



# SEND Newsletter

Issue 2, Summer 2022 Welcome to this term's edition of our newsletter specially produced for parents and carers of pupils with Special Educational Needs and Disabilities (SEND) at DHJS.



Lilian Koder, SENDCo

The aim is to provide you with useful and up-to-date information about how SEND pupils are supported at DHJS and signpost you to further information and resources.

We are very proud to be an inclusive school where every child is valued and supported as an individual. We believe that our skilled staff team, combined with our positive and nurturing ethos, enables all children to be happy and successful learners.

## Speech and Language Therapy at Dulwich Hamlet



Bidy Kulkarni-Prendergast,  
Speech and Language Therapist

Earlier this year, Bidy delivered a parent workshop on **The Zones of Regulation**, which you can find here: <https://youtu.be/qrlCHCOCSco>

Our Speech and Language Therapist is Bidy Kulkarni-Prendergast and she works with us at the Hamlet on Fridays and Tuesday mornings. She is a very experienced SLT and has been working with us for several years, providing all of our therapy for the last 2 years.

Bidy qualified as a Speech and Language Therapist in 2006 and has since worked in the NHS and independent sectors. She is a member of the Royal College of Speech and Language Therapists and is registered with the Health Care Professions Council (HCPC). She has experience of working with children from 2.5 to 18 years old, supporting their speech, language and communication development. She has a special interest in social communication difficulties, including Autistic Spectrum Disorder.

# Handwriting

...top tips for helping your child at home

## 1. Warm Up

Simple exercises can help children to warm up their muscles and joints before writing and will also help to strengthen the hands and improve fine motor control and dexterity. Try the exercises from Twinkl on the right, or warm up by manipulating plasticine or play dough, threading beads or picking up macaroni or marbles with tweezers.


### Handwriting Warm-Up Fine Motor Exercises



Handwriting Warm-Up Fine Motor Exercises

1


- Make sure you are sitting comfortably and upright.
- Place your fingertips together.
- Press your fingers together, as if they are doing "push ups" against each other.
- Repeat a number of times.



Handwriting Warm-Up Fine Motor Exercises

2


- Put the palms of your hands together.
- Now push them against one another.
- Fold your fingers around one another.
- Try to pull them apart.
- Repeat a number of times.



Handwriting Warm-Up Fine Motor Exercises

3

- Find a range of different sized rubber bands.
- Carefully, loop them between your fingers.
- Then stretch your fingers out and back in.
- Hold the position for five seconds.
- Repeat five times.



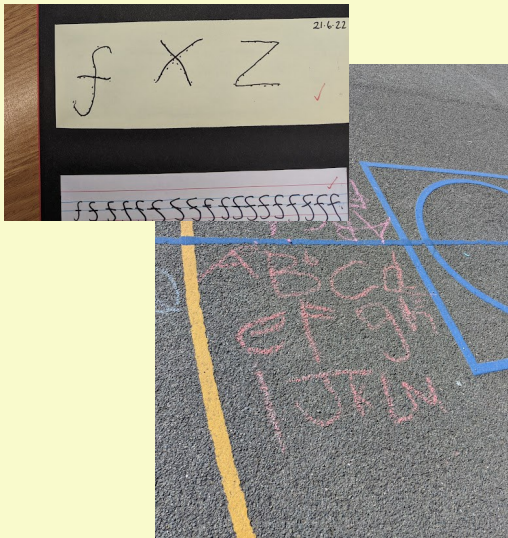
## 2. Explore

Encourage your child to experiment with a range of materials, pens and surfaces to write on. This can make handwriting fun as well as helping children to find out what works best for them. Writing in a tray of sand or sugar is a great way to practise letter formation in a sensory way. Some children also benefit from a pen grip.



## 3. Start Big

It's easier to learn the movements required for letter formation when we start big and gradually reduce these to smaller, more precise movements. Writing with giant chalk outside or on a large sheet of paper is a good way to start. Try using chunky marker pens to write on a large sheet or whiteboard. Once the correct formation has been mastered, move onto wide-ruled lines and then narrower ones.



## 4. Focus on Formation

Before starting to join letters, children need to be able to form each letter correctly as this will enable them to develop a fluent, legible style which is comfortable for them to use. When helping your child, focus on the starting point for each letter and model the correct formation. Dotted lines and tracing paper can be helpful for this. There are many resources to download on Twinkl.com.

## 5. Practise!

Practising little and often makes the most difference. Try to find suitable time to do a few minutes, several times a week if possible. For some children this will be first thing in the morning at the breakfast table. For others, after school or at the weekend will be best. Reward children for their efforts and celebrate any improvements that you can spot together.

## Transition Support at the Hamlet

Moving up to the next year group and having a new teacher and/or teaching assistant is an exciting time but we recognise that it can also be a tricky time for some children. We try to make the transition as smooth as possible by putting in place the following:

- Meet the Teacher sessions for all children to spend time in their new classes with their new teachers.
- Thorough handover meetings between current and receiving class teachers before the end of term.
- SEND transition meetings between each class teacher and the SENDCo, to hand over key information and documents.
- Time for all teaching assistants to meet with each other before the end of term to discuss each pupil with an EHCP and hand over valuable information.
- Time set aside for pupils with EHCPs to create a transition book with photos to bring home for the holidays and an All About Me sheet to hand to their new teacher and TA.

### How to get in touch

In the first instance, contact your child's class teacher. If you need to contact the SENDCo, you can email [lkoder1.210@lgflmail.org](mailto:lkoder1.210@lgflmail.org) or phone the school office on 020 7525 9188 and ask for Lilian.

You can find our SEND Policy and SEND Information Report here: <http://www.dulwichhamletjunior.school.org.uk/policies.html>

### Useful Links

#### Southwark Autism Support Team (AST)

- contact Mr B for advice on 078 0286 0871 or [blagoje.vucinic@southwark.gov.uk](mailto:blagoje.vucinic@southwark.gov.uk)

#### Southwark Information and Advice Service (SIAS) 0207 525 3104 or

[sias@southwark.gov.uk](mailto:sias@southwark.gov.uk)

**Bell House, Dulwich** - links to Dyslexia courses/events: <https://www.bellhouse.co.uk/dyslexia-page-overview-copy>

Please note there is a **free Dyslexia Fair** on Saturday 10th September, 10am-4pm.

**Touch-Typing Programmes for the summer holidays** - BBC Dance Mat Typing (free); Doorway Online Typing (free); Nessy Fingers. Bell House also run holiday courses – email [suzanne@bellhouse.co.uk](mailto:suzanne@bellhouse.co.uk)

Sign up at the link below >

<https://bit.ly/3uXSHhL>

