



St Joseph's Catholic Primary School

Spring 2023

SEND
Parent carer newsletter

Hello!

Time has passed quickly since our Autumn newsletter was sent out in November. What a wonderful second term we have had at St Joseph's, the pupils have been working hard, enjoying the curriculum, and continuing to shine with their kindness, resilience, and smiles.

Since Christmas, lots of our children have been involved with the Epiphany Mass, a Snow-White production, Healthy Choice workshops, KS2 Cross Country, Macmillan Coffee Morning, Willow Artists, Fire and Rescue Talk, Non-Uniform days, Chocolate Raffles, Space Centre Visit, Farm Visit, Safer Internet Day, Mental Health Week, Learning with Commando Joe, Tree Warden Visits, Class Assemblies and production, British Sign Language week and Lunch with adults from home.

I am so proud of the children and the ambition and drive they have shown throughout the Spring Term. As we head into summer and our final term of this academic year, I will endeavour to keep you updated with all the wonderful work, events and support on offer. However, if you should need to contact me at any point please telephone or email.

Have a wonderful Easter break,

STUDENT SUCCESSES

Huge congratulations to Helena Zaleski in F2, who received a certificate for reciting a whole poem in Polish!

Our Learning Zone children hosted a fantastic event, where they made their own afternoon tea and invited their adults in from home, a wonderful afternoon for all.

George Potter, in year 5, has been working hard in Eco Club with planting new seeds around the grounds. He is ambitious – hoping to grow his own apple tree from an apple seed. Amazing work by Harry Chawner, one of our council representatives, who helped organise our Macmillan Coffee Morning. Well done to Myla-Rose Johnson Taylor who celebrated her VIP Day, with a friend, for reading so many words using Accelerated Reader. Well done to you all!



DATES FOR YOUR DIARY

20th March – Shakespeare week

29th March – Easter Production

21st March – World Down Syndrome Day

31st March – Break up for Easter Holidays

2nd April – World Autism Day

17th April – Return to school after Easter Holidays

Contact us anytime!



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Photo Snaps!



NEURODIVERGENCE

FOCUS

ADHD

ADHD

ADHD
FOUNDATION
Mental Health, Education and Training Services

ADHD is...

- ✓ An abbreviation for attention-deficit hyperactivity disorder. It's also the official name for what is sometimes referred to as attention-deficit disorder (ADD).
- ✓ A common disorder that can impact focus, impulse control and emotional responses.
- ✓ Often diagnosed in childhood but sometimes not until the teen years or later.

ADHD is not...

- ✗ All about hyperactivity. Kids with the inattentive type of ADHD may appear "daydreamy" or off in their own world.
- ✗ A problem with laziness. ADHD is caused by differences in brain anatomy and wiring.
- ✗ Something most kids totally outgrow. Many kids diagnosed with ADHD have symptoms that persist in adulthood.

Kids with ADHD may have trouble with...

- Getting and staying organized
- Managing emotions
- Following directions
- Managing time
- Shifting focus from one thing to another
- Focusing on what's important
- Getting started on tasks
- Thinking before saying or doing things
- Keeping things in mind (working memory)

Ways to help kids with ADHD

- Behaviour therapy can help kids get organised and replace negative behaviours with positive ones.
- ADHD medication can reduce ADHD symptoms, but only when the medication is active in the body.
- Classroom accommodations, like taking movement breaks and getting extended time on tests, can help with things like staying seated and finishing tasks.

Success stories

- Emma Watson, Award-winning actress and activist
- Heston Blumenthal OBE, Three Michelin stars celebrity chef
- Simone Biles, Olympic Gold gymnast
- Zayn Malik, Award-winning singer and songwriter

For more information and support around ADHD, visit www.adhdfoundation.org.uk

Leicester's SEND Local Offer

The Local Offer is the central information point for families with children and young people aged up to 25 years with special educational needs and/or disabilities.

You can contact the team by phone –

0116 305 6545

Other Sources of support:

All the members of SENDIASS are parent/family carers themselves and SENDIASS is run on a ensure that parent/family carers feel listened to and valued by the professional bodies. Contact them on 0116 4820870.

Parent Led Information – www.specialneedsjungle.com

ADHD Solutions - frontdoor@adhd solutions.org

Contact us anytime!

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