



# SEND Newsletter

NOVEMBER 2023

## WELCOME

Welcome to the second half term of the new academic year! We'd like to introduce ourselves as the SEND team:

Miss Mason – SENDCo (Special Educational Needs and Disabilities Coordinator)

Mrs Rowntree – Learning mentor



If you have any enquiries, please don't hesitate to message via Class Dojo, phone the school office or email:

sendco@poplarfarmsch-cit.co.uk

## KEY DATES

**Tuesday 7th and Wednesday 8th November** – Parents evening (IEPs shared)

**Wednesday 29th November** – No pens day in support of Speech and Language UK

**Monday 4th December** – International day for persons with a disability

**Tuesday 12th December** – Poplar Pop in coffee morning focused on demand avoidance

## POPLAR 'POP IN' – TUESDAY 12TH DECEMBER

The second coffee morning of this academic year will be on Tuesday 12th December at 9am. Our focus will be **demand avoidance** and strategies to support this at home.

The coffee morning is open to all parents and carers of our school community, not just those pupils receiving SEND support.

If you would like any further details about the content of the coffee morning, please contact Miss Mason.

### What is demand avoidance?

'Demand avoidance' involves not being able to do certain things at certain times, either for yourself or others, and also refers to the things we do in order to avoid demands.

It's a natural human trait – avoiding demands is something we all do to different degrees and for different reasons.

highly creative	leaps to the rescue of a person or animal being abused	has own way of doing things	hates being rushed	finds comfort in routines, but hates them being imposed	increasing sense of forboding as appointments approach
needs constant choice to feel in control	can't cope with being kept waiting	confused to have been called manipulative	able to be very charming	comes up with unconventional solutions	high need for personal control
avoids enjoyable/ advantageous activities	argues like a lawyer	enjoys role-play	over-whelming aversion to anything that's recommended	constant super high anxiety	can't cope with being told what to do by bosses
interested in people, but struggles to connect	gossips if doesn't know what's going on	hates direct compliments	flees workplaces	has taken control of the music at a stranger's party	immersive day-dreaming
develops strong attachments to certain places	enjoys making up new names for people and pets	avoids paying a bill despite having enough money	uninvited guests feel like an intrusion	academic attainment is not a true indication of ability	fantastic sense of humour
dislikes being watched doing things	doesn't respond to social status or age in social interaction	frequently overloaded	mis-pronounces words deliberately	intense crushes on people	arrives late due to putting off until the last minute
critical of others, but hates being criticised	over the top seeming emotional reactions	hates being ignored	friendly sarcasm is mis-understood	makes up new words to replace common ones	

When demand avoidance is more significant there can be many possible reasons for this – it could be situational; relate to physical or mental health; or relate to a developmental or personality condition.

Click [here](#) to see the PDA bingo, a list of traits often associated with demand avoidance.

## RECOMMENDED ONLINE COURSES

Using social stories and comic strips (hosted by Working Together Team)

Tuesday 14th November 3.30-6pm

[Click here to book](#)

Autism and masking (hosted by Working Together Team)

Wednesday 6th December 9.30am-11.30am

[Click here to book](#)



Supporting transitions for autistic children and young people

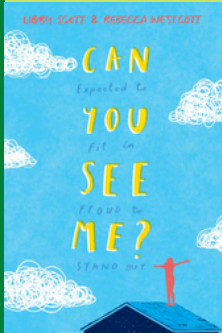
Wednesday 6th December 1pm-3pm

[Click here to book](#)

### BOOK RECOMMENDATION

#### Can you see me?

Is based on diary entries written by eleven-year-old Libby Scott, based on her own experiences of autism, this pioneering book, written in collaboration with esteemed author Rebecca Westcott, has been widely praised for its realistic portrayal of autism.



[Click here for the Amazon link](#)

### POPLAR FARM PADLET

TO ACCESS THE SCHOOL'S PADLET CLICK [HERE](#)

#### The padlet has been updated with:

- New resources to support routines at home
- Links to services within Lincolnshire; including Speech and Language, private Occupational Therapy
- Chimp paradox anxiety toolkit



### Lincolnshire Parent Carer Forum

Registered Charity No. 1141060 \* ICO Registration Z1810966

#### What is the LPCF?

The Charity is an independent members organisation overseen by a members elected group of Trustees who are mostly parents and carers of children with disabilities and/or Special Educational Needs.

LPCF provide an experienced, supportive ear for parents, to promote their skills, knowledge and resilience.

To join the LPCF is free!

**Free** LPCF membership gives parents access to:

- Facebook page for parents only, with information and peer support.
- Regular, evidence based reports of parents views and feedback.
- Regular 'Time2Talk' meetings or coffee meetings.
- Signposting for parents of children with SEND to services and professionals.
- Signposting events for parents and professionals, including the "Week of SEND".
- Workshops on specific issues for parents, requested by members.
- Wellbeing support and resilience building.

To see the list of available online workshops:

[Click here](#)