



# SEND Newsletter

## Spring Term 2026



### Welcome

Welcome to this Special Educational Needs and Disabilities (SEND) newsletter. The purpose of this newsletter is to keep in touch with the families of our children with SEND, to keep you informed of updates and to share helpful resources with you. We hope that you will find this newsletter useful. We would be interested to hear your views on other topics that you might be interested in.

### Meet the SENCo

Mrs Parker is our Acting SENCo. She is also the Director of SEND and Early Careers across the Keystone Academy Trust. She will come into our school for one day each week.

Mrs Parker is always happy to arrange to meet with a parent who would like to discuss any concerns that they have about their child.

She can be contacted via email at:  
[sendco@brant-broughton.lincs.sch.uk](mailto:sendco@brant-broughton.lincs.sch.uk) to arrange an appointment.

### Support for Parents

Over the coming weeks we will be organising SEND coffee mornings and afternoons. We hope that these will be helpful.

These workshops will invite outside agencies to attend and to offer support in areas such as SEND in general, Autism and Dyslexia.

We are hoping that the Lincolnshire Parent Carer Forum will be the first agency to visit us. Look out for further information.

### Lincolnshire Parent Carer Forum

[LPCF Home](#)

The Lincolnshire Parent Carer Forum is a charity led by parents of children and young people with special educational needs and disabilities. They have a huge range of support for families and can signpost you to many helpful resources. You can sign up to their newsletters and receive regular updates about events and helpful information.

## Lincolnshire's LOCAL OFFER

[SEND Local Offer – Lincolnshire County Council](#)

The Local Offer is a really helpful website which provides information for young people and their families about what is available to support special educational needs and disabilities. Lincolnshire's Local Offer will help you to find everything you need to know about SEND in one place.



## WORKING TOGETHER TEAM

[Working Together Team - Families](#)

The Working Together Team is a service that provides support to both schools and parents about Autism and Social and Communication difficulties. It has lots of helpful information about understanding your child's needs and useful resources to support you. The Working Together Team also provides parent workshops and courses which are highly recommended.



## Virtual Autism Hub

[Virtual Autism Hub :: Lincolnshire Partnership NHS Trust](#)

Lincolnshire's Virtual Autism Hub is a new source of autism support for autistic adults and parents/carers of children with Autism. This support is non-clinical and includes advice, signposting to support groups and services, information about autism and diagnostic pathways and practical support.

# In the Spotlight

## SEMH

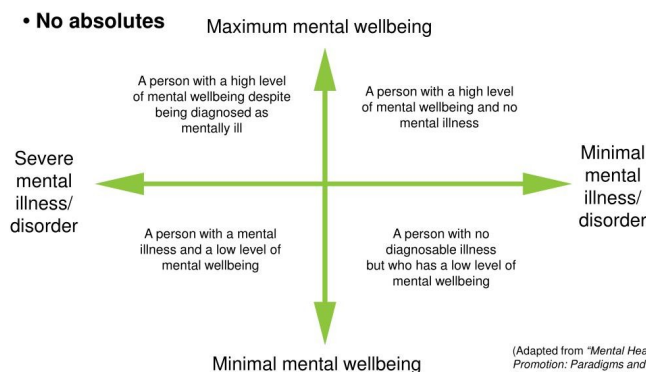
Social, Emotional & Mental Health

SEMH is a broad term used to define a range of different needs that children and young people may have at any given time and the impact that these needs may have on their wellbeing and ability to learn. SEMH needs can be attributed to many different causes, some less obvious than others. Life experiences, genetic factors, environments all play a part and all need to be considered.

Children and young people may experience a wide range of social and emotional difficulties which manifest themselves in many ways. These may include becoming withdrawn or isolated, as well as displaying challenging, disruptive, or disturbing behaviour. Emotional regulation, recognising and normalising emotions and the ability to manage stress, build resilience skills and understand others' emotions can affect children and young people's sense of wellbeing, access to the community, ability to solve problems and learn effectively.

The Mental Health Continuum (below) shows the different positions children and young people can be with regards to their emotional wellbeing and mental health.

### The Mental Health Continuum



### Where can I get support?

#### Healthy Minds



[Healthy Minds Lincolnshire :: Lincolnshire Young Minds \(lpft.nhs.uk\)](https://www.lincolnshire.gov.uk/young-people/healthy-minds)

#### Place2be



[Improving children's and young people's mental health - Place2Be](https://www.place2be.co.uk/)

### Breathing and Grounding Techniques

#### Starfish Breath

Breathe in and breathe out as you use your fingers to trace the starfish.

#### 5-4-3-2-1 GROUNDING TECHNIQUE

- 5 THINGS YOU CAN SEE
- 4 THINGS YOU CAN TOUCH
- 3 THINGS YOU CAN HEAR
- 2 THINGS YOU CAN SMELL
- 1 THING YOU CAN TASTE

#### Square Breathing

Use your finger to trace the square. Breathe in for a count of 4. Hold for a count of 4. Breathe out for a count of 4. Hold for a count of 4.