



Gretton Primary School

SEND and Wellbeing
Newsletter
Spring 2 2026

I hope that you and your families are all well and looking forward to the Easter holiday. It's been another fantastic half term here at school and it's been lovely celebrating Neurodiversity week with families and children too. I continue to be in school on **Wednesdays and Fridays** after Easter and I am be happy to arrange to meet with you during these times to discuss any questions or concerns you may have. If you would like to get in touch at another time, please feel free to email me at adodd@gretton.gloucs.sch.uk or call the school. Wishing you all a wonderful Easter break! Best wishes, Mrs Dodd SENDCo



Last week, we embraced Neurodiversity Week here at Gretton, with enthusiasm, curiosity, and kindness. Children across the school took part in thoughtful discussions and lessons about what equity and equality truly mean.

One child's comment was: *"If someone has something that helps them – like glasses, or if they need something different – that's good because we should all be able to have what we need to learn."*

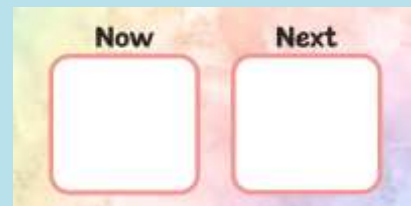
The children created an array of incredible posters highlighting acceptance, understanding and support for neurodivergent individuals. A strong theme of kindness shone through in every piece of work which was lovely to see. These posters are now proudly displayed in the hall, creating a vibrant and meaningful celebration of neurodiversity.

A huge well done and thank you to all of the children and families for embracing neurodiversity and considering all of the wonderful contributions neurodiversity brings!

And of course, although last week was Neurodiversity Celebration Week, celebrating all children—whatever their needs—remains at the heart of what we do all year round.



SEND Spotlight



In each newsletter, I'll be sharing a SEND Spotlight on a strategy or intervention we use in school, many of which can be just as helpful at home.

This half term's focus is the **"Now & Next" board**, a simple visual tool that helps children feel calm, prepared, and confident about what's happening now and what's coming next. Just as adults feel more settled when we know what to expect, children often need this predictability too. "Now & Next" boards offer structure, reduce surprises and support visual learning, making everyday routines smoother, whether it's getting ready in the morning, tackling homework, or winding down for bedtime.

To use one, simply choose two activities, show the board, and talk your child through "Now we... Next we..." while pointing to each part. A quick template could be as simple as: *Now: ____ Next: ____*. You can print one, use sticky notes, or jot it on a whiteboard—whatever fits your home routine.



Many families also find it helpful to extend the idea to **"Now – Next – Later"**, especially for busy days with several steps. This gives children an even clearer sense of the sequence of events and helps them manage waiting or delays.

You may be aware that we have a school amazon wishlist for SEND and wellbeing resources. The resources have all been recommended and will benefit a huge number of pupils in our school. Of course there is certainly no pressure to do so but if you should wish to purchase anything from our list, please click the link [here](#) We are most grateful for your support.

SEND Myth-Buster



In honour of Neurodiversity Celebration Week, we're sharing a few quick myth-busters to help us all understand and celebrate different ways of thinking and learning.

✗ Myth: "Fidget toys distract children."

✓ Truth: The right fidget tool can help children to focus, regulate and learn.

✗ Myth: "If a child behaves well at school, they can't have SEND."

✓ Truth: Many children mask at school and release emotions at home.

✗ Myth: "Visual supports and manipulatives stop children becoming independent."

✓ Truth: Using visuals and manipulatives in lessons often *increases* independence and confidence by providing scaffolds, clarity and structure.

✗ Myth: "Children with SEND all have the same needs."

✓ Truth: SEND is a broad spectrum — every child's strengths, challenges, and support needs are unique.

Active April 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1. Commit to being more active this month, starting today	2. Spend as much time as possible outdoors today	3. Listen to your body and be grateful for what it can do	4. Eat healthy and natural food today and drink lots of water	5. Turn a regular activity into a playful game today
6. Do a body-scan meditation and really notice how your body feels	7. Get natural light early in the day. Dim the lights in the evening	8. Give your body a boost by laughing or making someone laugh	9. Turn your housework or chores into a fun form of exercise	10. Move a day with less screen time and more movement	11. Set yourself an exercise goal or sign up to an activity challenge	12. Move as much as possible, even if you're stuck inside
13. Make sleep a priority and go to bed in good time	14. Relax your body & mind with yoga, tai chi or meditation	15. Get active by singing today (even if you think you can't sing!)	16. Go exploring around your local area and notice new things	17. Be active outside. Plant some seeds and encourage growth	18. Try out a new exercise, activity or dance class	19. Spend less time sitting today. Get up and move more often
20. Focus on "eating a rainbow" of multi-coloured vegetables today	21. Regularly pause to stretch and breathe during the day	22. Enjoy moving to your favourite music. Really go for it	23. Go out and do an errand for a loved one or neighbour	24. Get active in nature. Feed the birds or go wildlife-spotting	25. Have a 'no screens' night and take time to recharge yourself	26. Take an extra break in your day and walk outside for 15 minutes
27. Find a fun exercise to do while waiting for the kettle to boil	28. Meet a friend outside for a walk and a chat	29. Become an activist for a cause you really believe in	30. Make time to run, swim, dance, cycle or stretch today			

ACTION FOR HAPPINESS **Happier · Kinder · Together**

Active April encourages people to boost wellbeing through simple daily actions that get the body moving and the mind engaged. It offers fun, practical ideas for every day of the month, helping all ages stay active, positive, and connected. Perfect for all members of the family to enjoy together.

Useful links

Please see below for agencies and details of further support available to families.

- [Gretton SEND Information report](#) – outlines how we support children with SEND at Gretton
- [SENDiass](#) provide information, advice and support on matters relating to children and young people with special educational needs and disabilities. The service is offered to parents and carers of children and young people aged between 0 and 25 years old.
- [Early Help](#) – provide further details about support for families including parenting courses
- [Gloucestershire families directory](#) - The Service offers a wide range of information to support families, children and young people from 0 – 19 years of age (25 for young people with additional needs) They can also provide information on family support, tax credits, benefits, funding and much, much more.
- [Gloucestershire County Council SEND](#) – details about EHCPs, webinars and alternate provision