



St Gabriel's Autumn 1st Half Term



SEND Newsletter

BACK TO SCHOOL!

Helping Our Children Settle Back into Routines

Welcome back, everyone! 

We hope you've had a wonderful break filled with fun, family time and plenty of rest. As we start a new term, it's completely normal for children to need a little time to get back into their school routines.

Here are some simple ways you can help make the return to school **happy, calm and successful!** ★

 **Sleep** •  **Routine** •  **Wellbeing**

 **Get back to bedtime routines**

Regular bedtimes and wake-up times help children feel rested, settled and ready to learn.

 **Be ready the night before**

Encourage your child to prepare their school bag, uniform, coat and shoes before bedtime. This can make mornings much calmer!

 **Start the day with breakfast**

A healthy breakfast gives children the energy they need for a busy day of learning, playing and exploring.

 **Keep reading**

Try to enjoy **10–15 minutes of reading every day**. Share a story, listen to your child read or simply talk about their favourite book.

 **Talk about their day**

Ask questions such as:

"What made you smile today?" 

"What did you enjoy learning?" 

"Who did you play with?" 

 **Talk about feelings**

Some children may feel excited, nervous or tired after returning to school. Reassure them that all feelings are okay and encourage them to talk about their worries.

 **Encourage independence**

Let children have a go at doing things for themselves — organising their belongings, putting on their coat, getting ready for school and completing small tasks at home.

 **HOME + SCHOOL = GREAT TEAMWORK!** 

With consistent routines, encouragement and lots of positive support, children will soon feel settled and confident again.

 **Remember:**

Small routines make a BIG difference!

Thank you for your continued support.

We're looking forward to a **happy, healthy and successful term together!** 

Useful Information



The Neurodiversity Hub supports families whose children or young person are neurodivergent or have social communication differences. We are a needs led service, you do not need a diagnosis to access support.

Tel: 0161-206-0606

Email: hmr-ndhub@nca.nhs.uk