

# Welcome to our Parents and Carers' Coffee Morning!

## Today's Agenda:

Welcome from Mrs Bryant Berkin (SENCO)

How Ingrave Johnstone supports additional needs - Mrs Bryant Berkin

Support for families at home - Mrs Bryant Berkin

Information from SNAP

The Local Authority's school inclusion partner - Mrs Pennington

Our school governors - Mrs Elwell-Sutton and Mrs Stefano

# Welcome from Mrs Bryant Berkin

- ▶ [Support at Ingrave Johnstone](#) - *what does support look like in school?*
- ▶ The [Ordinarily Available](#) - *how do class teachers meet the needs of all pupils?*
- ▶ The [Ordinarily Available Targeted Support](#) - *how might my child receive additional support?*
- ▶ The [school website's SEN page](#) - *how can I find out about more support in our local area?*
- ▶ Essex's [Local Offer](#) - *where can I find out more from the Local Authority?*
- ▶ Essex's [Supporting Your Neurodiverse Child](#) guidance - *what advice is there for families to use at home?*
- ▶ Essex's [Sensory Awareness guidance](#) and the [NHS Occupational Therapy guidance](#) - *how can I support my child's sensory needs at home?*
- ▶ The [school's annual information report](#) - *who do I speak to at school about my child's needs and how do I do this?*

# Support for Families (outside of school)

- ▶ The [Essex Wellbeing Service](#)
- ▶ [Essex Family Forum](#) - a group of parents and carers of children with additional needs and disabilities.
- ▶ [Essex Families in Focus](#) - a charity providing advice and support to families with children with special needs.
- ▶ Great Oaks Clinic: Post-Diagnostic Support group - monthly dates 9.30-10.30am (contact to confirm dates).
- ▶ [MyOTAS \(My Own Time and Space\)](#) - support group of activities for families and children with neurodiversities.
- ▶ Sunnyside, Rosebay Avenue, Billericay - SEN Drop In - second Thursday of the month 9.30-11am.
- ▶ ACL Zones of Regulation training - free online workshop Monday 15<sup>th</sup> July 9.30-11.30am (see this week's Parentmail for link!)
- ▶ ... and of course, SNAP!



# Support for Families (outside of school)



**A FACILITATED SESSION FOR PARENTS & CARERS OF CHILDREN  
WITH AUTISM TO MEET AND SHARE IDEAS**

**THIS IS AN INFORMAL GROUP, ALTHOUGH WE WILL HAVE GUEST  
SPEAKERS VISITING ON OCCASION**

**THE LAST FRIDAY OF THE MONTH, 7PM-8PM**

**IF YOU WOULD LIKE TO ATTEND, PLEASE LET US KNOW**

**£2 EACH (TO COVER REFRESHMENT COSTS)**



**INFO@CHICKENANDFROG.CO.UK/ 01277 230068**

# Support for Families (outside of school)



## SEND Drop In Session

An opportunity to speak to our Additional Needs Early Intervention Team to get advice and support - no diagnosis is required.  
Suitable for families\* and professionals

Northlands Park Family Hub  
Davenants, Basildon, SS13 1QX  
1st and 3rd Tuesday of each month 3.30pm to 4.30pm

Fryerns Delivery Site  
Greenshoots Building Churchill Avenue, Basildon SS14 2EQ  
1st Thursday of each month 9.30am to 10.30am

All About Delivery Site  
James Hornsby High School, Leinster Road, Laindon SS15 5NX  
3rd Tuesday of each month 10am to 11am

Highcliffe Delivery Site  
Rettendon View, Wickford, SS11 8JE  
2nd Wednesday of each month 10am to 11:30am

Sunnyside Delivery site  
Rosebay Avenue, Billericay CM12 0GH  
2nd Thursday of each month 10:am to 11am

Little Lions Family Hub  
Northwick Park Academy, Third Avenue, Canvey Island SS8 9SU  
4th Monday of each month 1.30pm to 2.30pm

Oak Tree Family Hub  
Groewood Primary School, Grove Road, Rayleigh, SS6 8UA  
2nd Friday of each month 1.00pm to 2.00pm

\*Children do not have to accompany parents/carers to drop in

Call 0300 247 0013 to speak to one of the  
Additional Needs Early Intervention Co-ordinators (ANEIC)

**Essex Child and Family Wellbeing Service**

# Managing Neurodiversities at Home

AJ's Brain

## After-school restraint collapse

Sometimes  
called the  
'coke bottle'  
effect

During school



After school

Why meltdowns or shutdowns  
might happen after school

# Managing Neurodiversities at Home

## After-school restraint collapse

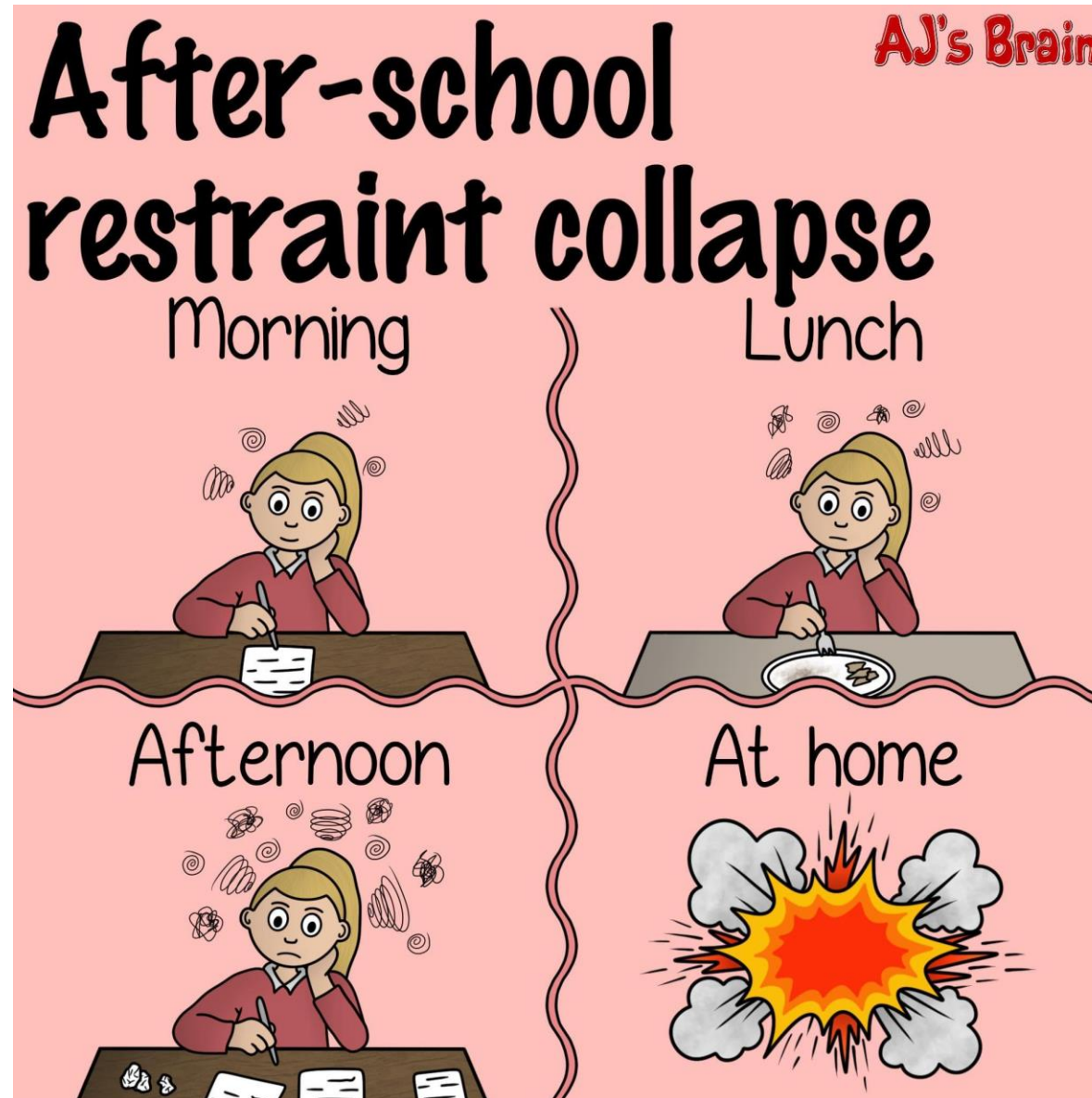
AJ's Brain

School can be extremely loud, busy, and overwhelming

Some kids might try really hard to hold it together to make it through the school day

Then, when they get home, all the emotions, overwhelm, and anxiety is finally released at once, causing meltdowns or shutdowns

# Managing Neurodiversities at Home



# Managing Neurodiversities at Home

## After-school restraint collapse

AJ's Brain

### What can help?

Don't overload us  
with lots of questions  
straight away

Be ready to listen  
when we're ready  
to talk about school  
(may be bedtime or  
a different day)

Try to find a  
way to regulate  
(time in their room,  
running in a field)

Be patient, and  
don't take these  
reactions/emotions  
personally

## Managing Neurodiversities at Home

# After-school restraint collapse

AJ's Brain

Releasing these feelings at home shows that we feel **safe** and **comfortable** enough to let them out



It's important we have a safe space to let out our overwhelm and stress

## Question and Answer session

- ▶ **We expect respectful and constructive discussions to help provide support. Some conversations may be sensitive in nature, and we may not have all of the answers.**
- ▶ Any particular future parent/carer workshop topic requests?
- ▶ Any feedback on what is working well?
- ▶ Any suggestions for improvements?