

Spring 1 Term 2026

# SEND Newsletter



theplacetobe



## A message from Mrs Hart

We have had another busy and happy half term in school. I always really enjoy checking in with children across the school and seeing the progress they are making, both academically and personally. It is a privilege to spend time listening to them and celebrating their successes.

This half term, I have particularly enjoyed supporting our lunchtime provision. We currently have small groups of children who are accessing a quieter lunchtime space. For some children, the hall environment can feel overwhelming due to the noise levels and anxiety.

These small groups provide a calm, supportive social setting where children can eat their lunch in a more regulated environment. After eating, they take part in relaxed activities such as board games, puzzles, slime-making or playdough. The focus is on connection, confidence-building and emotional regulation.



The Calm Room

We continually assess the needs of pupils accessing this provision. Some children may attend for just a few weeks, while others may need longer-term support. Our aim is to promote positive mental health and wellbeing, while equipping children with the tools and strategies they need to feel confident reintegrating into the main lunchtime provision when they are ready.

As always, if you have any questions about SEND support in school, please do not hesitate to get in touch.

## Wellbeing Drop-in

This term, we have welcomed a number of visitors and professionals to our Wednesday Wellbeing Drop-ins (2pm), and it has been wonderful to see parents and carers attending and engaging in these sessions.

Tom Ginnever, our Educational Psychologist, delivered an insightful session on 'masking'. This provided valuable information and practical guidance to help parents/carers better understand and support their children. We also welcomed Kirstie Yelland, an Advanced Nurse Practitioner specialising in neurodivergence. Her knowledge and expertise was really welcomed by the parents/carers who attended. Last week, our School Nurse joined us and was available to discuss any health concerns in a supportive and confidential space. Next term, we will be running workshops on specific areas of need, led by our experienced Wellbeing Team. They are looking forward to sharing their recent training and practical strategies with families.

## Parent/carer Wellbeing Drop-in



The Wellbeing Team are really passionate about offering these sessions for parents/carers and creating a welcoming, supportive space for everyone. The drop-ins are a lovely opportunity to chat with the team, connect with other parents/carers, and pick up advice and support in an informal setting.

After half term, the session will start slightly later at 2.15pm on Wednesdays – we look forward to seeing you there!

We would be very grateful if you could complete this short survey to help shape future sessions:

**[Wellbeing Drop-in survey](#)**

**Mrs Hart**  
**Inclusion Lead & SENDCo**



# Eden Park's SEND Support Journey



This is wonderful resource that needs a special mention. It's a digital therapeutic app that helps with the symptoms of worries or anxiety for children aged 7-12 years with mild to moderate needs, helping them learn skills to self-manage their worries/anxiety. You can register for a game key here: <https://luminova.app/devon>





**Torbay Family Hub provide parents/carers lots of information on a range of areas. The online hub gives instant access to Torbay Family Hub services with free, local and trusted information, services and support.**

**<https://torbayfamilyhub.org.uk>**

**Kooth is an online mental health and wellbeing service for children and young people.**

**Kooth can support you with whatever you're struggling with, big or small:**

- **Sadness and low mood.**
- **Anxiety.**
- **Loneliness and isolation.**
- **Stress.**
- **Problems at home.**
- **Problems with friends.**
- **Problems at school.**
- **Eating difficulties or body image concerns.**



**0 to 19 Torbay have more information search "Torbay Family Hub Kooth"**



# WELLBEING DROP-IN

Wednesdays at 2.15pm

A relaxed, welcoming space for parents/carers to connect, share experiences and chat to our Wellbeing Team, who are available to listen, and offer support and advice.