

### Our Mission

We are an ambitious and inclusive Church of England School, dedicated to ensuring all students live life to the full.

Here comes the summer! St Luke's is all set for a really great summer term. In the SEND department we are supporting students who are taking their exams through academic mentoring, exam access arrangements, support with exam worries and generally encouraging and supporting students to do their best.

We are also excited about the variety of enrichment opportunities available this term, including Enrichment Week and Year 10 work experience.

### Parent Forum

Thank you to those who attended our Parent Forum last term.

We heard from Janet Bishop from DIAS who told us about the free, confidential, impartial advice that DIAS provide to parents of young people with Special Education Needs. She also told us about new Student Ambassadors, who are working on advocating for young people. Details of how to contact DIAS can be found at the end of this newsletter.

Our next Parent Forum will be held from 2.30-4pm on 23rd May 2024.

In response to parent feedback, the focus of our next session will be friendships and social media. We will also talk about sleep hygiene as helping to ensure students sleep well is something the school is keen to promote.

Please do come and join us.



## Devon's SEND Local Offer Autism and Us

Autism and Us offers support for parents or carers of children who are either on the autism waiting list or who have received a diagnosis of autism.

The free programme and themed workshops give you an opportunity to develop your understanding of autism and look at practical solutions to managing and supporting your child's presenting needs.

There are two types of support on offer:

A four week programme of sessions, each around two hours long.

Additional themed workshops around specific topics.

To book your place on the programme or workshops, or to express your interest in forthcoming programmes, please send an email to [educationlearnersupport@devon.gov.uk](mailto:educationlearnersupport@devon.gov.uk).

They will confirm your booking and provide you with a direct link to the event. These live online sessions with specialists are delivered using Microsoft Teams.

For details of the sessions on offer, please follow this link:

[Autism and Us - Education and Families \(devon.gov.uk\)](https://www.devon.gov.uk/autism-and-us)

## Sleep Hygiene

Did you know that students above the age of 12 should get 8-9 hours of sleep a night? And at least 10 hours if they are under 12?

Surveys we have done in school suggest that many students are getting much less sleep than this, which is likely to be impacting negatively on their school day.

We are planning a sequence of work and support around sleep hygiene – sharing the facts about the benefits of good sleep and ways of removing the barriers to a good night's sleep.

Please look out for our Sleep Hygiene Guide which we will be producing shortly and talk to your child about their assemblies and PSHE sessions on sleep hygiene which are happening soon.

In the meantime, if you would benefit from more advice about how to encourage good sleep please do look at The Sleep Charity's Teen Sleep website: <https://teensleephub.org.uk/>

And their Guide for Teens and Guide for Parents found at:

<https://teensleephub.org.uk/resources/>



Children and Young People with SEND are particularly likely to have difficulty sleeping, according to the Charity.

Whether they struggle to communicate how they're feeling, have increased anxiety, sensory issues or social cueing problems, sleeping well may be difficult. For example research estimates that between 40-80% of children and young adults with autism have sleep problems. If your child regularly has difficulty falling asleep or staying asleep, it may be a sign of a sleep issue. A helpful advice sheet can be found here:

[Children with SEND - The Sleep Charity](#)

## Devon's Local Offer

Devon produces information and advice about the support available to children, young people and families with SEND in Devon. "We want every child in Devon to dream, believe and achieve, and fulfil their potential, some just need a little extra help and support to do this." The Local Offer can be found here: <https://www.devon.gov.uk/education-and-families/send-local-offer/>

## Additional help:



You can always access free, impartial and confidential help about SEND issues through DIAS.

<https://devonias.org.uk/> tel:441392383080 [devonias@devon.gov.uk](mailto:devonias@devon.gov.uk)



Early Help is the extra support your family can get if you need it. It may be that you want to prevent a problem, or change things for your family before the problem becomes more serious.

It is not a specific service or team, it's an approach that brings together people from a range of services and teams who will work together with your whole family to help improve the situation for everyone.

It can offer support to families from pre-birth to adolescents with all sorts of issues from parenting, employment and school attendance to emotional wellbeing or anti-social behaviour. If you would like to know more then please email

[Tracey.Wadeley@stlukescofe.school](mailto:Tracey.Wadeley@stlukescofe.school)

For Wellbeing support and also to find our One Minute Guides to SEND and also Early Help, please visit our website page

<https://stlukescofe.school/send/>