



# Same but Different



Date: 18th October 2024

**Inclusion Bulletin for Biggin Hill Primary School**

Issue:2

## Preparing for half term and returning to school

Dear Parents & Carers,

With the half term coming up, I wanted to focus this newsletter on helpful tips for preparing for the half term and also how to help the children return back to school.

Preparing for half term:

- Maintain some routines such as mealtimes and bedtimes so that there are aspects of your child's day that remain consistent. It can be difficult to achieve a 'fun half term' with spur of the moment trips, especially if your autistic child thrives on routine, structure and predictability.
- You could plot a weekly calendar and make plans to fit your family, lifestyle, locality, transport and financial situation.
- You could set out a daily task list with regular activities and set mealtimes, this will put routines in place. Include some quiet time, creative time and even some schoolwork. Prepare your child for these changes and try to stick to routines as much as possible. You could colour code your plan to highlight what is happening and when.
- Check facilities and accessibility before you go. Avoid trigger situations. Look out for changes in your child's behaviour, increased anxiety and them becoming upset. Have a distraction ready or be prepared to call it a day and revert to something tried and tested.

Returning back to school:

- Mark the return to school date on a calendar and cross off the days as the start date approaches.
- Revisit the school run as a reminder of the route and timings.
- Try and re-set bedtime routines that might have slipped over the half term. If they have been sleeping in late, start to wake them a few minutes earlier each day until a 'school day' waking time is achieved. Adjusting the body clock and setting recognisable physical routines makes it easier to cope with any additional emotional stress at the prospect of going back to school.
- Being asked 'What did you do in the holidays?' is the usual question but some children may struggle to join in the conversation. You could help them with a practice chat about their 'best bits' of the holidays.

Have a wonderful break.

*Mrs Fearon*

SENCO

## Dates for Diary Friends of BHPS

Please keep an eye out for the following information:

- 15th November - Christmas donations & Autumn Disco
- 29th November - Christmas Fair
- 9th December - Elfridges
- 12th December - Man in Red

## A plea from us...

Over the half term period, please spend some time checking your child's devices. We have seen a huge increase in the amount of children using age inappropriate apps such as Tik-Tok, SnapChat and Instagram. For more information on the apps, please visit <https://saferinternet.org.uk/guide-and-resource/social-media-guides>

## Weekly Whole School Attendance 93%

### Weekly Class Attendance

**Excellent attendance 'gold'**  
98-100%

**Good attendance**  
96-97.9%

**Ebenezer Tweezer - 98%**  
**Fred - 96%**

*Well Done!*

## Bromley Children Project (BCP)

Bromley Children Project offer a range of early help to build confidence and resilience within families – to support them to tackle all kinds of problems and make the changes they need to make.

They have 6 Children and Family Centres in Bromley which offer fantastic free activities and drop in sessions.

Their website address is

[bromley.gov.uk/bromleychildrenproject](http://bromley.gov.uk/bromleychildrenproject) or they are also on social media. They have a Facebook page, Instagram and a YouTube channel

<https://www.youtube.com/@creativekids4546/videos>

## MAKATON

*Sign of the Week*



## DIARY DATES

*Keep a note!*

18th October - **INSET** - no children in school

18th October - Parent Conferences (AM)

### Half Term

21st October - 1st November

Monday 4th November - first day of new term

**5th November - YR 25/26  
Open Day - 1.30pm**

**6th November - YR 25/26  
Open Day - 9.30am**

8th November - Brighter Beginnings collection

11th November - Remembrance

15th November - Christmas Fair donations & FRIENDS Autumn Disco

## Importance of providing processing time

Processing time is the time it takes to hear, understand and respond to something. For many of us this can be a quick process that we don't even think about. However for others it can take longer, from a few more seconds to hours or even days. The average person with no communication difficulties takes 10-15 seconds to process new information.

There are many reasons and things that can impact processing time. Sensory or auditory processing can have a huge impact as well as anxiety can easily impact and increase the need for processing time.

The main advice is to give more time and be patient. Waiting without pressure is the best thing you can do. You could also try:

- Using keywords, repeat phrases exactly and make sure you are communicating on the other person's level.
- Using visual aids as they can reduce the processing time needed and improve focus.
- Keep to routines and familiarity but to understand the need to increase supports for new experiences.

Try to remember that everyone processes information differently and each individual will process information differently at different times.

## Weekly Lunch Menus

We will continue sending out weekly menus each Friday afternoon as we feel this is working well for families and keeps this fresh in your inbox!



HAVE A FANTASTIC WEEKEND  
<https://www.bigginhillprimary.com/>

