



St. Edward's CE Academy Cheddleton

## Inclusion Newsletter

January 2024—May 2024

Spring has sprung!

I imagine you're all as happy as we are here at SEAC to see some sunshine and blue skies in Cheddleton. We've certainly enjoyed seeing our children relish our outside spaces without having to navigate rain and puddles!

The Summer Term has started well with a designated assembly focussing on Autism Awareness Week with some key messages for our children to think about. In the Spring term we did some "behind the scenes" work with class teachers regarding our classroom environments and making sure that all of our children feel comfortable, safe and secure in their surroundings, all of the time. Our main message was to make sure that consistency with environments was secure in each classroom, to avoid any unnecessary stress for any students who find comfort in familiarity and routine.

The Rainbow  
is a symbol used  
to illustrate how  
broad and  
beautiful the ASD  
spectrum is.



## Autism Awareness Week

Mrs Talks led an assembly to help our children develop their understanding and sensibility towards hearing about, talking about and knowing people with Autism. We made links to our school values, which is a theme we like to do when learning about any Inclusion Topics.

### This week is Autism Awareness Week

Autism, or ASD, is something that some people have to learn how to cope with during their school life and their daily routines.

There are LOTS of people in the world with Autism or ASD, and this means that there are children here in school who know about it too.

Having Autism means you may have to use more **perseverance** than your friends to be able to concentrate and focus at school.

Being more aware about Autism could help us all to use our values and show **compassion** and **respect** towards anybody who might have difficulties with their learning.



# EMOTION REGULATION STRATEGIES



Name the emotion



Validate the emotion



Identify triggers



Meditation or mindfulness



Talking through emotions



Journaling



Notice when you need a break



Good sleep hygiene



Consider therapy

## Key Terminology and Definitions:-

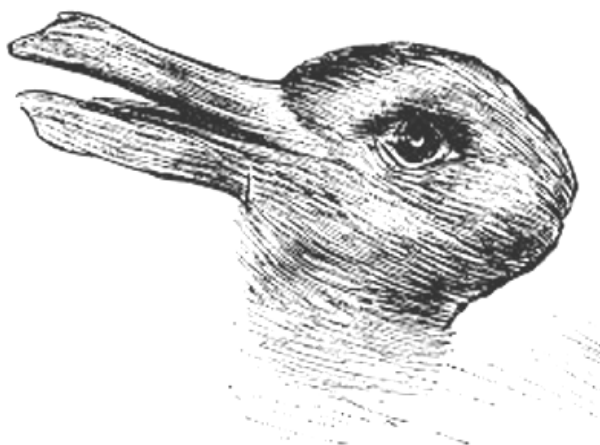
**Pupil Passport**—A child and parent friendly one-page document that captures the voice and the needs of the child, encompassing the support planned and designed to come from home and school, which may include specialist provision.



**Review Meeting**—A face to face meeting for parent and class teacher to discuss how well progress is being made towards the smart targets on the passport, and how to change or amend these targets if they have been achieved or not. The child will have their input before the review meeting, or could also be present at the review meeting.

## What can you see here?

Some people see different animals in this picture,  
What can you see?



*One of the children's' favourite interactive parts of the Autism Assembly was this picture.....*