



# SEND Newsletter

**Term 1**  
September -  
October  
2025

Welcome to our SEND Newsletter (Term 1 2025).  
The SEND team will publish a half-termly newsletter, which specifically focuses on all things regarding Special Educational Needs and Disabilities at Belmont Community Primary School. We hope you find our SEND Newsletter useful.



*Mrs Andrea McCormack*






**SEMH stands for  
Social, Emotional and Mental Health**








It is one of the four areas of Special Educational Needs and Disabilities (SEND) in the SEND Code of Practice (2015).





Communication and Interaction (C&I)	Communication and Language (C&L)	Social, Emotional and Mental Health (SEMH)	Sensory and Physical (S&Ph)
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Children with SEMH needs may find it more difficult to:

 Manage  
 their  
 emotions

 Build  
+  
 and maintain  
 positive relationships

 Cope  
 with  
 changes  
or  
 new  
 routines

 Stay  
 focused  
+  
 and  
 ready to learn

These challenges can affect how children learn, behave, and feel in school.

We support children with social, emotional and mental health (SEMH) needs in lots of different ways:

- Opportunities to practise sharing, turn-taking, teamwork and showing respect to others.
- Having a trusted adult who is often available for regular check-ins.
- Clear routines with visual timetables help children feel safe and calm.
- Restorative approaches help children to talk through problems and repair friendships.
- Peer support systems encourage positive relationships.
- Working closely with parents to share ideas and strategies.
- Creative outlets like art, drama and music, and plenty of physical activities such as movement breaks and outdoor play.
- Celebrate children's efforts and achievements, helping them to grow in confidence and self-esteem.













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## How parents and carers can help at home

You know your child best, and small steps at home can make a big difference.







Some ideas are:

  +    
Keep a calm and predictable routine.

   to     
Encourage your child to talk about their feelings.

  +      
Use books and stories that explore emotions.

  to       
Creative activities to help your child express themselves.

       
Talk regularly with your child's teacher.

## Useful websites

[Young Minds](#) – Support for parents and children's mental health.

[NSPCC – Mental Health](#) – Advice for supporting children with emotional wellbeing.

[Emotion Coaching UK](#) – Guidance on helping children manage big feelings.

[Childline – Coping with Feelings](#)

## Children's Therapy Services

### Sensory processing difficulties workshop

The NHS, Lincolnshire County Council, Lincolnshire Parent Carer Forum (LPCF) and Aspens have worked collaboratively to create an online support workshop for parents and carers of children and young people with sensory processing difficulties.

By sensory processing difficulties we mean:

- Sensitivity to certain sensations such as loud noises, smells, the feel of their clothes or another person's touch. These experiences interfere with the child's ability to engage in daily activities.
- Avoiding these sensations through certain behaviours.
- Lacking awareness of/not being sensitive enough to certain sensations such as food around their mouth, movement, and body position. Being unable to engage in conversation or play.
- Actively seeking sensations through behaviours such as chewing non-food items, fidgeting or being generally on the go.

[www.lincolnshirechildrenstherapyservices.nhs.uk/training](http://www.lincolnshirechildrenstherapyservices.nhs.uk/training)

**23rd September 2025 10.30am - 1pm**

The workshops are online via Microsoft Teams, booking is first come first served and places are limited.