



APHS Pastoral and SEN Team Newsletter



Advice from Mrs Norman, SENCO

It's hard for some children and young people to stay indoors during the current crisis, but it's particularly difficult for those with ADHD, ASD or who are generally "always-on" type people. If your child is literally bouncing off the walls, and you're wishing you could find their Off Switch, why not try some of the following, suggested by BeaconHouse.org.uk or the *ADHD foundation.org.uk*

A) Build a den. Everyone needs a quiet place, and in a busy household that can be difficult. You're never too old for a tent at the bottom of the garden, or blankets draped over chairs. The act of designing, building and lugging possessions into a den will help some children burn excess energy.

B) Dancing, drumming or music making. Finding and keeping a rhythm occupies different parts of the brain, and all 4 limbs, allowing other bits to calm. Can you tap a rhythm for your child to follow? Can you pass the rhythm along a line, or from room to room? Why not get younger siblings involved in a family band performance?

C) Scavenger or Treasure hunt. Get your child to design and set a trail round the house and garden for younger children to follow, or ask them to bring you one item from each letter of the alphabet etc

D) Balloon Olympics. Rather than risk the destruction of playing ball indoors, set up a game of balloon volleyball, hockey or keepie-uppy challenge. Rolled up socks also work well, and are good for indoor snowball fights too.

E) Housework! Physical labour using all 4 limbs helps children slow their whirring brains. The more effort and co-ordination needed, the better. Washing the car, Hoovering, digging in the garden or doing wall push-ups and burpees all count.

F) Have a VERY clear daily routine, ideally drawn up on big paper where your child can see it, and that you've all agreed in advance. When is bedtime? When is screens-down time? Is outdoor exercise before or after school work? Try a mix of active and calming activities through the day, and break up serious work and chores with regular breaks for relaxation.

If you're struggling with any of these issues and need more ideas, please don't hesitate to contact us.

★ We are here! ★

The Pastoral and SEN Team are working closely to support our students through the current situation and will continue to do moving forward.

Please contact us if we can be of any help. Please call 01328 710476 or email: aphs_pastoral_group@nsix.org.uk where you will get a response from:

Mrs Sperry, Mrs Boyd-Stevenson, Mrs Thompson or Mrs Norman can be contacted on

knorman5yrt@nsix.org.uk



Support and Advice

Below are some contacts if you require any agency support or advice:



Just One Number - 0300 300 0123-
Provided by Norfolk County Council

Point 1 - 0800 977 4077 or point1-support@ormistonfamilies.org.uk

Mental Health Support for Young People. Parents/carers can call for advice and support.

Anna Freud Centre - <https://www.annafreud.org/on-my-mind/self-care/> Online support for children aged 11+