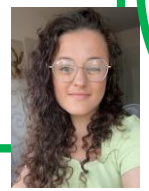
SEND Newsletter Autumn 2 2026

Please click on the link below to find out more about the amount of support available to children, young people and their families with special educational needs and/or disabilities in Calderdale.

https://new.calderdale.gov.uk/schools-and-learning/local-offer-send

Hello everyone, and welcome back to school. For anyone who doesn't know, I am Miss Clay and I am the SENCO at Dean Field. You can expect to see a newsletter from me with SEND specific tips and information on at the start of each half term.

My role is ever changing as we work to meet the changing needs within school. This year, I have teaching commitments Monday-Thursday lunchtime – so any SEND related emails or parent messages won't be able to be answered at this time, and only on an afternoon when I have dedicated SEND office time. If you have any questions or concerns regarding your child's educational needs please speak to the class teacher in the first instance. Otherwise you can make an appointment to speak to them with myself at the school office, or message me directly on Seesaw. Thank you!



Supporting an Anxious Child – Top Tips for Parents

Anxiety can feel overwhelming for children, but small changes and reassurance can make a big difference. Here are some simple ways you can help your child:

1. **Listen and reassure** – Let your child know their feelings are valid. Avoid dismissing worries, even if they seem small.

2. **Talk about feelings** – Encourage your child to talk about what is worrying them. Use books, drawings or emotion cards if they find talking difficult.

3. **Keep routines predictable** – Familiar routines can help children feel safe and in control. Give warnings before changes wherever possible.

4. **Break things down** – If something feels overwhelming, break it into smaller, manageable steps.

5. **Teach calming strategies** – Explicitly practise slow breathing, listening to calming music, mindfulness or having some quiet time together.

6. **Praise little steps** – Celebrate effort and bravery, however small. Focus on trying rather than getting everything right.

7. **Avoid putting pressure on them** – Give your child time and encouragement. Try not to force them into situations before they feel ready.

8. **Work together with school** – Share your concerns with your child's teacher so you can provide consistent support.

Remember: You don't need to take away every worry. Helping your child understand their feelings and showing them that they can work through difficult moments is just as important.

Silvercloud – Support for Parents and Carers

Did you know that Open Minds (CAMHS) offers free online support for parents and carers through SilverCloud?

The following helpful parent workshops/courses are available:

Supporting a Child With ADHD
Supporting an Autistic Child
Supporting an Anxious Child.

These offer advice, practical strategies and guidance to help you better understand your child's needs and feel more confident supporting them at home. If you would like to find out more or sign up, visit the website below:

https://openmindscamhs.org.uk/silvercloud/