS project in the last academic year and recently received an exciting delivery of sensory resources for each class for pupils to use to support feelings of regulation, concentration and movement.

You might hear pupils saying they tried a wobble cushion or attentional tool. A wobble cushion helps improve posture, core strength, and focus by requiring the user to make constant micro-adjustments to stay balanced, and attentional tools might also be known as fidget toys, helping children to focus by providing a sensory outlet for restless energy.

Class teachers make these resources available where they are found to improve concentration and engagement, rather than where they may distract from learning.

Benefits of Regular Exercise on the Sensory System

Regular exercise plays a vital role in helping children regulate their sensory systems, which in turn can lead to calmer, more focused behaviour. Movement activities such as stretching, running, jumping, or outdoor play, provide the sensory input children need to organise their bodies and minds. This input supports better attention, reduces feelings of overwhelm, and helps children manage big emotions more effectively. Even short bursts of physical activity throughout the day can improve concentration, boost mood, and make transitions feel easier. By encouraging regular movement at home and school, we can help children feel more settled, confident, and ready to learn.

Support for Parents and Carers in York

The City of York Local Offer website contains a whole host of information about groups and services that are available in York, including links to activities and things to do: <https://www.yorksend.org/>



Parent Carer Forum York is also available to support parents: <https://www.parentcarerforumyork.org/>

Launched in September 2025, **SEND CENTRAL** is York's Family Hub that specialises in Special Educational Needs and Disabilities (SEND). This is a hub that families can seek advice and information about what's available in York when they have children and young people who have additional needs, any age from 0 to 25. Find out more here: <https://www.yorksend.org/parents/send-central>



Other Useful Sources of Information

ERIC: Supporting children and families with bowel and bladder issues:

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

BBC Tiny Happy People: Tiny Happy People can help you develop your child's language and communication skills, so they get the best start in life.

<https://www.bbc.co.uk/tiny-happy-people>

CBeebies Parenting: A new website with ideas and support from before birth to age 6. <https://www.bbc.co.uk/cbeebies/parenting>

Let's Make Sense Together: Developed by local Occupational Therapists as part of a sensory processing pathway, supporting children and young people who have a physical and functional difficulty due to sensory processing differences.

<https://www.yorkhospitals.nhs.uk/childrens-centre/your-childs-hospital-journey/therapy-services/occupational-therapy/lets-make-sense-together/>

Get Cycling: Get Cycling CIC is a not-for-profit community interest company that supports cycling for everyone. Based in York, they have the UK's largest selection of demo cycles. They sell, hire, loan, service, and repair a wide range of inclusive cycles. This includes trikes, recumbents, and other specialist cycles for disabled people, families, groups, schools, and workplaces. They believe everyone should be able to enjoy cycling – and will help find the right cycle for you and your family. <https://www.getcycling.org.uk/>



GET CYCLING