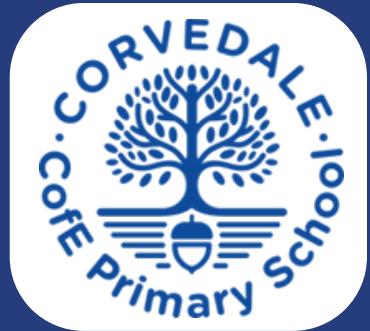


# CORVEDALE CE PRIMARY SCHOOL SEND NEWSLETTER AUTUMN 2 2025



Welcome to the Christmas edition of the Corvedale SEND Newsletter

Christmas can be a time of excitement, magic and fun but it is also a busy time of change, lots of socialising and a break from routine and we know that this can be challenging for some children and families with SEND. On this newsletter you will find information to support families of pupils with SEND over the Christmas period, as well as some fun things you can do together!

My email is: [jennie.marsden1@corvedaleprimary.co.uk](mailto:jennie.marsden1@corvedaleprimary.co.uk)  
Alternatively, you can contact the office to arrange an appointment.

Have a lovely Christmas.  
Yours sincerely, Miss Marsden

## Ideas for gifts for children



Learn some Christmas words in British Sign Language



Feeling overwhelmed?  
Try this snowflake mindfulness activity!



## SCHOOL WEBSITE

The SEND section on our website is currently being updated. Please see our school Padlet page where you will find lots of links to SEND websites and resources. Many are useful for parents of all children, regardless of SEND needs.

## Autism Friendly Christmas Tips

Christmas is different to other times of the year – it can be loud, intense, bright, unpredictable & busy.

### LIGHTS

Get lights that have controls to adjust the brightness and the flashing function



### TAKE A BREAK

Christmas day can be intense...ensure there are opportunities for breaks, quiet space & keep headphones handy



### PRESENTS

Not everyone likes presents, not everyone likes opening presents in front of others, not everyone likes the surprise of a wrapped gift



### VISITS

Unannounced visits are unpredictable... let the person know that someone is calling

**UNPREDICTABILITY**  
Prepare a person for what's happening around the Christmas period, e.g. social stories, timetables, who will be visiting/what time is dinner

### EATING

A person's idea of Christmas dinner may not be the same as the traditional meal...pizza or pasta is cool to eat too!

**HAVING FUN**  
Create games that includes everyone...change the rules if you need to so that everyone can play



## USEFUL INFORMATION

For useful and up to date SEND information, please visit Shropshire's Local Offer. The **SEND local offer** is a single place for information, services, and resources for children and young people aged 0-25 with special educational needs and/or disabilities, their families, and the practitioners who support them.

Please see details [here](#)



## 5 TIPS FOR A SMOOTHER HOLIDAY SEASON WITH ADHD

### Set Boundaries

Say no to commitments that stretch your energy or time. Recognize your limits and let go of guilt. It's okay to prioritize what matters most to you.

The holiday season can feel exciting for many, but for people with ADHD, it often brings overwhelm at Christmas. Changes in routines, busy schedules, and endless to-do lists can make this time of year especially challenging.

### Use a Calendar

Whether it's a physical planner or a scheduling app, writing down events and deadlines helps reduce mental clutter. Seeing everything in one place can make planning more manageable.

### Stick to Routines

Maintain consistent sleep, exercise, and self-care habits to reduce fatigue and anxiety. Simple practices like deep breathing, journaling, or yoga can keep you grounded.

### Simplify Traditions

Look for ways to reduce effort. Choose a reusable tree instead of a live one or host a potluck instead of cooking a full meal yourself.



### Break Tasks Into Small Steps

Avoid tackling everything at once. Spread holiday tasks, like shopping or decorating, over several days. Use a checklist to track progress and celebrate small wins.

## KIDS

We understand that finding advice and information about special educational needs and learning difficulties can feel overwhelming.

That's why we've created a range of easy read guides and resources to support children with special educational needs and help you navigate the world of SEND.

[The website has lots of useful information, including tips for navigating Christmas.](#)