



# Inclusion Newsletter

13th December 2024

Welcome to this term's Inclusion newsletter.

The lead-up to Christmas can be a tricky time for many children, particularly those with additional needs like autism. Lots of things change at this time of year, both at school with lots of singing, rehearsals and special events that lead to changes in routine, and at home where everything looks different with the decorations up, adults can be stressed and there might be lots of visitors. Although it's hopefully exciting and fun most of the time, for some children all this change can lead to feeling a little unsettled or anxious. Social stories are a good way to help explain what's happening to children – we use these in school to help children feel prepared and to reassure them that it's all OK. The link below contains some good examples which you could adapt for your own family if you feel it may help: <https://adayinourshoes.com/social-stories-christmas/>

There are also some useful tips about Christmas in general from the National Autistic Society here:

<https://www.autism.org.uk/advice-and-guidance/topics/leisure/christmas/tips>

I did post this on Dojo earlier this week, but wanted to re-share it with you all as there are some really useful videos here which have been prepared by the Child Health Team to support parents. The latest one is focused on managing your own wellbeing during the Christmas period, but there are lots of other videos addressing issues like child anger, emotional regulation and puberty. Please have a look – some parents have already told me they have found them useful. New videos will be added regularly so you may want to subscribe to the channel to see what else the team can offer support with.

<https://www.youtube.com/@medwaychildhealthforparents>

This term's focus is Dyslexia, a specific learning difficulty which mainly affects reading and spelling ability. Overleaf you will find more information about this condition. We can screen for dyslexia in school from the age of 7 upwards. Please remember, your child's class teacher is always the best person to speak to first if you have any questions or concerns about their learning or support in school, but if you wish to discuss your child's needs further, please don't hesitate to contact me.

Wishing you all a very Merry Christmas and a Happy New Year – see you in January!

Mrs Z Huggett  
Inclusion Manager



# Dyslexia



Dyslexia is a common learning difficulty which affects reading and writing skills. It can however also affect learners' abilities to process information, remember information they see and hear, organisational skills, language difficulties and motor co-ordination. Individuals with dyslexia often have strengths in other areas such as design, problem solving, creative skills, interactive skills and verbal communication skills.

**Richard Branson, Jamie Oliver and Holly Willoughby are just some of the famous people who are diagnosed with dyslexia!**

- ~ Read, read, read! Reading to a dyslexic learner every day helps them to develop their comprehension skills and vocabulary without the battle of decoding the text.
- ~ Learning to spell can be made easier through learning about syllables and breaking words down into these. It also helps to focus on the most common words and spelling patterns. Over-learning words in different ways helps children to remember spellings. For example, write them in rainbow colours, shaving foam or flour over and over again. Get creative!
- ~ Technology opens so many doors. Microsoft Office and some other programmes have a dictate function, allowing your speech to be converted into written text. Learning to touch type is also a helpful skill - check out the BBC Dance Mat Typing games to develop these skills, at [www.bbc.co.uk/bitesize/topics/zf2f9j6/articles/z3c6tfr](http://www.bbc.co.uk/bitesize/topics/zf2f9j6/articles/z3c6tfr)
- ~ Break learning down into smaller, manageable chunks and take rest breaks when needed. You can use visual timers (both sand timers or digital versions work well) to show children how long they have for a task before they stop for a break.
- ~ Remember, praise is really important. Finding the strengths in your child and celebrating these can make a huge difference to how they see themselves as a learner. Have a look at the links below for more information.

Helpful  
Tips

## Useful websites:

[www.bdadyslexia.org.uk/dyslexia](http://www.bdadyslexia.org.uk/dyslexia)

[www.dyslexia.uk.net/dyslexia-in-children/](http://www.dyslexia.uk.net/dyslexia-in-children/)

[www.beatingdyslexia.com](http://www.beatingdyslexia.com)

[www.thedyslexia-spldtrust.org.uk](http://www.thedyslexia-spldtrust.org.uk)