



## SILCHESTER CHURCH OF ENGLAND PRIMARY SCHOOL

*Compassion, Courage & Respect*

Dear Parents and carers of children with SEN,

### Welcome to our very first SEN Parent Update!

At Silchester, we are committed to working in partnership with you to ensure every child with Special Educational Needs receives the support they need to thrive. In this 'new' newsletter, we are sharing some important updates about current provision, upcoming plans, and practical strategies to help your child succeed in school. Our goal is to keep you informed, involved, and confident that together we are creating an inclusive, nurturing environment where every learner can reach their full potential.



We will share updates with you once a term, but as ever, if you have any concerns or anything we can do to support you or your child further, please don't hesitate to reach out to our SENCO, Louise Pulford at [SENCO@silchester.hants.sch.uk](mailto:SENCO@silchester.hants.sch.uk)



### Dyslexia Support Group

Several of our children with dyslexia have been getting together to form a support group for each other. During the meetings, we discuss their strengths and abilities as well as the things they have noticed about themselves where they outshine others. We talk about how their brain works and how a dyslexic brain can differ to others in a positive way, but that it does also make reading more difficult. The children come alive when talking to each other and feel that they are not alone. They also share strategies for things that work for them, in the hope that they can help others.

As a group, they have enjoyed reading to our school dog 'Wilma' and later in the term, our educational psychologist will join the group for a pow-wow! We are incredibly proud of them all and excited to see where this group goes next. One idea the children had was to fundraise for a new resource that acts as a better screening tool with strategies - stay tuned! Step one needs to be a better name for the group though so, any suggestions gratefully received!

### New Wellbeing Space

We are excited to share that we are developing a dedicated wellbeing space within our school. This calm and welcoming area will provide pupils with a safe environment to relax, regulate emotions, and access support when needed. Our aim is to promote positive mental health and create a space where every child feels valued and understood. This project has just begun, and we are excited to be getting a new coloured bubble machine arriving on Friday!



### How you can help:

We would love your input and support! Parents can contribute by sharing ideas for resources, donating items such as cushions, sensory tools, picture books or calming games. If you have any resources or other ideas for how to improve this space, please do get in touch.

# Sensory Circuits

## Alerting

These activities prepare the brain for learning. They activate the vestibular system and provide proprioceptive stimulation.

## Organising

These activities use motor skills, balance and timing. This helps to increase focus and attention.

## Calming

These will focus on proprioception and deep pressure activities so the child leaves the circuit feeling calm, focussed and ready to get the best out of their next activity.

## Sensory Circuits

We are delighted to announce the launch of an invitation-only morning club designed to help children start the day feeling calm and ready to learn.

This club, known affectionately to some as 'Brain-Gym', offers pupils the chance to complete sensory circuits before school, supporting their regulation and focus throughout the day. Sensory circuits are a series of physical activities that help children improve attention, coordination, and emotional wellbeing.

If you think your child would benefit from this, please speak to our SENCO for more information.

## Exploring a Coffee Morning for SEN Parents

We know how valuable it can be for parents to share experiences and support one another. We are considering hosting a relaxed coffee morning for parents of children with SEN, providing an opportunity to connect, exchange ideas, and build a supportive community. This would be an informal space to chat, share strategies, and celebrate successes together. If this is something you'd be interested in, please let us know—we'd love to hear your thoughts!



## Beacon House Therapeutic Services

Beacon House is a national specialist therapeutic service for young people, families and adults, with a special interest in working with individuals of all ages and communities who have experienced trauma and loss. They are passionate about developing freely available resources so that knowledge about the healing of trauma and adversity is in the hands of those who need it. Below is a link to their page which has many resources available for free use at home.

Worth a browse using this link: [Resources](#)

Image or Image and information courtesy of Beacon House Therapeutic Services & Trauma Team | 2024 | [www.beaconhouse.org.uk](http://www.beaconhouse.org.uk)

## Events for Parents – organised by CAMHS

We would also like to share that CAMHS (Child and Adolescent Mental Health Service) offer a number of workshops, drop-ins and advice sessions that are free and available to all parents. Below are some examples of the support they offer, but clicking the link will take you to their page for more information and booking. I know that some of our parents have really benefitted from these (especially the Basingstoke PACE event) so I hope some may find it useful. [Events – CAMHS](#)

Thank you for taking the time to read our SEN Parent Update. Your partnership is vital in helping us create an inclusive and supportive environment for every child. Thank you for working with us to ensure all pupils feel valued, understood, and empowered to succeed. If you have any questions, ideas, or feedback, please don't hesitate to get in touch.

Kind Regards

*Louise Pufford*

Silchester Church of England Primary School SENCO

**P.A.C.E. (Parent and Carer Events) – BASINGSTOKE**

A free event **FOR PARENTS AND CARERS** to help families better understand the needs and difficulties that young people can face and how to manage potential issues/concerns they have about their young person.

**P.A.C.E.**  
2026

26TH FEB  
2026

**A training day for Parents and Carers in the New Forest**

*Winchester*

A one-day event focused on parents and carers understanding their own needs and learning strategies to look after themselves as they support a young person with their own mental health needs. The sessions will include looking at values, goals and strengths.

**HOW TO COPE WHEN  
YOUR CHILD CANT**

22ND JAN  
2026

**Anxiety – understanding and strategies to support young people**  
**Wednesday 28 January 2026 – Basingstoke**

The day will provide an overview of the anxiety parent-led intervention we deliver for children and young people in CAMHS.



28TH JAN  
2026

**Understanding ADHD**  
**Thursday 5 March, 2026 – Eastleigh**

A day that focuses on skills and strategies – understanding your child with ADHD, support, strategies and tips.

**UNDERSTANDING  
ADHD**

5TH MAR  
2026



# The Power of PACE at Christmas Time

There are a lot of feelings flying around at Christmas time for children and adults alike. Finding the right balance for YOU is something to work towards. PACE - Playfulness, Acceptance, Curiosity, Empathy



**Playfulness** isn't the same as playing but is enjoying time with someone else or yourself in an unconditional way.

This can look like a 5 minute sofa snuggle with someone, walking hand in hand, swapping cringey cracker joke or even taking yourself off for a cry on your own if that's where you're at and trying to leave behind any guilt about it.

It's about showing a real interest in someone, or yourself, and finding something you really enjoy about them - or you. Even if that's 2 minutes alone with yourself outside the front door!



Beacon House  
Therapeutic Services and Trauma Unit

**Acceptance** means sitting with strong emotions or perspective of another and knowing that you might not be able to take these away. There may be no words of advice to give, strategies to implement or thoughts to share, only comfort by offering your safe presence.

It is allowing uncomfortable sensations and emotions to be in your own body without judgement. Accepting their existence.

For an example of this and Empathy, watch the YouTube clip called 'Brené Brown on Empathy' or find inspiration from the song 'Hold Space' by Ward Thomas.

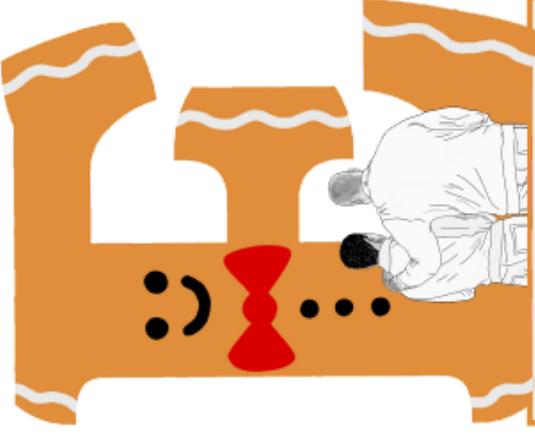


**Curiosity** isn't about asking "why?" even when this is exactly what we want to know! It's about wondering what is going on inside for someone or ourself.

It's about taking the risk of being wrong "*Can I share my ideas with you... I wonder if... I might be wrong, so tell me if I am, but here are my thoughts...*"

A way of letting someone know that your mind is on their mind and genuinely interested in anything at all that's going on in there without judgement.

It is practising this same non-judgemental curiosity within ourselves.



**Empathy** can take a lot of energy at Christmas. Sitting with the disappointment of a child who hasn't got the gift they hoped for "*I can see the sadness in your eyes that it's not what you wanted*" or accepting our own disappointment that the time hasn't felt very festive "*I am where I am and things are how they are and I'm going to do my best to feel okay with that*".

A top tip is try to move away from reassurance or denial of feelings - others or your own. Naming what is happening for ourselves or another helps us in our offering of empathy.

**To PACE oneself: "To do something at a speed that is steady and that allows one to continue without becoming too tired."**