

Welcome



Welcome to the Spring Term DSPL Newsletter!

We're delighted to announce that we now have two specialist SEND School Family Workers in Dacorum. Ruth Mason was introduced in our last newsletter, and Cathy Agnihotri has now taken on the post in the Dacorum Family Services team. Cases are allocated to Ruth and Cathy by their teams, if you need any support contact the appropriate service for your school using the details listed on page 6 of this newsletter.

Hertfordshire Steps



Following the move to the new training model that was brought in this year, DSPL 8 Board has agreed to continue to fund Hertfordshire Steps training that has taken place since January 2017. Each school is expected to identify a member of staff who will become an in-house trainer, who must attend training delivered by Hertfordshire County Council at a cost of £400 per person.

DSPL8 Board has agreed to:

- Fund training for 2 trainers in schools with over 100 pupils
- Fund training for 1 trainer in schools with under 100 pupils

and

- Fund 50% of training costs for schools which have been trained in Hertfordshire Steps under the old model
- Fund 100% of training costs for schools which have not yet accessed any Hertfordshire Steps training

Dacorum will also be hosting local training so that colleagues can avoid travelling to Stevenage. Contact Maria Oliver on oliverm@kls.herts.sch.uk if you have any queries.

Siblings Group



DSPL 8 are running a group for up to 20 children aged 5-11 with a sibling with additional needs and who attend a school in Dacorum. This is in response to a request from parents and feedback from schools and School Family Workers. The group is being held monthly, with the aims of providing respite and the opportunity to have fun. Activities include a visiting zoo and sports. To find out more and book a place please email Ashley Fabray, DSPL Administrator fabraya@kls.herts.sch.uk

An Evening with Dean Beadle



Free event for parents and young people aged 12 and above.

Dean Beadle has toured in the UK for ten years sharing his experiences of life with Asperger's Syndrome. In recent years he has also spoken in Denmark, Belgium, Guernsey and Ireland as well as undertaking four annual seminar tours of Australia and New Zealand. Through his humorous and insightful speeches Dean outlines his positive outlook on his diagnosis. In 2011 Deans' speaking was brought to a wider audience, as a clip of one of his speeches was viewed across the world on YouTube. He is also experienced journalist, having been published in local, regional, national and international publications.

Thursday 18th May 2017

7-9 pm (refreshments provided)

Willow Room Hobbs Hill Wood Primary School, Peascroft Road, Hemel Hempstead, HP3 8ER

To book a place please email Ashley Fabray, DSPL Administrator fabraya@kls.herts.sch.uk or call 07525 917 125.

Autism News

AET Information Morning – 28 February



DSPL8 ran an information morning about the Autism Education Trust materials and the role of the School Autism Lead. It was attended by SENCOs and teaching staff from over half of the Dacorum schools. John Short, Work Stream Lead for Autism at Hertfordshire County Council spoke about the AET Standards which schools can use to assess their own inclusive practices for supporting young people with autism. The film Achieving with Autism was then viewed, followed by Chris Russell, DSPL 4 SEND Lead and ASD Lead at Forres School giving a talk on "Provision in a mainstream school on a Shoestring Budget". Colleagues were then given the opportunity to make a start on completing the AET standards, using ideas from the morning to think about the good practices that are already in place in their own schools. Feedback was positive with respondents rating the morning either good or excellent. Vicky McKirgan, DSPL SEND Lead, will continue to work with SENCO groups to support schools in completing the standards. Please contact Vicky on mckirganv@kls.herts.sch.uk for more information.

Autism Education Trust, working together with your child's school.

We are working to make sure that schools and parents are aware of resources available on the AET website. In particular, Working Together with your Child's School is the recommended guide to help parents and carers identify the important needs in their child's education. The guide is a useful tool to help parents and carers to communicate and work together with schools. It is available at:



http://www.aetraininghubs.org.uk/wp-content/uploads/2014/07/AET_working_together_with_childs_school.pdf

Herts Inclusive Theatre

DSPL8 is commissioning Herts Inclusive Theatre to work with young people with ASD or undiagnosed ASD in year 6 and above to use drama as a tool for exploring social skills. The group will look at themes such as making and maintaining friendships, identifying and expressing emotions, coping with anger and anxiety, peer conflict, social media and assertiveness and saying no. More information will be sent out soon. Contact Ashley Fabray on fabraya@kls.herts.sch.uk if you would like to be added to the mailing list.



New ADD-Vance Referral Form

DSPL8 is continuing to fund ADD-Vance coaching sessions. There have been some slight amendments to the ADD-Vance referral form, commissioned by DSPL8. This was sent to all SENCOs and school family workers on 22nd March by Ashley Fabray. This form supersedes the original and we would be grateful if any new referrals could be made using this.

If you are unable to find the new form please contact mckirganv@kls.herts.sch.uk.



Staff Development



Autism Education Trust training is being rolled out to all schools in Hertfordshire over the next two years, and is free of charge:

AET Tier 1 'Introduction to Autism – Making Sense of Autism, Raising Awareness' training is a two hour workshop which can be provided as a whole school session, either at the end of the school day or during an INSET day.

AET Tier 2 'Good Autism Practice' is for teachers, teaching assistants, inclusion staff, SENCOs and all staff who may be supporting children and young people with autism on a daily basis. The first training day took place in Dacorum on the 7th March, and further Dacorum-based training dates will be announced soon.

To book please email Training-AET@hertfordshire.gov.uk If you have already emailed about Tier 1 training and not yet received a training date, please let Maria or Ashley know.

ADD-Vance in-house training

ADD-Vance are still available to provide whole school training sessions on specific subjects. This complements but does not replace AET Tier 1 training, but allows schools to explore subjects in more depth.

ADD-Vance trainers can also deliver full class sessions to class-mates of young people on the spectrum.

DSPL8 will fund these training sessions. Please contact Ashley Fabray on fabraya@kls.herts.sch.uk for more information.



Mental Health Training

As part of the CAMHS Transformation, Hertfordshire's two NHS clinical commissioning groups (CCGs) are offering a funded training programme to support school based professionals to improve the mental health and wellbeing of pupils.

DSPL8 will be offering the following workshops:

Anxiety Awareness—May 2017

Staff Sharing and Peer Supervision—June 2017

Youth Mental Health First Aid—September 2017

Responding to Self Harm—November 2017

Everything you want to know about Mental health (almost) - March 2018

More information will be sent out soon. Contact Ashley to register interest on

fabraya@kls.herts.sch.uk



Woodfield Special School Outreach



Woodfield Special School are now the official Outreach school for our area, and outreach sessions are funded by Hertfordshire County Council. To make a referral, please complete the Initial Contact Form available at:

<http://www.woodfield.herts.sch.uk/index.php/2013-01-09-15-46-47/outreachtraining/outreach-initial-contact-form>

Primary Behaviour Service

Primary school behaviour support for Dacorum schools is now provided via Dacorum ESC.

The service reports to a Primary Behaviour Service Management Board, comprising local head teachers, Integration, ISL Manager for Dacorum and St Albans, County Behaviour Lead, and the SEN Team Manager for Dacorum and St Albans. To request support, contact Emma McKenna on emckenna@desc.herts.sch.uk



Best practice in schools

Autism Lead in School



Longdean Secondary School, in Hemel Hempstead has been putting into practice the recommendation from Dr Glynis Jones's Autism Review that Schools should "Have a named Autism Lead and school contact regarding services and support for children/young people with autism and their parents". Sue Pates, ASD Lead and Assistant Director of Learning and SpLD teacher, with the support of the Head, Graham Cunningham has developed the role and ensured that a number of practices have been introduced. These include:

1. Separate exam space. Longdean have a quieter more informal room in which to take exams if the school hall feels too pressured. The room is calm and free of distractions. Bean bags are also placed in the corner of the room
2. Parent support group. Sue is convening monthly parent support groups.
3. Action for Autism group for teachers and TA's that have a special interest in ASD. Thereby enabling CPD and supporting opportunities to share practice and expertise.
4. Pen Profiles. The school are trialling a new way of sharing information among the school staff. They continue to hold them electronically but in addition each department will also have a hard copy in a folder divided into years. Feedback so far is positive and they are being referred to more regularly.
5. Keyworker system. The school are trialling a keyworker system among certain young people with SEND. Each TA will have a number of young people that they are key working. This is proving very popular and enables the key worker to have a greater degree of information about the likes/dislikes, things that will escalate situations and strategies that work to deescalate. The key worker is also responsible for any updates on the pen profiles.
6. Home visits. For young people reluctant to attend school home visits are arranged by Sue.
7. Cohesive approach. Sue has arranged meetings with all the staff currently teaching a particular young person together with a CAMHS worker. Thereby enabling a consistent approach to working with a young person, and that all staff are fully aware of the ASD and how this might affect the pupil.
8. Stress and anxiety. The Director of Inclusion organises a stress and anxiety club for certain students, they may look at such subjects as social stories.
9. Safe place. Two lunch clubs are held twice a day, one homework based for students that like a differentiation between home and school and also a social club where the club is dictated by the likes of the young people e.g. chess, scrabble etc. The room is also open during morning break for those that like a safe place to go to.
10. School are using the intervention triangle. The introduction of the triangle enables every teacher to plan effectively and to consider seating plans and strategies needed to support young people together with encouraging different learning styles.
11. Strategies. Longdean use various strategies to support young people including adapted time tables, time out cards, using the LSU room, colour coded on call system e.g. certain young people that might become agitated will have a colour, this colour alerts the on call person to which child it is. They are able to offer a targeted response according to the needs of the child.

Mr Cunningham, Head Teacher, advocates the use of a Lead in the school. This has resulted in the school having a more cohesive approach to working with young people with ASD and enables information to be disseminated down the school more effectively. This results in children that thrive on consistency and routine are getting a more consistent approach from all members of the school community. Staff also feel more enabled to "have a go" with approaching issues. This is imperative when every school will be seeing an increase in the number of children with ASD. Employing Sue to train and support the rest of the school is more cost effective than the whole school attending a CPD course. Equally as Sue is an experienced member of the school community there are no issues with regard to quality. The significant change has been the introduction of the keyworker system and working hard with the families lower down the school, as this enables a more comprehensive support package following on from primary school and aides with transition.

If you feel you have some good practice ideas that you would like to be featured in the newsletter please contact Vicky McKirgan, DSPL8 SEND Lead, on mckirganv@kls.herts.sch.uk

Courses, Workshops and Support Groups:

DSPL Delivering Special Provision Locally
Achieving quality outcomes

Evening for Parents/Carers of children with ASD in School Years 4/5/6
Thinking and planning for Transitions to Secondary School.
What to look for in a Secondary School?
How to support your child and the school to make the transition a success?

This Workshop will be run by Jo Whitlock and team members from the Autism and Communication Teaching advisory services

Tuesday 16th May 2017
7:00-9:00pm
Gade Community Room, Chaulden Junior School
School Row, Hemel Hempstead, HP1 2JU

To book, please call Ashley Fabray, DSPL8 Administrator on 07525 917125 or email fabraya@kls.herts.sch.uk

Places are limited – please book early to avoid disappointment!
Please note that this course is only open to Dacorum parents/carers.

DSPL Delivering Special Provision Locally
Achieving quality outcomes

ISL Integrated Services for Learning
making together learn
Herts. CSP Specialist Advisory Service - Autism

Sarah Ellis
Potential

Autism and Anxiety

Anxiety is a normal part of children's development, but children with autism spectrum disorder (ASD) can experience anxiety more intensely and more often than other children.

This **FREE** four week course run by Sally Glossop and Sarah Ellis explores how we can support young people on the autistic spectrum manage their anxiety appropriately.

6.30pm – 8.00pm
Tuesday 12th September 2017
Tuesday 19th September 2017
Tuesday 26th September 2017
Tuesday 3rd October 2017

Myatt room, Dacorum Family Services, Hobbs Hill Wood School, Peascroft Road, Hemel Hempstead, HP3 8ER
Free parking and refreshments provided

Information and bookings:
Ashley Fabray - 07525 917125 Email - fabraya@kls.herts.sch.uk

Parent Support Group

Every Wednesday
10:30 am to 12 noon
(Term time only)
@ The Lodge, Woodfield School
Malmes Croft, Leverstock Green, Hemel Hempstead, HP3 8RL

Contact: vanessa.gregory@woodfield.herts.sch.uk
01442 253476

Do you have a child with additional needs? Need somebody to talk to?

Come and meet other parents for a coffee and a chat. Young children welcome

Whether your child is at mainstream school or a special school, you are welcome to meet other parents, talk to professionals, or simply drop in for a coffee and meet new friends who also have a child with special educational needs.

ALL WELCOME - JUST COME ALONG

Yoga Therapy Workshop for Parents of Children with ASD



Monday 8th May, 10am to 2.30pm

Hobblets Manor Junior School Community Room (formerly the Link Building)

DSPL8 is funding a workshop run by Nicole Zimmler of Yoga for Autism (Yo'tism)

For a child dealing with symptoms whether mild or severe, yoga can act as a way of balancing, regulating and coping better.

Yoga introduces a deep sense of body awareness, mindfulness, motor-neurone organisation and can gently reset the nervous system to create a shift from 'survival' mode to a feeling of internal safety and coping. The sensory system is given space to process, the muscles slowly come out of a contracted state, and attention is brought more to the quiet self.

In this 4 hour workshop you will learn the basics of how to apply a specific neuro-sensory yoga method with your child. Yoga has been scientifically proven to directly target and treat the nervous system with profound effects. We will cover:

- A simple structured sequence
- Breathing techniques and how to apply
- The basic neuro-science that goes behind this
- Relaxation techniques and how to apply
- Mindfulness techniques and how to apply
- How to use yoga as a quick therapeutic sensory/movement break at home and a few short sequences for different times of the day. (morning, transitions, home from school, bedtime)
- Ways to individualise what we learn to meet your child's direct needs.

This will be a basic introduction to all topics mentioned, which can be followed up with further detailed workshops and input if desired. No yoga experience is necessary, no specific flexibility or fitness needed. Just your lovely selves and an interest to learn.

To book a place please email Ashley Fabray, DSPL Administrator fabraya@kls.herts.sch.uk or call 07525 917 125.



Are you a parent of a child with ADHD/ASD/Communication Disorder or with Sensory Processing needs?

A daytime support group has been set up at for parents across Berkhamsted.
The next two groups for Summer term will be held on the following dates:

- **Friday 12th May**
- **Friday 23rd June**
1.15-2.45pm

The group is facilitated by Lisa MacGovern (School Family Worker) with Jo Whitlock from the Communication Autism Team.
At Westfield Primary School
(Community Room), Durrants Lane, Berkhamsted, HP4 3PJ
Coffee will be available from 1.15 pm and Toddlers are welcome!

ADD-vance Workshops

All of the Parent/career and Professional Workshops are now fully booked.

More dates coming soon....



Help, Support & Advice

Herts Local Offer

Information about services available in your local area for parents, children and young people aged 0-25 with special educational needs and disabilities (SEND).

directory.hertsdirect.org/kb5/hertfordshire/directory/localoffer.page



Hertfordshire Additional Needs Database

You are entitled to join HAND if you are the parent or carer of a child or young person with an additional need or disability aged 0-19. Benefits of joining include a leisure concession card, and subscription to the HAND newsletter. directory.hertsdirect.org/kb5/hertfordshire/directory/service.page?id=W-oM7uWKTro&familychannel=4

For a list of local support groups and voluntary organisations click here

<http://www.hertsdirect.org/docs/pdf/v/volorgs.pdf>

Dacorum School Family Worker Services

Dacorum has three School Family Services teams, who support families of children attending Dacorum Schools. Advice and support is available on a range of issues, including supporting families of children with additional needs. School Family Workers can also help with the facilitation of Education, Health and Care Plans. The teams also run parenting courses and advice sessions, for example with specialists in special educational needs.

Dacorum Family Services www.dacorumfamilyservices.org.uk

Gade Schools Family Support www.gadeschoolsfamilysupport.co.uk

Kings Langley Partnership of Schools 01923 271744

Hertfordshire SEND Information, Advice & Support Service (SENDIASS)

Formerly known as Parent Partnership Service, SENDIASS is an impartial information, advice and support service funded by Hertfordshire County Council for parents, carers, young people (0-25) and professionals. Phone 01992 555847 or email sendiass@hertfordshire.gov.uk.

Find out more at <http://www.hertsdirect.org/services/healthsoc/childfam/specialneeds/educ/parpart/>



The KIDS East and West HUBs 01923 676549

The KIDS HUB offers information and support for parents and carers of disabled children / children with additional needs. aged 0-19 in Hertfordshire. KIDS Hub directory of SEND services has also now been published—take a look at what's going on in your area. www.kids.org.uk/hub



HARC (Hertfordshire Branch of the NAS)

Supporting families and people living with autism

<http://nasherts.org.uk/>



harc – the Hertfordshire branch of the National Autistic Society



DSPL - How can I get involved?

There are a number of ways in which parents can get involved in services. Herts Parent Carer Involvement is a forum for parents to get more involved in the shaping and improving of services for children with additional needs. For more information contact your local network at chair@hertsparentcarers.org or visit www.hertsparentcarers.org.uk



The DSPL Dacorum Team

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