



# Notre Dame Catholic College SEND Newsletter

Academic Year 2020/21 Issue 4

'Do small things with great love'

## Return to School

This has been one of the most difficult times in a generation and this week we thought about what happened a year ago, when we went into the first lockdown. There has been a lot of loss around and a lot of things have happened that we cannot go back and change, but I want to focus on the positives in this article.

I stand by what I said a year ago and that it has been tough, but our children have grown so much and we do not even know it. Yes, there has been social isolation and an increase in the pressure on mental health, but these children and young adults will come out of this stronger than any of us.

They have had to learn about resilience and strength, qualities that they will be able to turn to when things do get tough for them in the future.

They will have compassion for others, something that is essential in understanding others and supporting each other as we exit the lockdown and more out of this pandemic and into the future.

They have learnt to adapt and adapt very quickly to changing times, spending time at home, then back into school and even having to deal with the mass testing that has taken place on site.

I firmly believe that although they might not think it right now, they will be in a much stronger position in the future. Often too much emphasis is placed on examination grades, but that is not all employers look for, they look for skills, qualities and experience and this will set them up for the future.

We are here as a team to support you and we are available, and please do ask for help and support if you need it. We often do not see the true struggles in school and pupils can bottle things up and just cope with the day to day here.

I hope that you have a restful break and get to enjoy the weather and the start of our way out of lockdown, seeing family and friends, in some cases for the first time in a year.

Mr. McVerry

(SENCO)

## Educational Psychology

This half term we have offered two sessions through our Educational Psychologist Victoria Tyrer-Davies.



### Parent/Carer Autism Session

On 4<sup>th</sup> March 2021, we offered a small session for parents/carers who wanted to learn more about Autism and it was attended by parents who have children with a diagnosis or a recent diagnosis and those who have a child on the pathway. The feedback was really positive and we will look offer more sessions in the future.

### Staff Training on Working Memory

We offered our staff the opportunity to attend a session, building on our work on Cognitive Load this year, on Working Memory. This was a virtual session, but was attended by the SEND team, teachers and members of the school leadership team. Again, this session will support our pupils as we move forward and will support our classroom practice.

### For more information

Our Educational Psychology's is called Victoria Tyrer-Davies and her company Flying Colours is well known across Merseyside and beyond. You can find her website here <https://www.flyingcoloureducationalpsychology.co.uk/>

## Year 6 Transition

After the Easter break we will begin our transition for our Year 6 pupils who will be joining us in September 2021. If any parents or carers have any questions for our team then please get in contact and we can begin the support as early as possible.

Our contact details are;

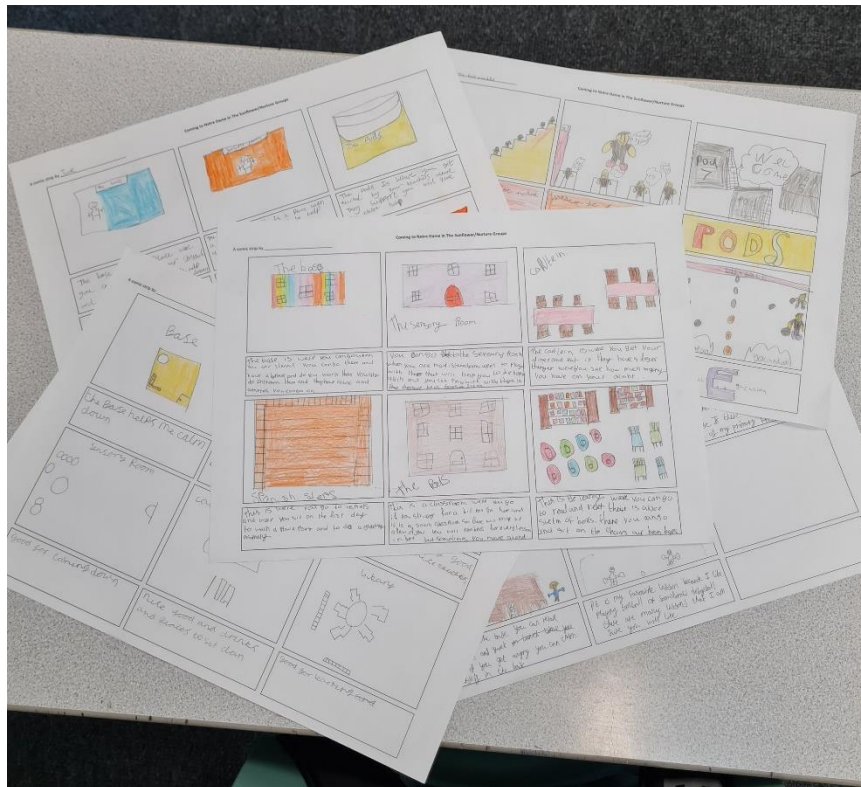
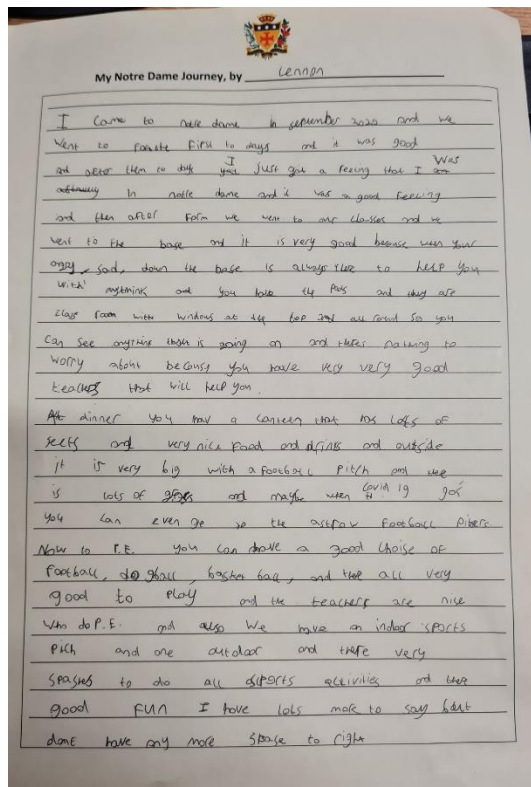
Year 6

SENCO – Mr A McVerry  
([amcverry@notredame.liverpool.sch.uk](mailto:amcverry@notredame.liverpool.sch.uk))

Assistant SENCO – Mrs K Sweeney  
([sweeneyki@notredame.liverpool.sch.uk](mailto:sweeneyki@notredame.liverpool.sch.uk))

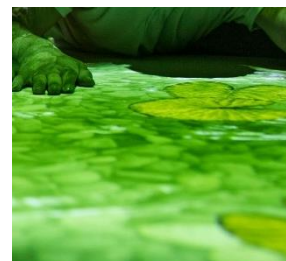
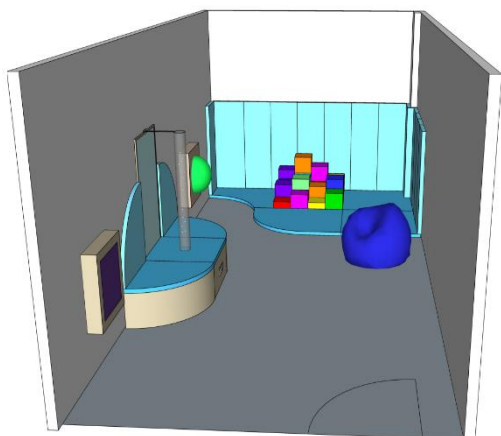
## Support from our Nurture Group

It is amazing to think that this time last year we were only just getting to know our Year 7 pupils and beginning the process of showing them who we are and what Notre Dame Catholic College has to offer them. This year I have asked my Nurture Group in Year 7 to share some of their experiences with our Year 6 pupils through a cartoon and also a help sheet. These will be going out with our new SEND Transition Booklet after the Easter Break. For now, here are some pictures of what they have drawn and written to support the next generation of Notre Dame pupils.



## Our Sensory Room

We are so excited to let you know that our new Sensory Room will be in place for our return after the Easter Break. It is thanks to The Spirit of Shankly and The Fans Supporting Foodbanks for supporting us with this amazing resource.



## YPAS Autism Information Coffee Morning



# Autism Information Coffee Morning



Hosted by YPAS, online via Zoom  
Grab yourself a hot drink and join us for Information, Support and Advice



**WEDNESDAY 28TH APRIL 10AM - 11:30AM**

### Agencies Attending

ADDvanced Solutions  
ASD Training Team LCC  
AIM (Autism in Motion)  
ADHD Foundation

bookings@ypas.org.uk  
T. 0151 305 2040

## Safeguarding Team Information

We are always here for you if you need any help or support and we have a dedicated safeguarding team who are available throughout the school week, please contact the team using the details below.

Email: [sg@notredame.liverpool.sch.uk](mailto:sg@notredame.liverpool.sch.uk)  
Phone: 0151 330 5122

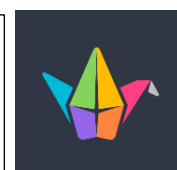
<https://www.notredameliverpool.com/safeguarding>



## Notre Dame SEND Padlet

As we have discussed in the past, we have developed our own Padlet site which contains all of our SEND and support materials. As mentioned, you can download the app or you can simply access it through your web browser on a computer, tablet or phone.

[https://padlet.com/anthony\\_mcverry/41aoj37yi8nsqxcc](https://padlet.com/anthony_mcverry/41aoj37yi8nsqxcc)



Follow our SEN advice and guidance through our SENCO on twitter

@NotreDameSENDSCO



## Liverpool's Local Offer





## Birdsong

Birdsong is one of nature's miracles and everyone is drawn in when they hear a bird, but how many times have you just found a quiet space, sat down and just listened. We miss things in our busy lives, but try it, even for a short period of time and as you do, let your mind wonder and clear.

In the table below, draw or write down the thoughts that you are having, both positive and also the things that you are worried about. With the things that you are worried about, it is good to get them down onto paper and make them real and unlock them from your mind, at least then you can deal with them and come up with strategies to deal with them.

Have a go and see what you come up with.



**My positive thoughts**

**My worries**

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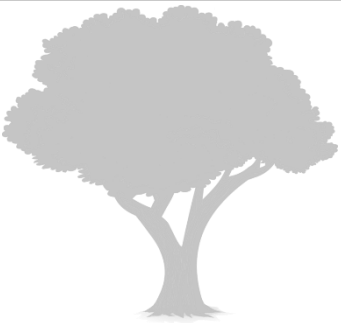
### Walking Through a Wooded Area

Have you ever walked through a wooded area, somewhere that is overgrown, or somewhere that you have not explored before? There are so many things that our bodies go through when we do this and they can give us a positive experience and positive sensations.

Things such as;

- The change in the ground that we are walking on; sometimes it is hard, sometimes it is soft and sometimes it is really wet and muddy.
- Think about navigating your way through fallen trees or over grown areas and how you have to change your body position to move through the area.
- The sensations of standing on twigs and the feeling of them crunching and cracking as we move over them.
- Or the feeling as you brush past leaves and bushes with the morning dew or last night's rainfall flicking and hitting your skin

Your task is to find an area like this, it could be in a park or an area close to your home. Walk through it and complete the table below. Chose four of the senses and then write down how the experience of that sense and aspects of the environment make you feel.

Sense 1	How do you feel? 	Impact on you
Sense 2	How do you feel? 	Impact on you
Sense 3	How do you feel? 	Impact on you

## Gardening and Planting

Gardening and planting seeds or bulbs is a great sensory experience and all of our senses can be exposed through this activity. The sheet below explains what to do and then also asks you to think about which sense you used and how it made you feel.

Your task is to plant some seeds or bulbs and to do this task you will need;

- A pot or a container with some holes in the bottom
- Some soil or compost
- Some seeds or bulbs
- Some water

### **Activity**

- 1) Get your container and pot and half fill it with compost using your hands



### **Which sense/s did you use the most?**

### **How did it make you feel?**

### **Activity**

- 4) Wet the compost slightly and press it down once it is damp



### **Which sense/s did you use the most?**

### **How did it make you feel?**

### **Activity**

- 3) Press your finger into the compost and make a hole for the bulb or seeds



### **Which sense/s did you use the most?**

### **How did it make you feel?**

### **Activity**

- 2) Cover with more compost and water again, pressing the compost down



### **Which sense/s did you use the most?**

### **How did it make you feel?**

## Nature Hunting

Nature has a great way of healing us and it draws us in, a nature hunt is a great way to explore our senses and also explore what is out there.

This activity is to go outside, in your garden or a park and explore what nature is around you.

You can simply just sit there and watch or you can be a bit more adventurous and turn over rocks and see what is underneath them.

**Remember though, if you do this, put everything back the way it was.**

When you are doing the activity, fill in the sheet below.

**What can you see?**



**What can you hear?**



**What can you feel?**



**What can you smell?**



**What thoughts are you having?**



**What is the impact on your thoughts?**



If you need any support or any additional resources then please contact Mr. McVerry  
([amcverry@notredame.liverpool.sch.uk](mailto:amcverry@notredame.liverpool.sch.uk))