

Summer 1 term 2026

SEND Newsletter



theplacetobe



A message from Mrs Hart

It's been another wonderfully busy term for SEND at Eden Park. One of our main focuses this term has been the range of interventions we offer to support children across the school. Jess Brown, our Speech and Language Therapist, delivered staff training on Colourful Semantics. This is a structured approach which helps children to build and develop sentences by using colour prompts to identify different parts of a sentence. The intervention supports children with their speaking and writing skills, and staff are already beginning to use strategies from the training within the classroom.

We are also delighted to announce that Mrs Perkes has successfully completed her ELSA (Emotional Literacy Support Assistant) training. This is a valuable intervention where Mrs Perkes, as well as Mrs Black, works with children to help them understand, express and manage their emotions in a safe and supportive environment. ELSA sessions can support children with areas such as anxiety, self-esteem, friendships, emotional regulation and bereavement.

Mrs B has also completed training in the Coping Cat Intervention programme. This

intervention is designed to support children who experience anxiety by helping them to recognise anxious feelings, develop coping strategies and build confidence when facing challenges. She also leads other interventions, such as Draw and Talk and Sensory Play.

Mrs Bolton continues to lead Playdough Therapy sessions, which provide children with opportunities to develop fine motor skills, hand strength, concentration and emotional regulation through sensory play activities.

Mrs Honey is also currently undertaking counselling training, further strengthening the emotional wellbeing support available for our children.

Mrs Black works with groups of children through Lego Therapy. This encourages children to develop communication, teamwork, and social interaction skills through collaborative play activities.

Mrs Stephens continues her valuable work supporting families and provides a safe space for children to talk about their lived experiences.

We also offer Sensory Circuits, as well as Soft Start, to support children with emotional regulation first thing in the morning.

Our Wellbeing Team are dedicated to continually developing their knowledge and expertise. They bring a wealth of experience and are truly committed to supporting children with their social, emotional and mental health needs. They are always available to speak to after school or during our weekly Parent/Carer Wellbeing Drop-ins, held every Wednesday at 2.15pm. Please come along!

Wellbeing Interventions

Lego Therapy

WHAT DOES THIS MEAN?
Your child has been referred by their teacher to our Lego Therapy intervention. These sessions will be delivered by the Eden Park Wellbeing Team and consist of 10 sessions.

WHAT IS LEGO THERAPY?
Lego Therapy is a playful and structured approach that helps children develop important social, communication and problem-solving skills while building together in small groups and working as part of a team in a playful and fun environment.

HOW WILL THIS HELP MY CHILD?
Your child will have the chance to practice sharing ideas, taking turns and working as part of a team in a playful and fun environment.

HOW CAN I HELP AT HOME?
We hope this will support your child to feel more confident in their interactions with others.

WHAT DOES THIS MEAN?
Your child has been referred by their teacher to our Lego Therapy intervention. These sessions will be delivered by the Eden Park Wellbeing Team and consist of 10 sessions.

WHAT IS SAND THERAPY?
Sand Therapy is a gentle, therapeutic approach that helps children develop their sense of wellbeing.

HOW WILL THIS HELP MY CHILD?
Your child will have the chance to explore their thoughts, feelings and experiences in a safe and supportive space.

HOW CAN I HELP AT HOME?
We hope this will support your child to feel more confident in their interactions with others.

Playdough Therapy

WHAT DOES THIS MEAN?
Your child has been referred by their teacher to our Playdough Therapy intervention. These sessions will be delivered by the Eden Park Wellbeing Team and consist of 10 sessions.

WHAT IS PLAYDOUGH THERAPY?
Playdough Therapy is a playful and structured approach that helps children develop important social, communication and problem-solving skills while building together in small groups and working as part of a team in a playful and fun environment.

HOW WILL THIS HELP MY CHILD?
Your child will have the chance to practice sharing ideas, taking turns and working as part of a team in a playful and fun environment.

HOW CAN I HELP AT HOME?
We hope this will support your child to feel more confident in their interactions with others.

Sand Therapy

WHAT DOES THIS MEAN?
Your child has been referred by their teacher to our Sand Therapy intervention. These sessions will be delivered by the Eden Park Wellbeing Team and consist of 10 sessions.

WHAT IS SAND THERAPY?
Sand Therapy is a gentle, therapeutic approach that helps children develop their sense of wellbeing.

HOW WILL THIS HELP MY CHILD?
Your child will have the chance to explore their thoughts, feelings and experiences in a safe and supportive space.

HOW CAN I HELP AT HOME?
We hope this will support your child to feel more confident in their interactions with others.

Gardening Group

WHAT DOES THIS MEAN?
Your child has been referred by their teacher to our Gardening Group intervention. These sessions will be delivered by the Eden Park Wellbeing Team and consist of 10 sessions.

WHAT IS GARDENING GROUP?
Gardening Group is a playful and structured approach that helps children develop important social, communication and problem-solving skills while building together in small groups and working as part of a team in a playful and fun environment.

HOW WILL THIS HELP MY CHILD?
Your child will have the chance to practice sharing ideas, taking turns and working as part of a team in a playful and fun environment.

HOW CAN I HELP AT HOME?
We hope this will support your child to feel more confident in their interactions with others.

Sensory Circuits

WHAT DOES THIS MEAN?
Your child has been invited to take part in our Sensory Circuits intervention. These sessions will be delivered by the Eden Park Wellbeing Team and consist of 10 sessions.

WHAT IS SENSORY CIRCUITS?
Sensory Circuits is a playful and structured approach that helps children develop important social, communication and problem-solving skills while building together in small groups and working as part of a team in a playful and fun environment.

HOW WILL THIS HELP MY CHILD?
Your child will have the chance to practice sharing ideas, taking turns and working as part of a team in a playful and fun environment.

HOW CAN I HELP AT HOME?
We hope this will support your child to feel more confident in their interactions with others.

Emotional Literacy Support

WHAT DOES THIS MEAN?
Your child has been referred by their teacher to our ELSA (Emotional Literacy Support Assistant) intervention. These sessions will be delivered by the Eden Park Wellbeing Team and consist of 10 sessions.

WHAT IS EMOTIONAL LITERACY SUPPORT?
Emotional Literacy Support is a playful and structured approach that helps children develop important social, communication and problem-solving skills while building together in small groups and working as part of a team in a playful and fun environment.

HOW WILL THIS HELP MY CHILD?
Your child will have the chance to practice sharing ideas, taking turns and working as part of a team in a playful and fun environment.

HOW CAN I HELP AT HOME?
We hope this will support your child to feel more confident in their interactions with others.

Draw and Talk Therapy

WHAT DOES THIS MEAN?
Your child has been referred by their teacher to our Draw and Talk Therapy intervention. These sessions will be delivered by the Eden Park Wellbeing Team and consist of 10 sessions.

WHAT IS DRAW AND TALK THERAPY?
Draw and Talk Therapy is a playful and structured approach that helps children develop important social, communication and problem-solving skills while building together in small groups and working as part of a team in a playful and fun environment.

HOW WILL THIS HELP MY CHILD?
Your child will have the chance to practice sharing ideas, taking turns and working as part of a team in a playful and fun environment.

HOW CAN I HELP AT HOME?
We hope this will support your child to feel more confident in their interactions with others.

If you have any questions please email: WELLBEINGTEAM@EPSA.ORG.UK

EDEN PARK ENRICHING POTENTIAL

If you would like to speak to the Wellbeing Team about these interventions, please feel free to email them www.wellbeingteam@eppsas.org.uk

Mrs Hart
Inclusion Lead & SENDCo

Children, Young People and Families Neurodiversity Wellbeing Team

We offer a free, confidential advice line for children, young people and families on the Neurodiversity Pathway in Plymouth, Devon and Torbay.

Advice can include:

- Anxiety
- Diet
- Friendships
- Sleep
- Linking with other teams and services in your area
- School difficulties
- Support strategies



Contact us: 01752 435404 Monday - Friday, 09:00-17:00

Have your say:

Share feedback to help us improve our services. Use the QR code to complete the questionnaire.



We support people to lead independent, healthy lives

SEND Workshops for Families and Professionals

**Learn. Empower.
Advocate. Prepare.**

A programme of workshops helping families and professionals better understand and support children and young people with Special Educational Needs and Disabilities (SEND).

New Neurodiversity advice line

Livewell and CFHD are working together to provide a free, confidential advice line for children, young people and their families on the Neurodiversity Pathways in Plymouth and Devon.

Leap workshops for families

Workshops to help families support children with SEND.

<https://leapworkshops.org>

TOGETHERNESS

Bringing the Solihull Approach to the world



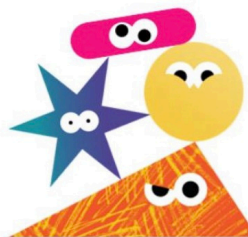
1pm - 3pm for 10-weeks at The Barn Family Hub, Rea Barn Road, Brixham, TQ5 9DF

On the following Fridays

1st May, 8th May, 15th May, 22nd May / 5th June, 12th June, 19th June, 26th June / 3rd July, 10th July

We may cover topics including:

- Feelings
- Importance of Play
- Effective Communication
- Developmental Needs
- Challenging Behaviour
- Sleep



To book a place, please contact Andrew Wright on

andrew.wright@torbay.gov.uk

07776 495028

TogetherNESS is a course for all parents, grandparents and carers of children aged 6 months to 6 years.

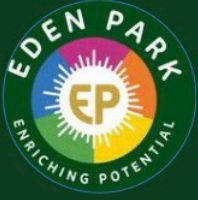
The Solihull Approach - parent workshops

TogetherNESS is a course for all parents, grandparents and carers of children aged 6 months to 6 years.

To book a place, please contact Andrew Wright on andrew.wright@torbay.gov.uk

<https://torbayfamilyhub.org.uk/event/s/understanding-your-child-solihull-approach-4-2026-05-01-2026-05-08-2026-05-15-2026-05-22-2026-05-29-2026-06-05-2026-06-12-2026-06-19/>

This poster is displayed in all classrooms - please feel free to share this with your child at home.



How are you **feeling** today?

If you're not feeling yourself, we're here to help! You can....

5	Angry I've lost control. I'm not listening anymore. I could hit, kick or bite. I need a quiet place to calm down.
4	Overwhelmed Everything is too hard. I'm losing control and need to leave the environment. I'm in. Give me space.
3	Frustrated I'm not getting it. I'm showing signs of stress. I should take a break now.
2	Anxious Trying to stay focused, but having a hard time staying on task. Use calming strategies now.
1	Happy Ready and willing to work.

Talk to your parents

Talk to your teacher

Tell a trusted adult

Talk to a Teaching Assistant or MDA

Write or draw how you feel

Ask a friend to help you tell an adult

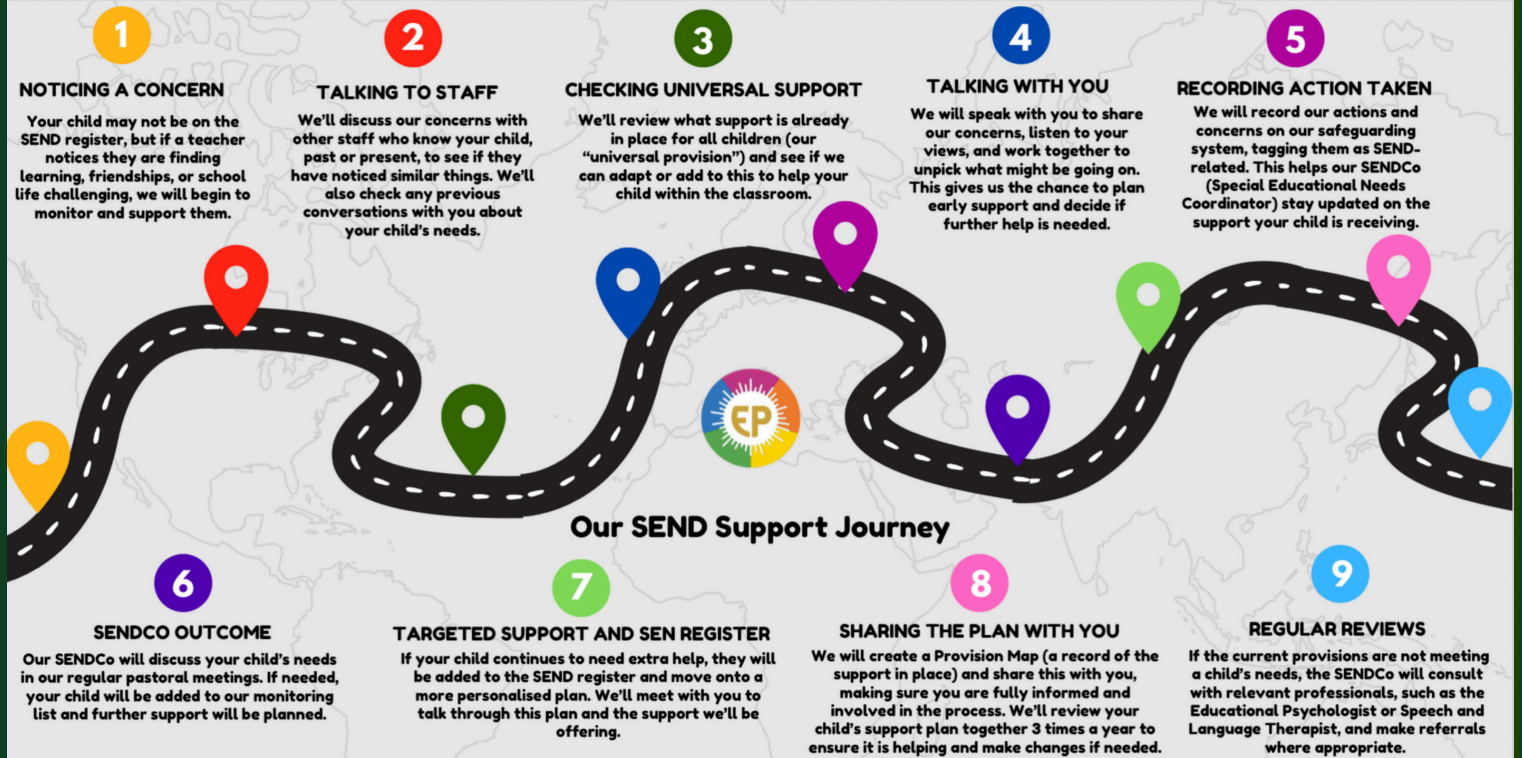
Ask to speak to the Wellbeing Team



The Wellbeing Team



Eden Park's SEND Support Journey



If you have any concerns about your child's SEND needs, please speak to their class teacher. You can also email the SENDCo vhart@eppsa.org.uk

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