

Welcome to the Spring 2 issue of the Inclusion newsletter.

Inclusion Newsletter

Spring 2 2026



This time, we are highlighting ways in which we are supporting children's sensory needs in school.

As always, we have also included more signposting information and events for parents to access at home. We hope you find these useful- we'd love to hear some feedback if you do!

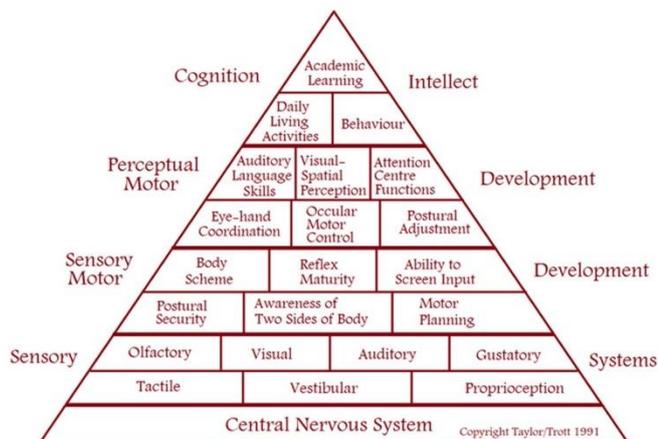


	Mrs Jones- SENDCo		Mrs Fletcher- SENDCo	Mr Shrimpling- Deputy Head	
Ms Mannion- Learning Mentor		Mrs Greenhalgh- SEND Teacher		Fi Daly- SEND Teacher	

Spotlight on... Sensory Circuits

A sensory circuit is a short, structured programme of physical activities designed to help children regulate their energy levels and prepare for learning. It is usually made up of three stages. The first stage, **alerting activities**, may include movements such as jumping, hopping, or skipping to gently increase heart rate and awaken the body. The second stage, **organising activities**, often involves balance, coordination, and core-strength exercises such as crawling, balancing, or throwing and catching to support focus and body control. The final stage, **calming activities**, can include activities like slow stretches, deep breathing, or quiet reflection to help children feel settled and ready to get back to focussed learning.

Regular participation in a sensory circuit can support concentration, coordination, emotional regulation, and overall readiness to learn, helping children feel confident, focused, and prepared for the school day. The pyramid of learning below shows how it is essential for a child's sensory needs to be met; as the underpinning foundations for all further learning to build on.



Sensory circuits can be particularly helpful at key transition points during the school day, such as at the start of the morning, after break or lunchtime, or when returning from outdoor activities. They may take place in the hall, playground, or another open space when larger movements are needed, but can also be adapted for use within the classroom through chair-based exercises, desk stretches, or quiet breathing activities.

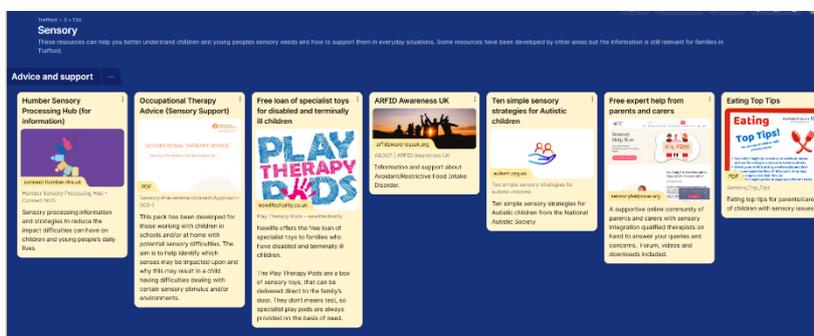
Useful sensory support resources

[Sensory suggester tool on semh.co.uk](#) - this interactive questionnaire helps you to identify different sensory seeking/ sensory avoidant behaviours that your child may be displaying at home. This then automatically generates a list of suggested strategies and activities that you can try at home to support these sensory needs.

knocks over objects to hear crashing sound	may become upset around certain Foods / tastes	gets upset during self care routines including bathing and cleaning teeth
does not respond immediately to peers	crams mouth with strong flavours	makes noise frequently
smells people or animals	notices perfumes and wants to smell them	frequently slumps or leans head on desk
has poor hand eye co-ordination	can become upset by different smells	needs loud noise to aid concentration

Submit and Load More

[Padlet from Trafford Thrive](#) including resources and support information for many aspects of emotional wellbeing, including a fantastic page full of resources for sensory support



Parent SEND Group

Last half term saw the launch of our new parent-led SEND Parent group.

We are very excited to watch this exciting initiative grow and develop and we hope it will prove an invaluable resource for parents to find connections and share advice in a safe and supportive environment.

The group will next meet on 18th March PM- an informal meet up at a venue outside of school to be confirmed, and will then arrange another date to meet early in the summer term at school.

The school meeting will include a guest speaker to provide information to parents around a service / topic such as transition support, sibling support, sensory difficulties, sleep or nutrition, as decided by the group.

Please feel free to come along to the next meeting for a cuppa and a chat- you will be made very welcome!

For further details please contact the school office and we can put you in touch with the parent group lead.

Please explore the What's On section of the Trafford Local Offer for an up to date list of SEND events and resources available for parents and children of all ages.

[Trafford Directory | SEND What's On](#)

Trafford Virtual School Summer Term coffee morning for Adoptive Parents

[Summer Coffee Morning for Adoptive Parents Tickets, Friday, Jun 12 from 10 am to 11:30 am | Eventbrite](#)



Please see below for some of the latest signposting information, events and resources across Trafford available for parents to access for further support.



Early Years SENAS Advice session for Early Years Practitioners and parents

West Family Hub: Partington 1pm- 5pm



1pm- 2.30pm – Open for parents of an early years child with SEND to drop in for informal advice. SENAS Early Years Consultant Carmen Gornall and/or an Area SENCO and will be available.

Professionals Drop In- any staff working with Early years children who may have SEND can drop in for advice.

Thursday 12th February 2026

Thursday 12th March 2026

Thursday 16th April 2026

Thursday 14th May 2026

Thursday 11th June 2026

Thursday 16th July 2026

Thursday 13th August 2026

Trafford SEND Together

**Come and Join our
Peer to Peer Support Sessions
Every Monday 12-2:30pm
at Stretford Family Hub**

Running weekly 2nd-30th March throughout term time

Come along and join us supported by our partners
Advocating Together Ltd
to share your ideas and experiences, help shape services
and have a chat and a cuppa in good company.

**Children and Young People are very Welcome –
adult supervision required**

FREE NHS EYE TESTS FOR CHILDREN

Good vision = happy learning

Did you know?

- ✓ **FREE NHS eye tests*** are available for:
 - ✓ All children under 16, and
 - ✓ Young people under 19 in full-time education

Why regular eye tests matter:

- ✓ Help detect vision problems **early**
- ✓ Support reading, writing and learning
- ✓ Good vision is essential for learning, especially when children are reading, writing and using screens
- ✓ Even small eyesight issues can affect a child's confidence, concentration and progress in the classroom
- ✓ Some children can experience **visual stress** when reading, which can make words appear to move on the page, blurring and headaches or difficulty following a text.
- ✓ An eye test can help identify whether simple support such as coloured overlays, adjustments to reading materials or glasses may make reading more comfortable.

It's easy to arrange!

OPTICIAN Visit your local high-street optician.
Vouchers available for glasses if needed.

Take care of their vision today – it shapes their tomorrow!

Regular eye checks. Clear vision. Bright futures.

SEND Local Offer Advisor Drop-in

Best Start Family Hubs

Come and chat with the SEND Local Offer Advisor about the support, services and information available for children and young people with SEND in Trafford. No appointment needed – just drop in.

- 📍 **Monday Afternoons Term Time – Best Start Family Hubs (North – Stretford)**
Time: 12:00pm – 3:00pm
Address: 9 Poplar Road, Stretford, Manchester, M32 9AN
- 📍 **Tuesday Afternoons Term Time – Best Start Family Hub (West – Partington)**
Time: 12:00pm – 3:00pm
Address: 106 Central Road, Partington, M31 4FL

Email sarah.bradley@trafford.gov.uk for more information

Thank you for reading this issue of the Inclusion Newsletter. If you have any questions regarding anything SEND/Inclusion, please do not hesitate to contact a member of the team via the School Office. Thank you as always for your continued support.

The Inclusion Team