



Oasis Academy Putney

Wellbeing and Inclusion Bulletin

This Month's Wellbeing and Inclusion focus is:

Developmental Co-ordination Disorder

SEN provision at Putney

SEN coffee morning

SEND Local Offer

Dear Parents and Carers,

This is summer term's Well being and Inclusion Bulletin– the second one of this academic year. Going forward, I will be sending out these bulletins 3 times a year, focusing on Inclusion, to provide you with information, support and guidance and top tips in supporting your child at home. Each term we will be focusing on a different area of Inclusion, from speech and language support to social communication difficulties.

In this issue I want to provide you with some tips on talking to your child about Developmental Coordination Disorder (DCD). It is also known as dyspraxia, it is a condition affecting physical co-ordination. It causes a child to perform less well than expected in daily activities for their age, and appear to be clumsy.

Please contact me directly if you wish to discuss any concerns or worries you may have.

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Provision at Oasis Academy Putney

- L&NSS
- Drama Therapy
- S&L
- OT
- Range of interventions



Wandsworth's Local Offer for 0-25 year olds with special educational needs and/or disabilities

There are many organisations that offer information, support and advice to parents and carers in families with children with special educational needs or disabilities (SEND). Some of them are local and offer services to people in a specific area, others are national and offer support to all. Some organisations offer support about specific conditions or subjects. Others offer general advice and support across a wide range of subjects that affect all families, children and young people with special educational needs or disabilities.

Independent support for Wandsworth families having assessments for Education Health and Care (EHC) Plans, personal budgets, direct payments and all related matters is available from

Wandsworth Information Advice and Support Service (WIASS).

Benefits and grants, for Wandsworth families Contact -Wandsworth, DASCAS and

the Carers' Centres Wandsworth, can all help you to find out what you are entitled to and assist you in claiming it.

Parenting groups and programmes offering advice are available across the borough.

Support can be for general parenting advice, or for more specific issues such as domestic abuse. Some groups are run by the Council, whilst others are run by other organisations whose aim is to support parents.

These include:
Cygnnet and CATS, for parents of children on the autism spectrum, run by Contact-Wandsworth.

We can't promise to fix all your problems but we can promise you won't have to face them alone!

July 2023– 2nd edition

Developmental Coordination Disorder (DCD)

Developmental coordination disorder (DCD) occurs when a delay in the development of motor skills, or difficulty co-ordinating movements, results in a child being unable to perform everyday tasks. A diagnosis can be made by a doctor who will ensure that the movement problems are not due to any other known physical, neurological or behavioural disorders, and determine whether more than one disorder may be present. The characteristics of children with DCD are usually noticed first by those closest to the child, because the motor difficulties interfere with academic achievement or with activities of daily living, including dressing, playground skills, handwriting, gym activities and sports, etc.

DCD is believed to affect 5-6% of children who are school aged and tends to occur more frequently in boys. It can exist on its own or it may be present in a child who also has other type of specific learning difficulties, speech and/or language impairments and/or attention deficit hyperactivity disorder (ADHD).

How to recognise developmental coordination disorder?

Early detection is helpful so that intervention can be provided to prevent the development of later difficulties. Prior to attending school, the child may have a delay in sitting, crawling, walking, or speaking. Children additionally may have difficulty with activities such as hopping, jumping or riding a bike, doing puzzles, cutting, colouring and daily living activities, e.g. fastening buttons, blowing his/her nose, using playground equipment and feeding with cutlery effectively.

Problems seen in the pre-school years continue and become more apparent in the school years, where more demands are placed on the child and they start to struggle in a more obvious way. The child may appear generally clumsy and disorganised. Children may have additional difficulty with handwriting and art projects, play skills (e.g. riding a bike, ball skills), organising and finding their belongings, physical education, dressing skills, attention and concentration, following instructions, etc. Their sensory development may also be affected, for example avoiding messy play, swings, roundabouts or fidgeting, persistently chewing on clothing or other objects.

What does occupational therapy offer children with DCD?

The Wandsworth Children's Social Services Occupational Therapy (CSS OT) service is a statutory service for children and young people (aged 0-17 years) with a disability or long term condition, living in Wandsworth Borough Council.

The aim of the service is to support a child or young person and their carers to manage everyday tasks. To do this we may recommend changes to the way that the task is done or adaptations to the environment. The CSS OT service is based at Queen Mary's Hospital in Roehampton, working closely with the Children's Community Occupational Therapists also based there. We can be contacted by telephoning 0208 725 3632, or email cssot.referrals@stgeorges.nhs.uk

What happens at an assessment?

To enable us to identify a child or young person's needs and abilities in all activities of daily living (ADL), a CSS OT will conduct an assessment with your child at home. The assessments are carried out through clinical observations, seating assessment, equipment demonstrations and discussion. Areas of assessment will include, but not be limited to; getting in, out and around the home, bed, bath, and chair, how the child washes or is facilitated to wash and dress; and eating and drinking. Dependent on outcome of initial assessment, further assessment may be required, to ascertain how to best meet some of the identified needs.

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Tips to overcome stress and anxiety

What is anxiety?

Anxiety is a word we use for fears about the threat of something going wrong in the future, rather than right now.

Anxiety can last for a short time and then pass when whatever was causing you worry is over, but it can also last much longer and disrupt your life. Ongoing anxiety can affect your ability to eat, sleep, or concentrate. It can prevent you from enjoying life, travelling, or even leaving the house to go to work or school. When anxiety holds you back from doing the things you want or need to do, it can also affect your health. Some people become overwhelmed by fear and want to avoid situations that might make them frightened or anxious. It can be hard to break this cycle, but there are lots of ways to do it. You can learn to feel less fearful and to cope with anxiety so that it doesn't stop you from living.

Tips to reduce anxiety

Breathing exercises reduce your fight or flight response by lowering stress hormones like cortisol and adrenaline. This allows your rational brain to take charge, so you can respond thoughtfully, rather than react impulsively.

How to relax:

- Sit or lie down and get comfy – but try not to fall asleep.
- Close your eyes and focus your attention on your breath. Let your chest and abdomen rise as you inhale and fall again as you exhale. Can you feel your breath in your lungs, or on the inside of your nostrils?
- Bring your full attention to your steady and rhythmic breathing.
- After a few moments, your attention may wander. You may start thinking or worrying about something else. That's natural and totally ok. When it happens acknowledge the thought and let it float away. Return your focus on your breathing.
- Try this for two minutes to start with. Then build up to five minutes.
- When your time is up, take a second to notice how you feel. The physical sensations in your body and the activity in your mind.
- With practice you'll find it easier, and be able to focus on your breath for longer. You may also find increased mental clarity, the more you do it.
- If you find it difficult, so not worry or be annoyed with yourself.

Another simple exercise, is box breathing:

1. Breathe in for four seconds through your nose, counting the breath in your head.
2. Hold for four seconds.
3. Breathe out for four seconds, through your mouth, counting the breath in your head. This helps to regulate your nervous system and help you feel calm.

For increased energy:

1. Sit up tall and relax your shoulders
2. Keep your mouth closed and inhale rapidly through your nose with quick, short breaths; then exhale through your mouth
3. Do this for 10 seconds
4. Take a 15-30 second break and breathe normally
5. Repeat several times

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SEN coffee morning

Oasis Academy Putney is driven by powerful ethos which aspires to treat everyone inclusively and recognises the importance of a holistic approach to education. We have worked hard in last three years to develop our SEN provision and ensure neurodiverse pupils are given the support they need and have every opportunity to flourish. We have taken steps to develop a strong network with SEN pupils' parents and external professionals. The school organised it's first SEN coffee morning and the turn over of parents was highly encouraging. We were privileged to have Carol Hill form the LA who spoke about the local offer. Amy Couprie and Jonathan Stockford from Schools and Community Psychology Service also attended and they delivered a session on 'Supporting Children with Anxiety'.

