

SRB Newsletter- Spring Term 2024

The SRB Team:



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Norfolk SEND Local Offer

The Local Offer is the central information point for families with children and young people aged up to 25 years with special educational needs and/or disabilities.

You can contact the team by email at: send@norfolk.gov.uk

or you can view the local offer at: norfolk.gov.uk/send

NEURODIVERGENCE FOCUS



Understanding brain states can help emotional regulation

We can use our hand to show what happens to our brain. Our fingers are our upstairs brain and our thumb and our palm is our downstairs brain.

Our brain works best when the upstairs (thinking) and downstairs (emotion) brain work together by sending messages to each other.

When we experience big emotions, our upstairs thinking brain flips up and our downstairs brain is in charge! This means that it is hard for our upstairs brain to help our downstairs brain to stay calm.

When we flip our lid, we need to get our upstairs and downstairs brain talking to each other again so that our upstairs brain can calm our downstairs brain down. We need our upstairs brain to hug our downstairs brain!

- Notice feelings
- Name feelings
- Learn strategies to help

Student Success

Spring 2 will be the last half term of swimming until September 2024. We have seen some fantastic progress with swimming skills and confidence and it is great to see that the children can keep themselves safe in the water. Over the first half of the Spring term we have been focusing on being confident with basic life skills such as making a sandwich and safely being able to wash up. The children have really enjoyed their PE sessions around gymnastics and have been showing off their understanding of safety using the equipment. We have been exploring the human body in science and have done some experiments around the digestive system. We have also had quite an art focused few weeks, creating art pieces and fact files about different British birds. We also created life sized self portraits using different materials and resources, the children really enjoyed this and took great care. We have also been learning about 'The Stress Bucket' and 'Flipping our lid' and how to manage our stress levels and learning strategies for managing our emotions, understanding that things can build up through the day and cause us to 'flip our lid' (see link photo to this for parents in the neurodivergent focus section). We are now waiting for a date for our fencing to go up around our outdoor area and a canopy has been ordered, we are really excited to get the outdoor area cleared and to create a sensory calming outdoor area to learn in.



Topics

English- Big Cats
 History- The Romans
 RE- Easter
 PE- Racket Skills
 MFL- Spanish

Art- Landscapes

ICT- Pictograms

Additional lessons and interventions of life skills, forest schools, lego therapy, swimming.

Dates for your Diary

5th February- Children's Mental Health Week (wear yellow on Friday 9th February)

19th February-Half term

26th February- Children return to school

7th March- World Book Day

15th March- Comic Relief

26th March- Autism Awareness Day

28th March- Training Day (children not in school)

29th March- Easter Holiday

15th March- Children back at school

20th April- Earth Day Festival

13th May- Year 6 SATS week

27th May- Half term

10th June- Year 4 Multiplication Check

27th June- Norfolk Show Trip

9th July- SRB Sports Day

11th July- Key Stage 1 and 2 Sports Day

15th July- Year 6 Residential

22nd July- Summer Holiday