



Blossom Federation

Daubeney, Sebright and Lauriston




Daubeney
Primary
School

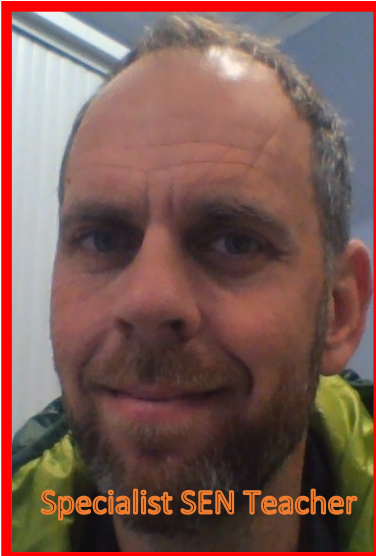
SEND Friend

Issue 2 Spring 2022

Dear Parents and Carers,

Welcome to our second issue of SEND Friend; our termly newsletter with updates on SEND at Daubeney. This issue includes: a profile of the third member of our Daubeney Inclusion Team, Mr Troy Ultz; a brief glimpse into Autism; some very exciting information around our new provision of yoga therapy and highlights of some key events for you to look forward to.

If you would like to contribute to our future issues and / or come across some good information relating to inclusion, which you feel would be of interest to our community, then get in touch by emailing to admin@daubeney.hackney.sch.uk



My name is Troy Utz. I work as a Specialist SEN teacher across the Blossom Federation. You might find me in classes helping children to learn. You might find me helping and training adults in school to understand children's needs more clearly – and this helps the adults to teach children in ways that are more suitable to their individual needs. Sometimes I join meetings about children so that I can offer my experience and expertise to make sure we give children what they need to be successful. I have also joined the OPAL play team because I think quality play is one of the most important things children can do to develop in a positive way.

What is Autism?

Autism is a lifelong developmental disability. Autism affects how people communicate and interact with the world. One in 100 people are on the autism spectrum and there are around 700,000 autistic adults and children in the UK.

Being Autistic

Autism is a spectrum condition and affects people in different ways. Like all people, autistic people have their own strengths and weaknesses. Below is a list of challenges autistic people may share.



Social communication

Autistic people have difficulties with interpreting both verbal and non-verbal language like gestures or tone of voice. Some autistic people are unable to speak or have limited speech while other autistic people have very good language skills but struggle to understand sarcasm or tone of voice. Other challenges include: taking things literally, needing extra time to process information or answer questions and repeating what others say to them (this is called echolalia).

Social interaction

Autistic people often have difficulty 'reading' other people - recognising or understanding others' feelings and intentions - and expressing their own emotions. This can make it very hard to navigate the social world. Autistic people may: appear to be insensitive, seek out time alone when overloaded, not seek comfort from anyone, appear to behave 'strangely' or in a way thought to be socially inappropriate and find it hard to form friendships.

Repetitive and Restrictive Behaviour

Autistic people often prefer to have routines so that they know what is going to happen. They may want to travel the same way to and from school or work, wear the same clothes or eat exactly the same food for breakfast.

Autistic people may also repeat movements such as hand flapping, rocking or the repetitive use of an object such as twirling a pen or opening and closing a door. Autistic people often engage in these behaviours to help calm themselves when they are stressed or anxious, but many autistic people do it because they find it enjoyable.

Change to routine can also be very distressing for autistic people and make them very anxious. It could be having to adjust to big events like Christmas or changing schools, facing uncertainty at work, or something simpler like a bus detour that can trigger their anxiety.

Over—or under-sensitivity to light, sound, taste or touch

Autistic people may experience over- or under-sensitivity to sounds, touch, tastes, smells, light, colours, temperatures or pain. For example, they may find certain background sounds like music in a restaurant, which other people ignore or block out, unbearably loud or distracting. This can cause anxiety or even physical pain. Many autistic people prefer not to hug due to discomfort, which can be misinterpreted as being cold and aloof.

Many autistic people avoid everyday situations because of their sensitivity issues. Schools, workplaces and shopping centres can be particularly overwhelming and cause sensory overload.

Highly focused interests or hobbies

Many autistic people have intense and highly focused interests, often from a fairly young age. These can change over time or be lifelong. Autistic people can become experts in their special interests and often like to share their knowledge. Like all people, autistic people gain huge amounts of pleasure from pursuing their interests and see them as fundamental to their wellbeing and happiness. Being highly focused helps many autistic people do well academically and in the workplace but they can also become so engrossed in particular topics or activities that they neglect other aspects of their lives

Meltdowns and shutdowns

When everything becomes too much for an autistic person, they can go into meltdown or shutdown. These are very intense and exhausting experiences.

A meltdown happens when someone becomes completely overwhelmed by their current situation and temporarily loses behavioural control. This loss of control can be verbal (eg shouting, screaming, crying) or physical (eg kicking, lashing out, biting) or both. Meltdowns in children are often mistaken for temper tantrums and parents and their autistic children often experience hurtful comments and judgmental stares from less understanding members of the public.

Supporting someone with Autism

Knowledge is power—learn to recognise the signs and be confident when interacting with an autistic person

Build Rapport— respect, find common grounds and don't expect eye-contact, redirection to the topic and have patience

Situational Awareness— avoid large crowded spaces and bright lights, create a calm soothing environment

Explore—find out more about the autistic person and seek professional guidance if need be



If you would like further information on Autism, speak to a member of Daubeney's SEND Team.





YOGA WITH
FRANCESCA



We are delighted to have partnered with Francesca, who has been delivering targeted yoga sessions, at Daubeney, for children presenting with special needs. The progress and success of these sessions has been remarkable and we are very happy to continue offering these sessions during the spring and summer term.

Francesca is a trained 500hrs Yoga teacher, and holds five certificates with Special Yoga in Yoga and Mindfulness for Children, specialising in children with Special Needs, Autism and ADHD. Over the years, Francesca has delivered school assemblies on mindfulness and breath, 1-1 and small group sessions to SEND children, supported children with emotional literacy, anger issues, bereavement, asthma, anxiety and much more. Francesca has seen the amazing progress that so many children have managed to achieve with the tools and techniques she has shared with them. If you are interested in yoga for your child, please contact Miss Prisca at admin@daubeney.hackney.sch.uk



Spring Term Parent Consultation Meetings

Tuesday 8th March - 3:45 to 6:00 pm (Please note that pupils must be collected promptly at 3:30pm on this day).

Wednesday 9th March from 2:00-5:00pm (Please note all pupils must be collected at 1:45pm this day)

Junior Sensory Circus (8-11 years)

A six-week course from 11 January 2022 for 6 weeks

Junior Sensory Circus (8-11 years) is specifically designed to help young people on the autistic spectrum develop their confidence, coordination and communication skills.

<https://www.hackneylocaloffer.co.uk/kb5/hackney/>



World Autism Acceptance Week (WAAW)

Monday 28th March—Sunday 03rd April 2022

Pioneered by the National Autistic Society (NAS), World Autism Acceptance Week aims to draw attention to the 700,000 people living with autism in the UK both to educate those unaware of the condition, and to help make the world friendlier to those who are affected by it.

Look out for information about how you can be involved with **World Autism Acceptance Week** at Daubeney. Please see Mr Dharma, Miss Prisca or Mr Ultz for more information.

Remember to check out the Hackney Local Offer information for general support for SEND and information on what the local authority can provide:

<https://www.hackneylocaloffer.co.uk/kb5/hackney/localoffer/home.page>



Also, see below the link to our federation SEND Policy:

<https://www.daubeney.hackney.sch.uk/policies/special-educational-needs-disability-send>

If you are worried about your child's progress, please speak to their class teacher or to Mr Dharma.