

# STLS NEWSLETTER TERM 2

Term 2 is drawing to a close and Christmas is quickly approaching!

We're hoping to see as many of you as possible at the SENCO forum on the 7<sup>th</sup> December to wish you all a very Merry Christmas.

For the consultation link to the new funding options for schools [Click Here](#)



## Upcoming Training



Specialist Teaching and Learning Service

### ADHD/ODD Training

Suitable for TA's, SENCO's, class teachers and school leadership in Primary and Secondary Schools.

During this training delegates will:

- Learn the traits for ADHD and ODD and how it affects children
- Discuss strategies for support within the classroom
- Learn how to manage difficult and defiant behaviours

9.30am – 3pm

Location: Kent Invicta Chamber of Commerce

Cost : £60

January  
**24**  
Wednesday



Autism  
Education  
Trust

Schools



### Good Autism Practice

Gain practical knowledge, and discover hands-on Tools and techniques to support autistic children in your setting.

This module is part of the AET schools' development programme and links to the schools' framework documents. These should be referred to and used to as a school and self evaluation tool.

[www.autismeducationtrust.org.uk/framework-documents](http://www.autismeducationtrust.org.uk/framework-documents)

#### Who is this training for?

This is a module for practitioners who work directly with autistic children in schools, and it provides guidance on processes and tools that can help practitioners to implement good autism practice.

#### What will you learn?

- Develop your knowledge and understanding of good autism practice
- Reflect on and improve your practice in working with autistic pupils
- Understand strategies and approaches you can draw upon for autistic pupils you work with
- Reflect on the kind of information you need to collect for creating a person-centred education plan
- Consider how to involve the autistic pupils and their family in setting learning goals



Developed by leading autism specialists

Up to date with the latest research

Enhances your CPD

Free resources and frameworks linked to Ofsted

Optional certification

£40

30<sup>th</sup> January 9.30am – 12pm

Request a booking form from your STLS admin

Lizzie.wells@Goldwyn.kent.sch.uk



# STLS NEWSLETTER TERM 2

## Early Years LIFT Dates

LIFT Group	Term 1 Via Teams	Term 2 Via Teams	Term 3 2023 Via Teams	Term 4 (Teams or Venue) TBC	Term 5 (Teams or Venue) TBC	Term 6 (Teams or Venue) TBC
<b>L &amp; M</b>	<b>1.30</b> 11 September 2023	<b>1.30</b> 06 November 2023	<b>1.30</b> 08 January 2024	<b>1.30</b> 26 February 2024	<b>1.30</b> 22 April 2024	<b>1.30</b> 10 June 2024
Deadline for paperwork	<b>04/09/2023</b>	<b>30/10/2023</b>	<b>02/01/2024</b>	<b>19/02/2024</b>	<b>15/04/2024</b>	<b>03/06/2024</b>
<b>N</b>	<b>10.00</b> 13 September 2023	<b>10.00</b> 15 November 2023	<b>10.00</b> 17 January 2024	<b>10.00</b> 28 February 2024	<b>10.00</b> 24 April 2024	<b>10.00</b> 12 June 2024
Deadline for paperwork	<b>06/09/2023</b>	<b>08/11/2023</b>	<b>10/01/2024</b>	<b>21/02/2024</b>	<b>17/04/2024</b>	<b>05/06/2024</b>
<b>O</b>	<b>1.30</b> 26 September 2023	<b>1.30</b> 21 November 2023	<b>1.30</b> 23 January 2024	<b>1.30</b> 12 March 2024	<b>1.30</b> 07 May 2024	<b>1.30</b> 25 June 2024
Deadline for paperwork	<b>19/09/2023</b>	<b>14/11/2022</b>	<b>16/01/2024</b>	<b>05/03/2024</b>	<b>30/04/2024</b>	<b>18/06/2024</b>
<b>P &amp; Q</b>	<b>1.30</b> 27 September 2023	<b>1.30</b> 22 November 2023	<b>1.30</b> 24 January 2024	<b>1.30</b> 13 March 2024	<b>1.30</b> 08 May 2024	<b>1.30</b> 26 June 2024
Deadline for paperwork	<b>20/09/2023</b>	<b>15/11/2023</b>	<b>17/01/2024</b>	<b>06/03/2024</b>	<b>01/05/2024</b>	<b>19/06/2024</b>

## Primary and Secondary LIFT Dates

LIFT Group	Term 1 (via Teams)	Term 2 (via Teams)	Term 3 2024 (via Teams)	Term 4 (via Teams)	Term 5 (via Teams)	Term 6 (via Teams)
<b>L</b> Monday AM	<b>08.30</b> 11 September 2023	<b>08.30</b> 06 November 2023	<b>08.30</b> 08 January 2024	<b>08.30</b> 26 February 2024	<b>08.30</b> 22 April 2024	<b>08.30</b> 10 June 2024
<b>M</b> Tuesday PM	<b>13.00</b> 12 September 2023	<b>13.00</b> 07 November 2023	<b>13.00</b> 09 January 2024	<b>13.00</b> 27 February 2024	<b>13.00</b> 23 April 2024	<b>13.00</b> 11 June 2024
<b>N</b> Tuesday AM	<b>08.30</b> 19 September 2023	<b>08.30</b> 14 November 2023	<b>08.30</b> 16 January 2024	<b>08.30</b> 05 March 2024	<b>08.30</b> 30 April 2024	<b>08.30</b> 18 June 2024
<b>O</b> Tuesday AM	<b>08.30</b> 26 September 2023	<b>08.30</b> 21 November 2023	<b>08.30</b> 23 January 2024	<b>08.30</b> 12 March 2024	<b>08.30</b> 07 May 2024	<b>08.30</b> 25 June 2024
<b>P</b> Wednesday AM	<b>08.30</b> 27 September 2023	<b>08.30</b> 22 November 2023	<b>08.30</b> 24 January 2024	<b>08.30</b> 13 March 2024	<b>08.30</b> 08 May 2024	<b>08.30</b> 26 June 2024
<b>Q</b> Wednesday PM	<b>13.00</b> 04 October 2023	<b>13.00</b> 29 November 2023	<b>13.00</b> 31 January 2024	<b>13.00</b> 20 March 2024	<b>08.30</b> 22 May 2024	<b>13.00</b> 03 July 2024
<b>R</b> Secondary Lift (Thursday)	<b>1.00pm</b> 12 October 2023	<b>1.00pm</b> 16 November 2023	<b>1.00pm</b> 18 January 2024	<b>1.00pm</b> 07 March 2024	<b>1.00pm</b> 25 Apr 2024	<b>1.00pm</b> 04 July 2024





## STLS NEWSLETTER TERM 2

### Training Schedules for Term 3 and 4

Date	Time	Training	Trainer	Venue	Cost
15 <sup>th</sup> January	Slots booked via Sara	C&I Clinic	Sara Cave	Virtual – <i>please email Sara to book</i>	FREE
24 <sup>th</sup> January	9.30am - 3pm	ADHD & ODD	Amy Honey	Kent Invicta Chamber of Commerce	£60
3 Day Course 8 <sup>th</sup> January 15 <sup>th</sup> January 26 <sup>th</sup> February	9.30am - 12.30pm	Dyslexia more in-depth (reading, spelling, memory etc.)	Ashford, Folkestone & Dover C&L Teachers	Aspen Training and Resource Centre Whitfield	£90
29 <sup>th</sup> January	Slots booked via Amy or Heather	SEMH Clinic	Amy Honey Heather Woodcock	Virtual - <i>please email Amy or Heather to book</i>	FREE
28 <sup>th</sup> February	9.30am-10.30am	Sensory Q&A Clinic	Sara Cave Stella Parkinson	Virtual - <i>please email Sara to book</i>	FREE
<b>TBC</b>	9.30am-10.30am	Sensory Circuits - <i>please email Sara to book</i>	Sara Cave Stella Parkinson	The Rainbow Centre Ashford	FREE
30 <sup>th</sup> January	9.30am - 12pm	AET Good Autism Practise ( <i>Must have completed Making Sense of Autism before booking</i> )	Sara Cave Russell Ames	Goldwyn School	£40
1 <sup>st</sup> February	9.30am - 3pm	ACES & Trauma Informed Practice	Amy Honey & Heather Woodcock	John Wesley Primary School	£60
5 <sup>th</sup> February	Slots booked via Sherrie	C&L Clinic	Sherrie Hogg	Virtual – <i>please email Sherrie to book</i>	FREE
8 <sup>th</sup> February	1pm – 3pm	SENCO Forum	STLS	Repton Connect Community Centre	FREE

## STLS NEWSLETTER TERM 2

### Training Schedules for Term 3 and 4


Date	Time	Training	Trainer	Venue	Cost
28 <sup>th</sup> February	9.30am - 12.30pm	De-escalation & Positive Behaviour Approach	Russell Ames Heather Woodcock	TBC	£40
4 <sup>th</sup> March	Slots booked via Sherrie	C&L Clinic	Sherrie Hogg	Virtual – <i>please email Sherrie to book</i>	FREE
6 <sup>th</sup> March	Slots booked via Sara	C&I Clinic	Sara Cave	Virtual – <i>please email Sara to book</i>	FREE
12 <sup>th</sup> March	8.39am - 11.30am	Dyscalculia and Maths Difficulties	All C&L Teachers	The Beacon, Folkestone	£40
15 <sup>th</sup> March	Slots booked via Amy or Heather	SEMH Clinic	Amy Honey Heather Woodcock	Virtual - <i>please email Amy or Heather to book</i>	FREE
21 <sup>st</sup> March	1pm – 3pm	SENCO Forum	STLS	TBC	FREE
21 <sup>st</sup> March	9.30am-10.30am	Sensory Circuits	Sara Cave Stella Parkinson	The Rainbow Centre Ashford	FREE
TBC	2pm-3pm	Sensory Q&A Clinic	Sara Cave Stella Parkinson	Virtual	FREE
TBC	9.30am - 12.30pm	Dyscalculia and Maths Difficulties	Communication and Interaction Teachers from Ashford and Folkestone	The Beacon, Folkestone	£40



# STLS NEWSLETTER TERM 2

## Virtual Training

Dyslexia Friendly Classroom
An Introduction to Social Stories
Pupil Voice
Precision Teaching
Developing Social Skills through Play
Emotion Coaching
Using the Outdoors
5 Point Scale
Using Visual Supports
Supporting Memory Difficulties
Closing the Gap and Differentiation
Supporting Wellbeing though Intervention
Using Strengths and Difficulties Questionnaire
Leuven Scale
Wellbeing Training
The Boxall Profile
Managing Anxiety
STAR Approach
Understanding Anxiety



To keep up to date with our training schedule and for more resources visit our website [ashfordinclusion.org](http://ashfordinclusion.org)  
 For access to our virtual training videos email [lizzie.wells@goldwyn.kent.sch.uk](mailto:lizzie.wells@goldwyn.kent.sch.uk) with the videos you would like.

## STLS Clinics



Clinic Specialism	Lead STLS contact	Dates
SEMH	Heather Woodcock <a href="mailto:Heather.Woodcock@goldwyn.kent.sch.uk">Heather.Woodcock@goldwyn.kent.sch.uk</a> Amy Honey <a href="mailto:Amy.Honey@goldwyn.kent.sch.uk">Amy.Honey@goldwyn.kent.sch.uk</a>	5 <sup>th</sup> October 6 <sup>th</sup> December 29 <sup>th</sup> January 15 <sup>th</sup> March 24 <sup>th</sup> April 14 <sup>th</sup> June
C&I	Sara Cave <a href="mailto:Sara.Cave@goldwyn.kent.sch.uk">Sara.Cave@goldwyn.kent.sch.uk</a>	2 <sup>nd</sup> October 15 <sup>th</sup> November 15 <sup>th</sup> January 6 <sup>th</sup> March 29 <sup>th</sup> April 12 <sup>th</sup> June
C&L	Sherrie Hogg <a href="mailto:sherrie.hogg@goldwyn.kent.sch.uk">sherrie.hogg@goldwyn.kent.sch.uk</a>	9 <sup>th</sup> October 13 <sup>th</sup> December 5 <sup>th</sup> February 4 <sup>th</sup> March 1 <sup>st</sup> May 19 <sup>th</sup> June
Early Years	Dominic Gunn <a href="mailto:dominic.gunn@goldwyn.kent.sch.uk">dominic.gunn@goldwyn.kent.sch.uk</a>	Term 2 – 8 <sup>th</sup> November 2023 Term 4 – 14 <sup>th</sup> March 2024



Only a few places left for our CUES Parent course



STLS ASHFORD INCLUSION TRAINING



# CUES Parenting Support Group

CUES - Coping with Uncertainty in Everyday Situations

**What is uncertainty?**

Not knowing the outcome of an event

Being unsure

Unpredictability



- Do you have a child who is on the pathway or has a diagnosis of ASC?
- Do you and/or your child find uncertainty really upsetting and stressful?
- Do you need to make lots of lists and ask lots of questions, check, avoid and over protect yourself and your child?
- Would you like to learn strategies to help your child in a supportive environment without judgement or worry?

**Where:** The John Wesley School

**Time:** 9.00 – 12.00 (9-9:30 chat and settling)

**January:** 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>

**February:** 9<sup>th</sup>, 23<sup>rd</sup>

**March:** 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>

Please join us at all of the above dates to help manage uncertainty in yours and your child's everyday life.

Please contact [lizzie.wells@goldwyn.kent.sch.uk](mailto:lizzie.wells@goldwyn.kent.sch.uk) to book.

## STLS NEWSLETTER TERM 2

### Interventions and Resources Available for Schools and Parents

- **Family Fund** - improving the day-to-day lives of families on a low income, raising a disabled or seriously ill child, or young person. We do this by providing grants and services that ease daily pressures and improve quality of life. And by helping families to influence the wider support landscape. [Familyfund.org.uk](http://Familyfund.org.uk)
- **Speech and Language Therapy for School Aged Children** – empowering staff and parents to support children who struggle with language and communication at home and within their school settings [www.kentcht.nhs.uk/childrens-therapies-the-pod/speech-and-language-therapy/school-aged-language/](http://www.kentcht.nhs.uk/childrens-therapies-the-pod/speech-and-language-therapy/school-aged-language/)
- **Willowbank Education** – captivating children and young people in Kent through fishing and forest school in 26 acres of woodland and wetland [willowbankeducation.co.uk](http://willowbankeducation.co.uk)
- **Wide Eyes Falconry** – believing that children can benefit greatly from interacting with wildlife. Providing a safe, fun, and educational environment where children can discover the thrill of working with birds of prey. [wideeyesfalconry.co.uk](http://wideeyesfalconry.co.uk)
- **Muddy Wellies** – a nurturing community farm in Smeeth
- **Equine Therapy in Bethersden** - helps people deal with personal challenges by building relationships with the animals. Designed to benefit people with psychological conditions, alongside those who want to develop interpersonal skills, or learn stress management techniques.
- **Kent Emotional Wellbeing Teams** - specially trained to help children at school with their emotional wellbeing and mental health. [nelft.nhs.uk/kent-emotional-wellbeing-team/](http://nelft.nhs.uk/kent-emotional-wellbeing-team/)
- **Chalkhill Farm** - EOTAS placements for young people from the age of 8 upwards using

### Beacon House Therapeutic Services and Trauma Team

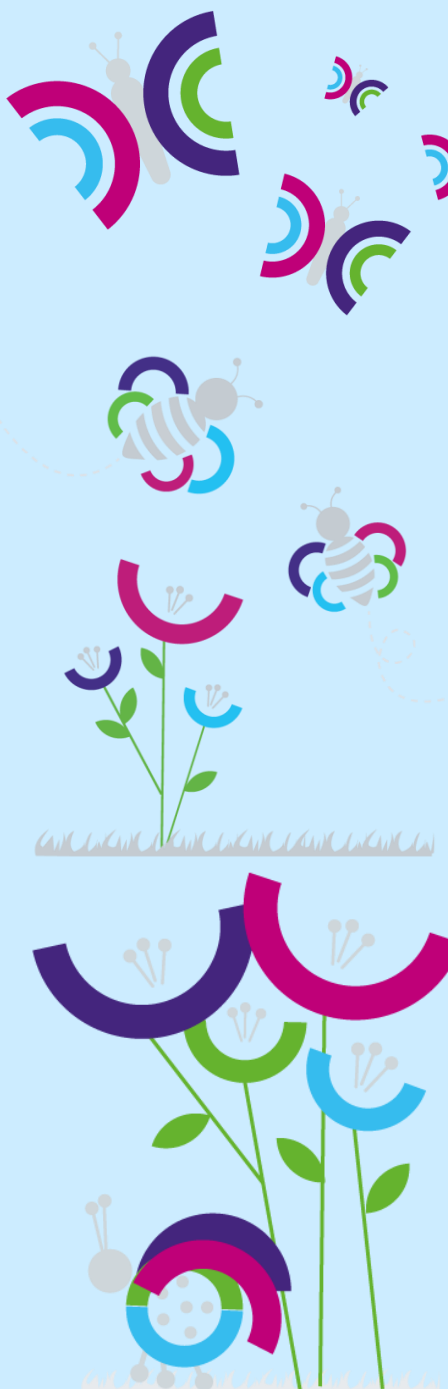


**Beacon House** is passionate about developing freely available resources so that knowledge about the repair of trauma and adversity is in the hands of those who need it.

Visit [www.beaconhouse.org.uk](http://www.beaconhouse.org.uk) to view their amazing resources which range, from crafts, information, activities and therapies.

# STLS NEWSLETTER TERM 2

## NHS The Pod



<https://www.kentcht.nhs.uk/childrens-therapies-the-pod/>

Pre-recorded, on-demand training available online: **CONTENTS** (as of 12/12/22)

### Speech and Language

Early Language and Communication
Let's get talking
Helping your child's social communication
Supporting early interaction workshop
Top tips for talking
Using visual support

Autistic Spectrum Condition
BOSA assessment

Augmentative and Alternative Communication (AAC)
Communication Book
Communication Board
Starting out with signs and symbols
Kent and Medway Communication and Assistive Technology Service (KMCAT)

Feeding and swallowing
Fussy feeder workshop

School aged language
Introduction to SLCN
Parent/carer workshop SLCN – school age
School staff workshop SLCN – Primary school age
School staff workshop SLCN – Secondary school age
Transition to secondary school
Using visual support at school and home
Language through colour
Colourful semantics
Using a framework to develop reasoning skills

Speech sounds
Top tips for speech
Sounds fun
Phonological awareness
Minimal pairs
Cued articulation
A guide to generalisation of sounds

Hearing Impairment
Auditory discrimination
Hearing loss simulation

Selective mutism
Session 1: Understanding selective mutism
Session 2: Effective, round-the-clock support
Session 3: Implementing a small-steps programme
Session 4: Generalisation and transitions

Stammering
Supporting your child's fluency: An online parent workshop for children under the age of 8
Supporting your child's fluency: An online parent workshop for children over the age of 8

### Occupational Therapy

How to help your child have fun / Meal times
Socks and Sausages

Sensory processing
Understanding your Child's Sensory Processing - Part 1
Understanding your Child's Sensory Processing - Part 2
Understanding your Child's Sensory Processing - Part 3

### Physiotherapy

Being active
Exercises to make you stronger

Coordination and motor development
BEAM warm-up example

Hypermobility / Posture and back care
Core stability
Exercises to make you stronger

Under 2s development
Prone prop / Tummy time
Rolling
Lying to sitting
Supported four point kneeling
Half kneeling
Kneeling to standing
Sitting to standing
Standing
Cruising
Walking with a push along walker
Gym ball activities



Here you will find films, resources and links that can help your child achieve their therapy goals.

Supporting children and young people to develop their skills to their full potential, so they can participate in everyday activities. We work in partnership with you, your child and any other important people in their life. [kentcht.nhs.uk/childrens-therapies-the-pod](https://www.kentcht.nhs.uk/childrens-therapies-the-pod)



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## Talking Walk ins Ashford

Concerned about your pre-school child's speech, language or communication skills?

Talking Walk-ins are play-based drop-in sessions where you can speak to a speech and language therapist

Launching August 2023 - Just turn up!

For residents living in Ashford with pre-school-aged children. (The service will be coming to other parts of Kent).

Children's Centre	Day/session
<b>The Willow Children's Centre</b> , Brookfield Road, Ashford, Kent, TN23 4EY Tel: 03000 418800	1st Thurs of month Time: 1.30-3.45pm
<b>Bluebells Children's Centre</b> , School Road, Hothfield, Ashford, Kent, TN26 1HA Tel: 03000 418300	2nd Weds of month Time: 9.30-11.45am
<b>Waterside Children's Centre</b> , Turner Close, Ashford, Kent, TN24 0PQ Tel: 03000 418700	3rd Weds of month Time: 1.30-3.45pm
<b>Sure Steps Children's Centre</b> , Belmont Road, Kennington, Ashford, Kent, TN24 9LS Tel: 03000 418600	4th Weds of month Time: 1.30-3.45pm
<b>Little Explorers Children's Centre</b> , Recreation Ground Road, Tenterden, Kent, TN30 6RA Tel: 03000 418400	5th Wednesday of the month (when occurs) Time: 1.30-3.45pm

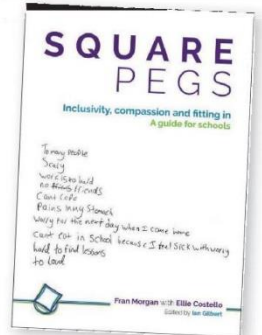
Talking Walk-ins provide you with advice or ideas to try at home. We may signpost you to other support or invite you to a follow-up with the speech and language therapy service.

They run in school holidays, but not on Bank Holidays or between Christmas and New Year. Check the Children's Centre Facebook page for updates.



## SQUARE PEGS

By Fran Morgan with Ellie Costello  
Inclusivity, compassion and fitting in  
A guide for schools



Over the last few years, changes in education have made it increasingly hard for those children who don't 'fit' the system - the square pegs in a rigid system of round holes.

Bringing different perspectives and expertise together in one place, *Square Pegs* aims to help school leaders and staff support children (and their families) more effectively. It covers a wide variety of topics - including school attendance, building relationships, trauma-informed practice, and behaviour management. Featuring contributions from more than 50 individual authors, this is an accessible, dip-in, dip-out book - perfect for busy school leaders.

Just £19.99 with your special offer code below!

Order your copy with **20% off** using code **SQUAREPEGS20** at [www.independentthinkingpress.com](http://www.independentthinkingpress.com) or simply scan the QR code below!

Read a free sample



## HappyMaps

[WWW.HAPPYMAPS.CO.UK](http://WWW.HAPPYMAPS.CO.UK)

WORRIED ABOUT YOUR CHILD'S BEHAVIOUR OR MENTAL HEALTH?

A ONE-STOP HUB FOR RELIABLE ADVICE AND INFORMATION



AWARD-WINNING WEBSITE

FOR PARENTS



@teamsquarepeg  
[www.teamsquarepeg.org](http://www.teamsquarepeg.org)

Purchase your copy



# MENTALLY HEALTHY SCHOOLS

Mentally Healthy Schools have created a resource hub in partnership with and funded by the Department of Education, with new resources added regularly.

Resources such as **suicide support** and awareness resources and toolkits for responding to stressful situation, plus many more that are incredibly useful for school staff to be aware of:

<https://mentallyhealthyschools.org.uk/resources/>

For resources surrounding **Mental Health** and **relationships** plus much more for a whole school approach:

<https://mentallyhealthyschools.org.uk/whole-school-or-college-resources/>



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### NHS Approved Mental Health Apps

App	Cost	Details	Age Group
Beat Panic	£0.99	Guiding people through panic attacks or anxiety using a series of soothing flashcards designed to help you overcome a panic attack in a calm manner.	All ages
Calm Harm	Free	Helping people resist or manage self-harm. Managing their emotions in a more positive way.	All ages
Catch It	Free	How to manage anxiety and depression using CBT.	All ages
Chill Panda	Free	Captures your heart rate and uses your mood recording to work out your current emotional state, then encourages users to take part in light, relaxing activities.	All ages
Cove	Free	Using music to record your mood	All ages
Stress & Anxiety Companion	Free	Uses CBT to manage stress and anxiety while also helping to identify your triggers.	All ages
Thrive: Feel Stress Free	£5.99 per month	Uses games to track moods and teach methods to take control of stress and anxiety.	All ages
leso	Free	Online course using messaging for people with mental health problems. You're matched with a therapist for therapy sessions.	All ages
My Cognition Home	Free	An initial test is used to create a personalized training programme to improve planning, decision making, memory, concentration etc. Helps people think faster and focus.	All ages
Be Mindful	£30 for 10 sessions	Online course for reducing stress, depression and anxiety.	16+
Big White Wall	Free	Online Community for people who are stressed, anxious or feeling low. Support offered by trained professionals.	16+
Blue Ice	Free	Helps young people manage their emotions and reduce urge to self-harm. Has a mood tracker and ability to identify triggers offering a set of activities to reduce stress.	Young People
distrACT	Free	Access to information about self-harm and suicidal thoughts. Advice, support and information including emergency contact numbers.	17+
MeeTwo	Free	Safe and secure forum for teenagers to discuss issues affecting their lives. Aims to build confidence and increase wellbeing.	Teens
Silver Cloud	Free	8 week course to manage stress anxiety and depression. Therapist will check-in every 2 weeks.	16+
Fear Fighter	Free	9 week course for phobias, panic or anxiety.	Adults
Feeling Good: Positive Mindset	Free	Uses relaxation CBT and resilience building techniques to improve positive feelings, self-esteem and self-confidence.	18+
My Possible Self	Free	Simple learning modules to manage fear, anxiety, stress and unhelpful thinking.	18+
Calm	£40 a year	Learn meditation. Encourages more restful sleep to wake up feeling refreshed.	All ages



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Headspace	£10 a month	Themed sessions covering issues such as stress, sleep, focus and anxiety. Bite-sized meditations for busy schedules. SOS exercises for sudden behavior outbursts.	All ages (separate section for kids)
Moodivate	£4.99	A self-help app for individuals who feel down, depressed, bored or irritable.	All ages
Clear Fear	Free	Uses CBT to focus on learning to reduce the physical responses to threat by learning to breathe, relax and be mindful as well as changing thoughts and behaviours.	Teens



## 10 ways to create an Inclusive Festive Classroom...

The festive season brings many changes to the school environment which can be overwhelming for many autistic children and young people.

- ✔ Autistic learners can feel very unsettled with changes to their environment – consider adding festive decorations to the classroom gradually
- ✔ Create 'decoration-free zones' accessible to autistic students to spend time in if they need to
- ✔ Increased levels of excited noise may be uncomfortable for autistic pupils. Make sure they have access to resources such as ear defenders and fidget/stim toys to help support self-regulation
- ✔ Allow for more frequent breaks for quiet 'alone-time' and/or sensory calming breaks to support emotional and sensory regulation
- ✔ Give advanced warning of any festive changes to the usual daily routine, timetable and school processes
- ✔ Give a copy of your festive timetable to your autistic students to have in advance at home so they can prepare for any new events each day with family support
- ✔ Consider using visual aids such as a calendar and a timetable to show when planned festive events will happen
- ✔ 'Christmas lunch' may be a welcome menu change, but brings new canteen smells. Allow autistic pupils access to a separate eating space if they prefer
- ✔ A 'surprise visit' from Father Christmas can be very frightening for younger autistic children in particular. Plan and prepare a step-by-step explanation of 'Santa's visit' to support understanding and reduce anxiety. Use visual aids if/where appropriate (eg. a 'social story').
- ✔ If you're planning a festive dressing up day (eg. Christmas jumpers), be aware that autistic pupils may be sensitive to changes to clothing. Give advance notice, and consider the use of visual aids to help explain what changes might look like.

This is an example list and should not be regarded as comprehensive. Reasonable adjustments should be based on the profile of the autistic child or young person you are working with.

## Helplines for support this Christmas

**Beat** [beateatingdisorders.org.uk](http://beateatingdisorders.org.uk) Support for eating disorders  
0808 801 0677

**CALM (Campaign Against Living Miserably)**  
[thecalmzone.net/how-to-get-through-anxious-xmas](http://thecalmzone.net/how-to-get-through-anxious-xmas)  
0800 58 58 58

**ChildLine** [childline.org.uk](http://childline.org.uk)  
0800 11 11

**Domestic Abuse Helpline** [nationaldahelpline.org.uk](http://nationaldahelpline.org.uk)  
0808 2000 247

**Runaway Helpline** [runawayhelpline.org.uk](http://runawayhelpline.org.uk)  
Call or Text 116 000

**Samaritans** [samaritans.org/christmas-support](http://samaritans.org/christmas-support)  
116 123

**Shout** [giveusashout.org](http://giveusashout.org) Text service for immediate help and support  
Text SHOUT to 85258

**Young Minds** [youngminds.org.uk](http://youngminds.org.uk) A crisis message service  
Text YM or to 85258

**Young Minds (Parents Helpline)**  
0808 802 5544







## TOP TIPS for looking after your MENTAL HEALTH at -Christmas-



Being active is great for your physical health and fitness, and evidence shows that it can also improve your mental wellbeing.



Having good friendships is important for your mental health. Connect or reconnect with friends and family this Christmas.

Nutrition can significantly impact mental health. A healthy balanced diet is good for you physically and mentally. A Healthy Body means a Healthy Mind.



Allow time for yourself, even if it's just for 5 minutes - stop and put your feet up or have a cup of tea. Make sure you get enough sleep.



Talk to friends or family or contact:

Samaritans 116 123  
Lifeline 0808 808 8000  
Childline 0800 1111

Danske Bank



## Christmas Wellbeing Advent Calendar

1 Do something kind for someone else.	2 Make a batch of Christmas biscuits to share with family and friends.	3 Find some seasonal natural treasure and bring it inside to display.	4 Get a cosy blanket and snuggle up on the sofa with a good book.	5 Create a piece of art using natural materials.	6 Arrange to see a friend for a chat and a giggle.	7 Wake up in time to see the sun rise.
8 Make a Christmas card for a friend thanking them for something.	9 Get creative! Use paint to create a winter scene.	10 Listen to your favourite Christmas song.	11 Go for a winter picnic with hot chocolate and a cake.	12 Complete a seasonal craft project. Use sequins, glitter or colouring pens to get creative.	13 Sit in a quiet area outside and listen to all the natural sounds you can hear.	14 Look outside in the early evening and try to spot some stars.
15 Dance to your favourite Christmas song.	16 Research a charity. Think of a way you could help raise money to support a good cause this Christmas.	17 Create a senses box. Place smells and textures that remind you of Christmas inside it.	18 Plant some spring flowering bulbs like daffodils or tulips.	19 Sitting comfortably, close your eyes and breathe deeply. Think of five things you are grateful for.	20 Create ice art. Collect leaves or petals and put them in a pot of water and then freeze it. Take your ice sculpture out of the pot and display it.	21 Watch your favourite Christmas film with someone special.
22 Invite a friend round to play a game.	23 Wrap up a gift for a family member.	24 Arrange a family meal where everyone suggests a course.	25 Wrap up warm and go for a walk outside.			