



SEND Newsletter

Term 1 2026



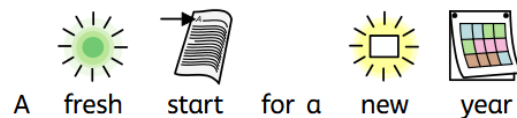
Welcome to the first **SEND Newsletter of the new school year!**

We are excited to share our half-termly newsletter, designed to keep families updated with all things SEND at Belmont Community Primary School. Throughout the year, we'll be sharing helpful advice, useful resources, local services, and information about how we support children with Special Educational Needs and Disabilities to achieve their very best.

At Belmont, we believe that strong partnerships between home and school make a real difference. We hope this newsletter helps you feel informed, supported and connected, while celebrating the unique strengths and achievements of our wonderful children.

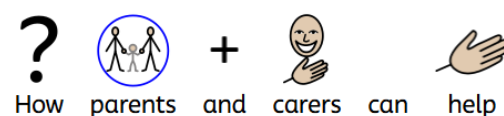
Here's to a fantastic term of new beginnings, growing confidence and achieving success together.

Mrs Andrea McCormack



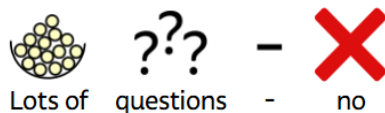
A fresh start for a new year

A new school year is exciting, but it can take time to get used to being back at school. Children will have a new classroom, a new teacher and different routines to learn. This can feel a little strange at first, especially for children with SEND. It is normal for children to feel tired, worried or emotional during the first few weeks as they settle back into school life.

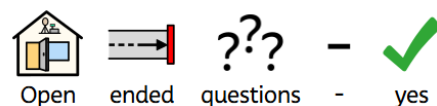


How parents and carers can help

Parents and carers can help by talking positively about school and helping children feel safe and confident. Many children do not like lots of questions as soon as they come home.



Lots of questions - no



Open ended questions - yes

Instead of asking lots of quick questions, try giving them time to relax and using simple, open-ended questions to encourage conversation. For example:

"What did you do today?"

"Tell me something that made you smile today."

"What are you looking forward to tomorrow?"

"Did you have a good day?"

"What was the best part of your day?"

Remember, every child settles back into school at their own pace, and that's okay.



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Supporting Children's Emotional Wellbeing



We are pleased to remind families about **Lumi Nova**, a free digital wellbeing resource available through our Mental Health Support Team (MHST).

Lumi Nova is an engaging therapeutic app designed to help children aged 7-12 learn strategies for managing worries, fears and anxiety. Using a fun, game-based approach, children are guided through activities that build confidence and resilience while gradually helping them face challenges in a safe and supportive way.

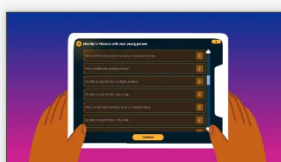
How can Lumi Nova help?

- Develop coping strategies for worries and anxiety.
- Build confidence when facing difficult situations.
- Improve emotional resilience and problem-solving skills.
- Encourage positive mental health and wellbeing.
- Support children to practice techniques independently at home.

Many children find it easier to explore worries through a familiar digital format, making Lumi Nova an accessible and engaging tool for emotional support.

If you would like further information about accessing Lumi Nova, please visit www.luminova.app

How to get the most out of Lumi Nova

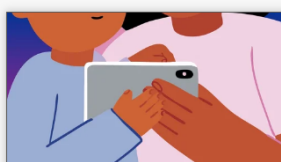


Setting up

Set aside 5 mins in a quiet space with your child to set up the app.

Together, shortlist three missions that are relevant to your child and feel achievable.

Learn more on [choosing missions](#).



Do it together

Lumi Nova works best with parent/guardian support.

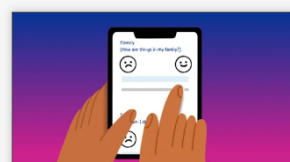
Sit with your child as they are prompted to think about their feelings and attempt in game challenges - and support with real life challenges too!



Build a routine

Make Lumi Nova a part of your child's weekly routine and set reminders to play together at a regular time in a quiet place.

We recommend using Lumi Nova at least 2-3 times a week, for 15-30 minutes per session.



Complete weekly survey

Each week of using Lumi Nova, you'll receive a text message asking you to complete a short survey about how your child is doing.

Completing surveys helps track the progress your child is making!