Advice to support SEND students with remote learning

Weatherhead High School

Here are some strategies that you can use at home to support you child if they feel stressed or anxious during the school closures and remote learning.

1) Keep your child in a routine. It is really important to get them up and get them ready each morning as they would for school. Structure and routine are good and it gets us ready for the day ahead.

2) If your child is feeling stressed with school work online then you can give them a break. It is fine to take a break from learning and do not worry if all work is not completed.

3) Break up the work into smaller chunks and if you can, use a visual cue or 'Now and Next' board to show them what they have to do. An explanation of a 'Now and Next' board can be found here. You could also create a visual timetable so that students are able to see how their day is going to progress. More information about visual timetables can be found here.

4) If they need it, use a timer to give them a clear start and finish time for each activity or lesson. You can use online timers, such as the one here - https://www.online-stopwatch.com/.

5) Make sure that they get some downtime and they get some time to relax.

6) If your child gets angry, give them some space and allow them to go somewhere that they feel safe and allow them do something that they like.

7) Do not push them to talk about why they are angry or upset until they are ready to talk. If you push it too quickly then they may have to start the process of self-regulation again.

8) Provide them with calming/sensory equipment. It can be a simple as a ball of blue-tack or can be more expensive, such as a sensory cube or tangle toy.

9) If your child needs an overlay in school then they can download the Colorveil programme to support them whilst they are doing their online learning and it is free - https://www.aurelitec.com/colorveil/windows. You can also change the colour of an iPad/iPhone screen by going into Settings ->Accessibility->Vision->Display and Vision->Colour Filters

10) Do not struggle alone. Google Classroom has a private messaging feature where students can ask their teachers directly for feedback or support.

As always, we are here to support you.
Please contact us at **send@weatherheadhigh.co.uk**