



SEND



Bulletin:



Autumn



Term

1

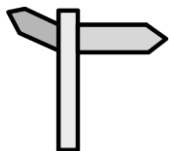
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Each half term, this bulletin will highlight what we are doing to make St Mary's even more inclusive for our children with SEND. It will also signpost you to resources and information that can support you and your family at home.



Bulletin Highlights

In our '[Frequently Asked Questions](#)' section, we look at who you should speak to if you have concerns about your child's development/progress. We also explore PDA (Pathological Demand Avoidance); what this means and how to help your child if they appear to have traits.



In our '[Resources and Support](#)' section, we share the following:

- Surrey Paediatrics Parenting Service
- FACE Family Advice free courses
- Helpful approaches for a PDA profile of Autism
- The Deman-Anxiety Cycke of PDA

For more useful resources and information, please visit the [SEND Provision](#) page of our website.



In our '[SEND Spotlight](#)' section, I give you an overview of our SEND team at St Mary's!

EVERY DAY
MAY NOT
BE GOOD
BUT THERE IS
SOMETHING
GOOD IN
EVERY DAY



SEND Training and News

SARS TARGETS

At St Mary's, every child on the SEND register will have individual targets based on their areas of need. These are set at the start of each term and reviewed at the end of each term. Please log on to your Edukey account here <https://edukeyapp.com/parent/login> to see you child's current targets. Please let your class teacher or the SENCO know if you have not received or have lost your login details. You can add parent comments on these at any time!

RETHINKING INCLUSION

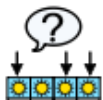
This excellent conference reminded us that 'The best intervention is having a great teacher' & why inclusion must be a whole-school approach. We could not agree more at St Mary's!

PRECISION TEACHING

This term all TAs and teachers have been accessing training in Precision Teaching. Well done to those who have completed the training course! This is a highly focused, child-centred method of improving fluency and retention, particularly in specific skills such as reading, spelling & maths.

PARENTS EVENING

SENCO message: I always do my best to join the teachers for parents evening for the children on the SEND register but unfortunately there are always lots of meeting clashes! I'm so sorry if I was unable to make your child's meeting. Please do let me know if you would like a phone call or face-to-face meeting after half-term. My door is always open! Thanks for your understanding.



Frequently Asked Questions



I have concerns about my child's development/progress...who should I speak to?

1. Your child's teacher! They are the person that knows them best in school!

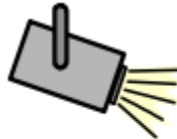
Other parents – they may have similar experiences!

Georgie Tongue (SENCO) for SEND queries the teacher can't answer.

Laura Merrick (HSLW) for family support.

Your GP for medical diagnostic assessments.

We are all on the your child's team & we are all here to help!



SEND Spotlight

Since it is the start of the year, I thought I would share an overview of the staff in our school who may support children with SEND *beyond* the classroom (all teachers and TA's are dedicated and passionate about working with our children with SEND everyday!)

Hannah Cunnah
STIPS (Specialist
teacher for Inclusive
Practice)

**Mental Health Support
Team & Play Therapist**

Leah Stewart
SALT
(Speech & Language
Therapist)



Mrs Helen Burley
SEND Admin/
assessment support



Mrs Georgie Tongue
SENCO
(Special Educational
Needs Coordinator)



Mrs Laura Merrick
HSLW
(Home-School Link
Worker)



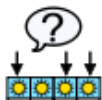
Miss Sophie Barnes
ELSA
(Emotional Literacy
Support Assistant)



Miss Frances O'Brien
SEND Support
& Year 2 Class Teacher



Mr Oliver Trestain
School Counsellor



Frequently Asked Questions



**My child has traits of PDA
(Pathological Demand
Avoidance)...what can we do?**

PDA or Pathological Demand Avoidance is a profile found within some autistic people. PDA is not recognised or diagnosed separately to autism.



Most children will try to avoid demands that don't appeal to them or seem too tricky. **With PDA, people will avoid everyday demands, even those they want or need.**

Avoidance for people with PDA is not a choice, it is often driven by anxiety or a stress response.

People with PDA often use social strategies to avoid demands e.g humour, distraction or withdrawal.

Use the **PANDA** approach (on next page):
Pick battles, **A**nxiety Management, **N**egotiation & Collaboration, **D**isguise & Manage Demands, **A**daptation

N.B. Shouting at a child with PDA never helps them to follow an instruction!





 Resources + Support



Helpful approaches for a PDA profile of autism

Conventional support strategies, including those often recommended for autism, are often ineffective and counter-productive with a PDA profile. In place of structure, routine, firm boundaries, praise, rewards/consequences, is a person-centred approach based on negotiation, collaboration and flexibility.


 The PDA PANDA symbolises the need to tailor the environment to meet needs and our P A N D A mnemonic is a simple reminder of helpful approaches.

For more information please visit www.pdasociety.org.uk

Pick battles

- Minimise rules
- Enable some choice & control
- Explain reasons
- Accept that some things can't be done

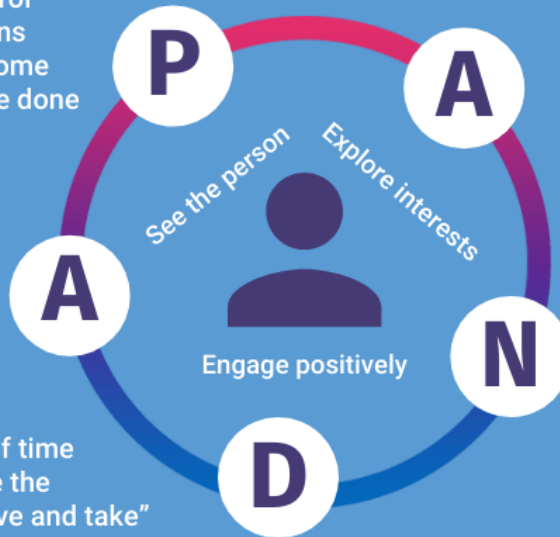
Pick battles
 Anxiety management
 Negotiation & collaboration
 Disguise & manage demands
 Adaptation

Anxiety management

- Use low arousal approach
- Reduce uncertainty
- Recognise underlying anxiety & social/sensory challenges
- Think ahead
- Treat distressed behaviours as panic attacks: support throughout & move on

Adaptation

- Try humour, distraction, novelty & roleplay
- Be flexible
- Have a Plan B
- Allow plenty of time
- Try to balance the amount of "give and take"





Negotiation & collaboration

- Keep calm
- Proactively collaborate & negotiate to solve challenges
- Fairness & trust are central

Disguise & manage demands

- Phrase any requests indirectly
- Constantly monitor tolerance for demands & match demands accordingly
- Doing things together helps

 + 
Resources and Support

The Demand-Anxiety Cycle

The main feature of Pathological Demand Avoidance, PDA

Profile of Difficulties

Name.....

Date.....

I find it hard to...

- Get up in the morning
- Go to bed at night
- Wash and brush my teeth
- Get dressed
- Get to places on time
- Stop doing things when I'm asked
- Do my homework
- Eat my dinner
- Play with friends
-

I tend to do things like...

- Talk about things I'm interested in, which distracts people
- Say 'In a minute' or something like that
- Pretend not to have heard
- Explain that I feel sick
- Sometimes I get cross or really upset
-

What I can do depends on...

- How well I feel at the time
- How much I want to do something (sometimes it's also hard to do things I really want to do)
- How much other people keep asking me (more makes it harder)
- The way I am asked
- Whether we need to be 'on time'
-

Not being able to do things means I am more likely to...

- Get upset more often
- Struggle to concentrate at school
- Fiddle or stim
- Distract myself by focussing on my interests
- Have trouble sleeping
- Feel sick (or sicker)
- Struggle to eat or drink enough
- Find it hard to leave the house
- Feel bad
-



It means I'm....

- Finding it harder to talk about how I feel
- Feeling more unwell
- Getting more tired
- Feeling more sad & worried
- Getting more stuck
- Have problems at school/going to school
-


Which makes things harder still

A tool to help young people, parents & professionals understand demand avoidance and talk together. Tick boxes that apply, write on it, or edit the document.... Whatever works for you.
Created by Sally Russell

Surrey Paediatrics Parenting Service


Resources + 
and Support

The Paediatrics Parenting Support Service has been commissioned by Surrey Heartlands Trust to offer support to parent/carers and their families living in Surrey whose children aged 5 and under who may be neurodivergent, exhibiting challenging or avoidant behaviours, or are seeking help to improve their child's social and emotional skills.



Empowering parents/carers with the support and tools they need to allow their children to thrive.

Our service encourages parents/carers to explore the early developmental stages of young people, offer a deeper understanding into emotional regulation, explore strategies that can be used at home and shared with childcare provisions.

Our practitioners provide a 6-week online group or a 3-week face-to-face group within the community with the option to bring children along.



Referral Process

Our service accepts referrals from the community. This includes but is not limited to:

- * Professionals working with the family (School, social care etc)
- * GP surgeries
- * Parents or Carers themselves



Referrals can be completed by scanning the below QR code.

Any questions can be sent to: SurreySupportU5@barnardos.org.uk

OR

Barnardo's Paediatrics Parenting Service,
Dorset House,
Kingston Road,
Leatherhead, Surrey,
KT22 7PL



 + 
Resources and Support



Changing childhoods.
Changing lives.



Surrey Paediatrics Parenting Service



Is your child experiencing:

- Big emotions
- Sleep difficulties
- Sensory difficulties
- Speech & Language difficulties

We can offer you support! Contact our team today!



You can find out more information and how to refer into the service at www.Barnardos.org.uk or scanning the below QR Code:



Bianca Downey: 07354200290 **Jo Hernandez:** 07394 865 632
Fleur Howlett: 07856 479486






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 Resources and Support



Funded by St Mary's, please make the most of this free parent training!

Visit the **PARENTS page** of the FACE website (facefamilyadvice.co.uk) to view the 16 regular talks for parents.

Choose a topic and click through the booking calendar to find a date and time that suits you.

At the payment stage of booking, enter the code **SM010725** where it says **ADD PROMO CODE**. This will reduce the price from £24 to £0.

Live talks coming up next!

10:00 - 11:30 and 19:00 - 20:30 (GMT) £24 each or **FREE** with School Membership

All of the following are delivered live online by FACE Lead Facilitator, Jane Keyworth

If you can't make the date ask for the link to the recording, available for 48 hours afterwards

20 OCT- Supporting Healthy Screen Use	More info Book Now
20 OCT - Facing Defiance	More info Book Now
21 OCT - Anxiety-Based School Avoidance	More info Book Now
21 OCT - Understanding Anger	More info Book Now
23 OCT - FREE Raising Self Esteem	More info Book Now
27 OCT - Anxiety Explained	More info Book Now
27 OCT - Cannabis & Ketamine Awareness	More info Book Now
28 OCT - What is ACT?	More info Book Now
28 OCT - Introduction to OCD	More info Book Now
3 NOV - Raising Self-Esteem	More info Book Now
3 NOV - Decreasing Depression	More info Book Now
4 NOV - Supporting Healthy Sleep	More info Book Now
4 NOV - Understanding the Teenage Brain	More info Book Now
10 NOV - Improving Family Communication	More info Book Now
10 NOV - Autism: Improving Communication	More info Book Now
11 NOV - Understanding Addictive Behaviour	More info Book Now
11 NOV - Supporting a Child with ADHD	More info Book Now