

## Self-Regulation and Sensory Circuits

As a school, we have completed lots of work on Sensory Circuits and how these can support a child to regulate.

A sensory circuit is a motor skills programme made up of 3 activities to support children's sensory regulation. When used in order they can help to tackle sensory imbalances so that children achieve the right level of alertness.

Sensory Circuits consist of 3 activities in the following order: Alerting activities, Organising activities and Calming activities.

**Alerting:** Bouncing on a large yoga ball / space hopper, skipping, running, jumping jacks and jogging on the spot.

**Organising:** Balance on a wobble board / balance beam, walking and balancing on a line, stepping stones and crawling through a tunnel.

**Calming:** Press ups / wall press ups, ball squash, bear hug while wrapped tightly in a blanket and weighted cushion / blanket.

**As part of our commitment to inform parents and carers about our work at school, we wanted to share with you an update report on our work for children with Special Educational Needs.**



**Spring 2022**

## Self-Regulation and Sensory Circuits Continued

It is recommended that a minimum of 2 stations per activity is set up but more can be used if needed.

Sensory circuits are beneficial at times of transition, for example, first thing of a morning or the end of the school day. They can however be used at other points during the day.

Ideally a minimum of 30 seconds at each station is recommended, you can adapt the time and amount of stations per activity based on the child's need.

If you would like further information on Sensory Circuits, please contact Mrs Rachael Brookfield (SENDCo) on Dojo or via email

[r.brookfield@norwoodmail.co.uk](mailto:r.brookfield@norwoodmail.co.uk)

## School Website

The school SEND webpage is regularly updated with resources and links to useful materials.

<http://www.norwoodprimaryschool.com/page/special-educational-needs-and-disability-information/33798>

## Sefton Local Offer

The Local Offer provides clear and accessible information about the provision Sefton Council expects to be available locally for our children and young people from 0 to 25 who have special educational needs and/or disability (SEND).

Find more information at <https://www.seftondirectory.com/kb/5/sefton/directory/localoffer.page?localofferchannel=0>



## Transition

We know once the Summer Term is upon us, minds will start to wonder to the next academic year and your child's transition. Your child's current class teacher will discuss this with you in your Child's Summer Term PATH Plan Meeting.



## Support for Parents and Carers

As a school, we are constantly striving to support our families further.

ADDvanced Solutions offer a range of online and face-to-face workshops and courses. There is some great support for families' post diagnosis of Autism that may be beneficial for some of our families.

Please follow this link to register for this: <https://www.advancedsolutions.co.uk/our-offers/autism-post-diagnosis.html>

Also, on this website you may find useful links to community events and activities for your child.

If you would like to talk to someone in school about Special Educational Needs at any time, please feel free to contact Mrs Rachael Brookfield (SENDCo)

[r.brookfield@norwoodmail.co.uk](mailto:r.brookfield@norwoodmail.co.uk)