

OSSME NEWS

Supporting Schools and Families In returning to school

In this issue:

- Tailor made support for schools.
- Home school tips for self isolating students
- Transition support booklets
- Mental Health Awareness day 2020

Welcome to the Sept– Oct edition of our newsletter. OSSME has been working tirelessly since schools returned to work alongside schools and Government guidance to provide a flexible approach to working. The transition booklets we have developed to support children back to school are still available on request.. See page 3 of the newsletter which has all the clickable links you need to request the booklets.

IF you need any more information please contact: Sharon.williams@autisminitiatives.org

OSSME's Flexible Approach to Working

We are aware that schools currently face a challenging times with new rules and restrictions in place. With this in mind OSSME have developed a booklet in which schools under contract with us can tailor their support and what is best for your individual schools during these difficult times. Some schools have requested for support to remain remote and virtual while other schools prefer face to face. This has proven extremely beneficial to not only our schools, but families as a whole who are also able to access OSSME's support.

We are also aware that some students are still being required to self-isolate and work from home. See below for some Home school working tips from OSSME..

Observations and reports ☐

1-1 sessions with students ☐

Remote support ☐

Virtual parent support ☐

Staff training ☐

Attendance at meetings ☐



What can we do to support individuals learning remotely?

Here are some tips based on our 5 Point Star Approach which may help ease anxiety when supporting students at home.



Understanding:

Does the student understand what they are being asked to do? It may be that if a child doesn't understand the work initially they may 'shut down' for fear of making a mistake, which is often something that can cause anxiety in students with Autism. Talking through the activity bit by bit and breaking it down may help some students process the information.

Sensory:

Consider that environment you are asking the student to complete the work or activity in and relate that environment to their individual sensory profile. For example, if the student is hypersensitive to specific smells, it would provide distraction and discomfort to have the student sat in the kitchen completing the activity while you are cooking. If your child is hyposensitive and seeking vestibular input, it may be beneficial to complete activities while sitting on a yoga ball so they can self-regulate their movement. Providing the appropriate sensory environment can also aid focus and concentration.

Expectation:

Does the student understand what is being expected of them? See what their expectation of work is from teachers in school and compare that with expectations from home. Discussing expectations can help reduce anxiety and provide clarity in an uncertain situation for many students.

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Home School Tips Continued.....

Communication:

Some students may prefer to get information about their work through email, however, this could cause overload for some students who would prefer information about their work to be communicated through their parents. Learning about their preferred method of communication may help them engage in their school work at home.

Motivation:

What motivates your student to work?, it may be beneficial to adapt work given and personalise it to include their interests such as football, food, TV programs. Students are more likely to engage in work and activities when it is based around their interests.



World Mental Health Day 10th October 2020

World Mental Health Day takes place on 10 October every year and this year's theme will focus on young people and mental health in a changing world.

From 3.30-4.30pm on 14th October, North West Boroughs Healthcare NHS Foundation Trust will be hosting the live Q&A with Consultant Child and Adolescent Psychiatrist Dr Sandeep Ranote. The Q&A will give young people, their families and members of the public a chance to put their mental health related questions to Dr Ranote for her expert advice. You can get involved by tweeting [@NWBoroughsNHS](https://twitter.com/NWBoroughsNHS) and using the hashtag #AskSandeepWMHD.

You can watch a short animation around mental health by clicking on the link below

www.nwbh.nhs.uk/world-mental-



CAMHS and NHS recommended apps to support Mental Health



Distract-

Quick and discreet access to information and advice around self harm and suicidal thoughts



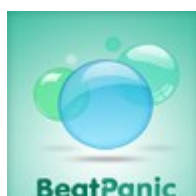
MeeTwo

A safe and secure forum for teenagers wanting to discuss any issue affecting their lives.



Sleepio-

An online sleep improvement programme, proven to help you fall asleep faster.



Beat Panic-

Overcome anxiety and panic attacks wherever you are.



My Possible Self-

Learn how to manage stress, anxiety, fear and unhelpful thinking.



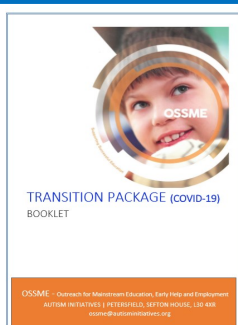
Think Ninja-

An app to help 10-18 year olds learn to manage their mental health.

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CONTENTS OF THE BOOKLET INCLUDE:

- About OSSME
- Introduction
- Additional Support
- About me
- Questions we are going to help you with



Question 1. What was happening in school and home before lockdown?

Question 2. Why did school close and change?

Question 3. How did your life change?

Question 4. What did change feel like?

Question 5. How will we get back to what is was like before lockdown?

Question 6. What will school look like when we return?

Request your copies here:

<https://forms.gle/Zyh32qc2Dt47sVZa6>

transition booklet can be requested free, here:

<https://forms.gle/NvS9R2nFDhBtCgGf9>

KS1/2 transition booklet (also suitable for some early KS3 pupils) can be requested free, here:

<https://forms.gle/Zyh32qc2Dt47sVZa6>

KS4/5+ (high school/college and beyond) transition booklet can be requested here :

<https://forms.gle/MG5DrJkgynLY5mLr6>

Lesson plans pack (which can be adapted up or down from a basis of KS2) can be requested free, here:

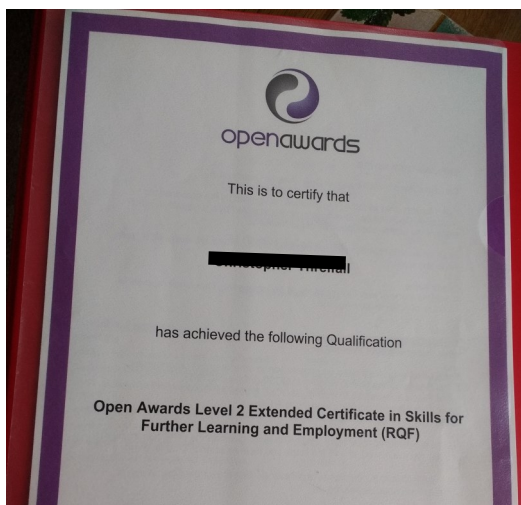
<https://forms.gle/p35X893dBKJssCQ59>

Contact us at ossme@autisminitiatives.org if you would like to request your free copy

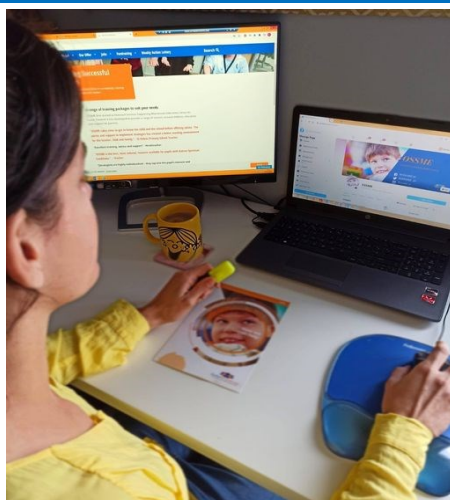
OSSME's Flexible Approach to Education Results in Further Success for Open Awards Students

One of our amazing students has given us permission to share his fantastic achievement of receiving his Open Awards Level 2 Extended Certificate in Skills for Further Learning and Employment.

A big well done to all our students who received their qualifications this past month we are so proud of you!



OSSME staff wearing yellow to support Mental Health



Thinking about all our students and young people who are struggling with their mental health at this time.

YOU ARE NOT ALONE!