

C O S Y U P



A half termly newsletter for by the Autism Advisory Teacher Service for Peterborough's Autism community

TACKLING TRANSITIONS

Rob Emery (*Autism Specialist Teacher*)

It's that time of year again; the end of the year is fast approaching, and we begin to think about September. This can be daunting for pupils and parents alike. But there are some things we can do to try to make the transition from one setting to another as trouble free as possible.

Communication & Collaboration

Sharing information is a key part of the transition process and the Autism Advisory Teacher Service supports this process for pupils that have been referred to us. This largely involves sharing information between settings and within settings, but some settings will also request parent/carer contributions. If you feel there is some essential information that will support your child/young person's transition that is not yet known by your child/young person's current setting, then get in touch with your child's SENDCo. Below are some of the ways that each party involved will be sharing information.

Current Setting:

Compiling and sharing information with next setting.
Preparing Pupils

Receiving Setting:

Disseminating information to staff
Training staff
Sharing photos, map, timetable, welcome video etc.

Parent/Carer:

Sharing further essential information
Providing a positive perspective for pupil
Reviewing materials and practicing routines at home

Over recent years, schools have provided better online tools such as virtual tours and videos. These can be accessed repeatedly which can help some pupils get used to aspects of the new setting and help ease anxieties. Regularly talking about the new setting with your child/young person and putting it in a positive light can really help the process.

Anxiety & Behaviour

However much we try to prepare and inform pupils, the transition between settings can be an anxious time. As we count down towards the end of term and the inevitable changes, anxiety may increase. We might expect to see some changes in behaviour during this period. We need to be understanding and supportive for pupils. If you are worried about some behaviours, then contact your setting for support.

Predict & Support

Try to predict things that might become a barrier and support your child/young person to overcome this. For instance, if a pupil becomes anxious in unfamiliar environments, study the map of the school and look at pictures of the school on the website or watch the video tour. If your child/young person struggles with routines, then look at the timetable and go through it lesson by lesson. All pupils will be feeling anxious about slightly different aspects of the transition, your child/young person is not alone.

Big changes will often be difficult times for pupils. Being positive about the changes and understanding of our child's/young person's feelings can go a long way to making it less problematic. With parent permission, settings can refer to the Autism Advisory Teacher Service for support with the process. If we work together, hopefully we can make the transition process successful for our children/young people.

A Saturday Music Group for young people of ALL abilities

Fun, multi-sensory music making sessions for children and young people with additional needs and their families. The sessions will be led by Eleanor Gibson, who has over 30 years experience of facilitating music in special schools and other settings. Each session will have a theme which we will explore through sound, music making and multi-sensory elements to maximize opportunities for participation and creativity.



It's Free!

[Click here.](#)

Masking – When behaviour at home is different from school.

Monday 5th June 12 – 1:30pm
Free

ADHD – Everyday changes that could help your child.

Wednesday 7th June 12 – 1:30pm
Free

[Click Here](#)

Out & About

Treasure Hunt:

Nene Park, 11th June
[Click Here](#)

Sacrewell Farm

Dinosaur Week:
[Click here](#)

Tour of Cambridgeshire Cycling Festival:

2nd-4th June:
[Click Here](#)

Railworld:

[Click here](#)

Nature Detectives:

Lyveden New Bield
[Click here](#)

Burghley House Crafts:

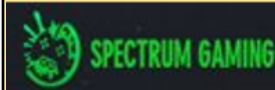
[Click here](#)

VIVACITY

Short breaks for children and young people aged 7-19 with SEND.
[Click here.](#)

Rainy Days

Try these...



Spectrum Gaming is an online community for autistic young people. Check out their [YouTube channel](#) and on the [Spectrum Gaming website](#)

Great Indoor Games:
[Click here](#)

Music/Beatboxing:

Interested in music and Beatboxing? Check out incredibox: [Click here](#)

Messy Art Fun:

Bubble Painting:
[Click here](#)

Marble Painging:
[Marble Painting](#)

N O T I C E B O A R D

To do:

- Begin to plan the Summer Holidays. They seem to go much smoother when there's a plan!
- Take a look at Pinpoint Cambridgeshire's free webinar sessions. [Click Here](#)

Upcoming events:

Monthly ADHD/ASD Parent group:
Organised by Family Voice for more information [click here.](#)

Parent/Carer Support

You can book a phone consultation with one of our Autism Advisory Teachers for support about a range of Autism or ADHD related issues.

To book your consultation please email sen.inclusion@peterboroughz.gov.uk