



HJS SEND NEWSLETTER

Welcome to the half-termly Special Educational Needs and Disabilities (SEND) newsletter for Hillborough Junior School.

THIS MONTH'S TOPICS:

- ASC information
- How to support a child with ASC at home
- Books on ASC for children
- Support groups for parents

WHAT IS ASC?

Having an Autistic Spectrum Condition (ASC) means that the person has a different way of understanding other people and the world around them.

ASC is a lifelong developmental disorder, not an illness or a disease so there is no 'cure' but there are many ways that difficulties can be managed.

Here are just some of the things you might see, in various combinations and from mild to severe, in people who have ASC:

- Difficulties with communication and social interactions
- Difficulties with imagination
- Having special interests or being very knowledgeable about certain topics
- Sensory difficulties and difficulties with changes of routine

If you have any concerns, please speak to your child's teacher or contact Mrs Whelan who is the SENCO.

ASC SUPPORT

Some great websites to look at for information are:

The National Autistic Society -
<https://www.autism.org.uk/>

Child Autism UK -
<https://www.childautism.org.uk/>

Families in Luton Autism Group (FLAG) -
<https://directory.luton.gov.uk/kb5/lu-ton/directory/service.page?id=aJuKzr2uX9Y>

Helping your child with autism thrive at home

Tip 1: Provide structure and safety.

Be consistent.

Children with ASD have a hard time applying what they've learned in one setting (such as in school) to others, including the home. For example, your child may use sign language at school to communicate, but never think to do so at home. Creating consistency in your child's environment is the best way to reinforce learning. Find out what your child's school are doing and continue their techniques at home. Can you use a visual timetable to support at home? Can you use clear and concise language so that they understand without ambiguity? It's also important to be consistent in the way you interact with your child and deal with challenging behaviors.

Stick to a routine.

Children with ASD tend to do best when they have a highly-structured schedule or routine. Again, this goes back to the consistency they both need and crave. Set up a schedule for your child, with regular times for meals, play, school, and bedtime. Try to keep disruptions to this routine to a minimum. If there is an unavoidable schedule change, prepare your child for it in advance.

Reward good behavior.

Positive reinforcement can go a long way with children with ASD, so make an effort to "catch them doing something good."

Praise them when they act appropriately or learn a new skill, being very specific about what behavior they're being praised for. Also look for other ways to reward them for good behavior, such as giving them a sticker or letting them play with a favorite toy.

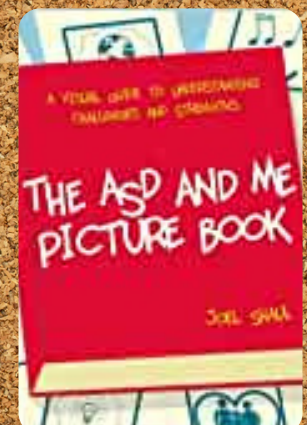
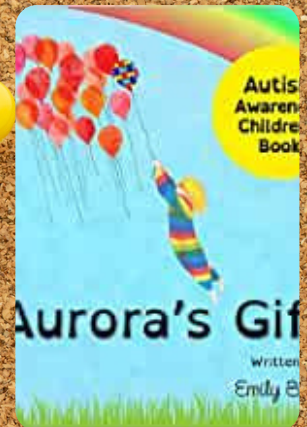
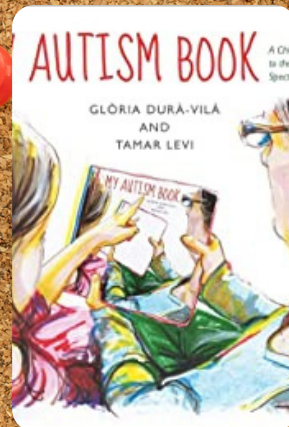
Create a home safety zone.

Carve out a private space in your home where your child can relax, feel secure, and be safe. This will involve organizing and setting boundaries in ways your child can understand. Visual cues can be helpful (colored tape marking areas that are off limits, labeling items in the house with pictures). You may also need to safety proof the house, particularly if your child is prone to tantrums or other self-injurious behaviors.

All children have different needs and as the parents and carers, you know your child better than anyone else. Have confidence that you are doing the best for your child and keep close relationships with your child's school so that they can support you as well.



There are lots of great books about ASC that will help children to understand what it means and to see that it isn't something to worry about. Here are a few suggestions.





My child has received a neurodiversity diagnosis (e.g. Autism or ADHD)

Where can I find help and information?

The **DIAGNOSIS SUPPORT PACK** is an online *'one-stop shop'* for information, resources and signposting for families.

- Introduction
- Positives of Neuro-diversities
- Holistic Approach
- What to expect at your appointment
- Sleep
- Medication
- Talking about a diagnosis
- Sensory Processing Needs
- Mental Health
- Supporting Social Communication Development
- Best Practice Guide for Professionals
- Contact Information and Resources
- Jargon Buster
- Printable resources and links



www.cambscommunityservices.nhs.uk/dsp



This pack has been co-produced with the help of parents, young people, local Parent Carer Forums, CAMHS, Education Psychology and other key partners.



Bedfordshire
Community
Health Services

Luton
Children & Adults
Community Health Services



FLAG is an **online support group** for parents and carers of children affected by autism living in Luton.

The meeting is hosted by the Autism Spectrum Team, part of the Special Educational Needs Service at Luton Council.

Meetings are held on Zoom, and password protected for your security.

*Osoby zainteresowane spotkaniem z polskim konsultantem mogą zgłosić swój udział emailem
If you would like to talk with our Polish speaking Advisor at the meetings, please notify us by email.*

Spring/ Summer Term

Meeting Dates:

Thursdays 4.30-5.30pm
3rd February
17th March
12th May
14th July

How to join:

- Sign up to the FLAG mailing list
- Request to join the Zoom Meeting
- Await the joining instructions.
- *For face to face meetings please request information for the SWAN group*

Contact: chloe.bishop@luton.gov.uk

Luton

In partnership with Windmill Hill School, The Autism Spectrum Team host the support group for families affected by autism in the local community.

Support
With
Autism
Network



Parents and carers are welcome to attend.

Please join us for a hot drink, conversation, and the opportunity to share information and advice on a range of topics in a supportive environment.

We do not expect parents to bring children to these meetings



2022 Meeting Dates

Wednesdays 10-11.30am

12th January
23rd February
27th April
15th June

Main Entrance, York St, Luton LU2 0HA

For the safety of all members, we kindly ask that you take a Covid home test before attending.

Contact the Autism Spectrum Team (SENS): **01582 548151**,
chloe.bishop@luton.gov.uk for more information, including details about FLAG, our online support group.

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Luton