



## Coming Back to School: Social Story



School is **re-opening** to **everyone** again, so for those of us who have been learning from home this is a chance to **see** your **friends** and **teachers** again. We are very much

looking forward to **seeing** you all **again** and **welcoming** you back to school.

However, school may look and feel a little different when we go back. Unless you are exempt, and wearing a sunflower lanyard, **all students** are now expected to wear a **face covering or a mask**, throughout the school day, **including** in the **classroom**, unless you are eating or drinking.

This change is to keep us all **safe** whilst we learn. This does mean that, if people are wearing a mask, you may not be able to see their noses, mouths and chins, because they will be covered. This will look a little strange at first in the classroom, but it is okay because we **wear** the **masks** to keep us **safe**. Some staff may be wearing a clear face covering instead.

If you feel **worried** or **upset** about people wearing face masks at school, please **speak** to your **grown up** or come to **REACH** and speak with a member of **staff** who can help you to feel calmer.

It is very important to keep **washing** our **hands** well at **school** and wear our **masks**, or **face coverings**, even if we all look a little funny or strange—it is there to help to **stop** the **virus**.

If you have any **questions** about returning to school, please email us at

[asksenco@sandysecondarieschool.com](mailto:asksenco@sandysecondarieschool.com)



## Taking a Test: Social Story



You will soon be asked to take a Coronavirus **test** at **home** on a **regular** basis.

This **doesn't mean** that you have coronavirus, just that you need to do the **test** to **check**. When doing the test, there are a few things you need to remember. I like to think of it as completing a series of tasks, as I would during a lesson activity.

1. First you **wash** your hands with **soap** and **water**.
2. Then you **blow** your **nose** into a **tissue** and throw it away.
3. **Wash your hands again**, and you are now ready to do the test. You might choose to do this yourself, or you might choose to ask your grown-up to help you. If you are doing the test yourself you will need a mirror so that you can see what you are doing.
4. You need to **wipe** a special white cotton bud, called a **swab**, on your **tonsils** right at the back of your throat. You will need to open your mouth wide to do this. The swab needs to stay inside your mouth, touching your tonsils for **10 seconds**. This can feel a bit yucky, but will be over quickly!
5. You will then put the **swab** into your **nose** and gently **twist** it. This may tickle a bit but, again, it will be over quickly!
6. Once you have done this you will put the **test** into a **special tube**. You need to make sure the cotton bud end of the swab goes into the **bottom** of the tube. You might want to ask your grown up for help when putting the swab into the tube.
7. Once the test is safely in the tube, make sure you **wash your hands**. Your test is then **sent** away to a laboratory to be checked.





## Mindfulness

Mindfulness means paying full attention to something. It means slowing down to really notice what you are doing.



## **Why is being MINDFUL good for us?**

Mindfulness helps us to:

- Focus better
- Stay Calm
- Not get too upset about things
- Slow down instead of rush
- Listen better to others
- Be more patient
- Get along better with others
- Feel happier
- Helps us to enjoy things more

Look at this picture, what do you see?



## Mindfulness Menu

Here are some new activities and ideas to help if you want to become more mindful:

### **1. Look at the clouds...**

Set a timer for 15 minutes. Lay down on a blanket on the ground and look up at the clouds in the sky. How do the shapes change?



### **2. Go for a Listening Walk...**



Go for a walk around your garden, a nearby park or around your neighbourhood. Try to be very quiet and listen carefully to all the sounds around you.

### **3. Make a calm down jar...**

Making a calm down jar is a good way to help you calm down when you feel angry, stressed or worried.

When you have some of these feelings you can grab your jar, give it a good shake and watch the glitter swirl and float around.

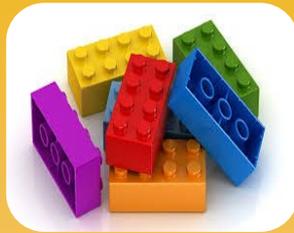




## Mindfulness Menu

### 4. Build with Lego...

Take some time to build something with Lego, or any alternative building blocks, which you might have. You could try building a pattern using Lego or even a board game.



### 5. Paper Towel Art...

Have a look on the paper kitchen roll, what different patterns can you see? Colour in the different patterns



on the paper towel. Use different coloured pens and see what patterns, shapes or pictures you create. Try dotting your pen onto the paper towel so that it doesn't smudge or move the paper towel as you colour.

### 6. Spidey-Senses...

This can be done anywhere! Stop and think about the following:

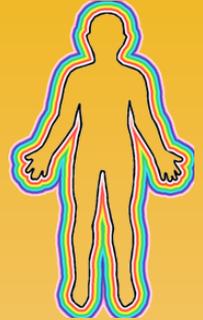
- \* What can you see?
- \* What can you smell?
- \* What can you hear?
- \* What can you touch?
- \* What can you taste?



## Mindfulness Menu

### 7. Body Scan...

Lay on your back on a comfortable surface and close your eyes. Squish your toes and feet, squeeze your hands into fists and make your legs and arms as tense as you can. Hold this for 5 seconds before you relax. Repeat as many times as you want.



### 8. Music...

Choose a song to listen to, and ask yourself the following questions;



- \* What instruments are playing?
- \* Is the song loud or soft?
- \* Is the song fast or slow?
- \* What emotions does the song create?

### 9. Yoga...

Choose a quiet spot. This could be in your house, in your garden or on your balcony.

Take a few minutes to choose 3 different yoga poses. Try to remain in each pose for 3 minutes, concentrating on being calm and listening to your breathing.





## GENERAL INFORMATION

There are lots of useful websites, which share information to support you and your children. On this page, we have shared some websites which you might like to look at.

**Central Bedfordshire Local Offer** and **Bedford Borough Local Offer**. Both of these resources share information for families about local clubs as well as links to support services available.

Central Bedfordshire Local Offer: [https://www.centralbedfordshire.gov.uk/info/15/special\\_educational\\_needs\\_and\\_disability\\_-\\_local\\_offer](https://www.centralbedfordshire.gov.uk/info/15/special_educational_needs_and_disability_-_local_offer)

Bedford Borough Local Offer: <https://localoffer.bedford.gov.uk/kb5/bedford/directory/home.page>

**Kooth** is a fantastic resource which supports young people and their mental wellbeing. Kooth offers free, safe and anonymous support. <https://www.kooth.com/>



**Groundwork Luton and Bedfordshire** offer targeted youth work to young people aged between 11 to 18 years old. The services they offer range from 1-1 support and groups work support. <https://www.groundwork.org.uk/hubs/east/services/>



**Autism Bedfordshire** is an excellent resource which offers



support and guidance, to break down barriers to social participation. They have specialist trained staff who will help build young people's confidence, self-esteem and social skills. <https://www.autismbedfordshire.net/>



**Ambitious about Autism**

have created a wide range of easy-reads, templates, top tips and posters that families and young people can download. More information can be found at <https://www.ambitiousaboutautism.org.uk/information-about-autism/coronavirus-and-autism/resources?fbclid=IwAR1KoAfs4c0UWUI7n5KQA45AgSlt1YA3XB1d8d2EBaSgcFNcDtjgMO6bPmA>

**Outside-iN** offer support and advice for families and



young people with ADHD and ASD. They offer training, coaching and support with social skills, communication skills, emotion management, anger management and lots more! <https://outsidein-solutions.com/>





## GENERAL INFORMATION

**SNAP Parent Carer Forum (PCF)** are a pro-active group of people who work with education, health, social care and many other organisations to help influence and improve local services for children and young people. You can find out more, and join the group following this link: [https://www.centralbedfordshire.gov.uk/info/15/special\\_educational\\_needs\\_and\\_disability\\_-\\_local\\_offer/138/support\\_for\\_parents\\_and\\_carers/2](https://www.centralbedfordshire.gov.uk/info/15/special_educational_needs_and_disability_-_local_offer/138/support_for_parents_and_carers/2)



**Carers in Bedfordshire** offer support for anyone who cares for another member of their household. There are lots of different groups, activities and support online. They offer a community for you to share common experiences with each other, receive peer support and peer mentoring. <https://carersinbeds.org.uk/>

**Bedford Open Door** are a charity offering free and confidential counselling for young people aged 13-25. This support can be received over the phone or online. <http://www.bedfordopendoor.org.uk/>



Central Bedfordshire SENDIASS team offer **information, support and advice** for parents and guardians of children and young people with Special educational needs and disabilities.

The service is available to support children in educational settings. You can contact their telephone helpline between 9.00am-3.00pm Monday to Friday on 0300 300 8088 alternatively you can email them at [sendiass@centralbedfordshire.gov.uk](mailto:sendiass@centralbedfordshire.gov.uk)

[https://www.centralbedfordshire.gov.uk/info/15/special\\_educational\\_needs\\_and\\_disability\\_-\\_local\\_offer/141/central\\_bedfordshire\\_special\\_educational\\_needs\\_and\\_disability\\_information\\_advice\\_and\\_support\\_service](https://www.centralbedfordshire.gov.uk/info/15/special_educational_needs_and_disability_-_local_offer/141/central_bedfordshire_special_educational_needs_and_disability_information_advice_and_support_service)

For more information about what Central Bedfordshire have to offer, please check out the local offer website at: [https://www.centralbedfordshire.gov.uk/info/15/special\\_educational\\_needs\\_and\\_disability\\_-\\_local\\_offer](https://www.centralbedfordshire.gov.uk/info/15/special_educational_needs_and_disability_-_local_offer)



Central Bedfordshire Council are offering the chance for you to speak with professionals virtually, whilst also providing an opportunity to meet with, and talk to, other local parents/guardians. Below is information about when these events are happening and how to book a place.

**SEND Support virtual coffee afternoon** every first and third Wednesday of the month 1.30pm-2.30pm.

Shefford and Stotfold Children's Centre.

If you would like to book a place please call 0300 300 8112

**Super Kids Online—Virtual support group for parents or guardians with children who have SEND**

Sandy Children's Centre, Every other Thursday 10.20am-11.30am

This is a fortnightly catch up and support. It offers you a chance to speak to professional from the CDC, Early Years Support Team, Speech and Language teams and many more!

To book a free place please contact

Karen on 0300 300 6009



## Online Learning Module

Central Bedfordshire Council are offering parents, guardians and professionals the opportunity to complete a free online learning module. This module is designed to help everyone gain an understanding of how to support children and young people. For more information about the course, please go to this web page: [https://www.centralbedfordshire.gov.uk/info/131/early\\_years\\_schools\\_and\\_multiagency](https://www.centralbedfordshire.gov.uk/info/131/early_years_schools_and_multiagency)

If we can offer any further support and guidance, please contact us at

[asksenco@sandysecondaryschool.com](mailto:asksenco@sandysecondaryschool.com)

We are always happy to answer any questions you might have!

The team members are:

**Mrs Smith:** SENCO

**Mrs Alderton:** Assistant SENCO

**Mrs Walton-Smith:** Learning Support Manager

**Mrs Robinson:** Assistant Learning Support Manager, Responsible for EHCP support

