

A Guide to Help Support Parent/Carers who have Children with an EHCP at Holy Trinity School

Q: What arrangements are in place over the coming weeks to support my child with an EHCP at Holy Trinity School?

- If parent/carers have decided to keep their child at home then they will be contacted weekly via email or phone call, by either Annabel Wharton, Helen Davidson or Jackie Sawers. These people are the Inclusion team at Holy Trinity.
- The Inclusion team will also update home-learning activities and ideas to parent/carers weekly for new ideas. However there is NO obligation to do any of these are only to serve as a useful tool to those who require them.
- Parent/carers can access home-learning tasks on the school website.
<https://www.holytrinityceschool.org/home-learning-page>. Follow the links for 'parents with children who have SEN'

Q: Who is the key contact at the school for parents of children with an EHCP and how can they be contacted?

- Parents can directly contact the Inclusion Team by emailing either the school office or directly to awharton@holytrinity.barnet.sch.uk or hdavidson@holytrinity.barnet.sch.uk

Q: Will this contact be available over the Easter holidays?

- **YES** – The Inclusion Team will be checking emails over the Easter holiday period.

Q: If there is a family emergency, for example if parents get ill, what is the appropriate phone number at school for parents to call?

- In the first instance call the school office: [0208 8831824](tel:02088831824) who will then contact the relevant staff member for support.

Q: If a parent/carer is unable to access the internet at home what alternative options are in place?

- Please contact the school office by phone and we will look into alternative options for your child.

Q: How can parents/carers help alleviate their child's stress or anxiety related to the corona crisis and/or school closures?

- Give children a **short and clear explanation** of the Coronavirus and why schools are closed. Use the **Social Stories** that have been uploaded onto the website under supporting children with SEN.

- **Limit the information about the pandemic** to one or two -preferably 'fixed' moments a day. Avoid overwhelming children with all kinds of information about the pandemic.
- **Use positive and neutral language.** For example, talk about what you are going to do to stay healthy, rather than what you are going to do not to be infected. Tell them what kind of activities that are still possible, not just what is no longer allowed.
- Each night, **identify 3 things that were positive or good** that day E.g. the sun was shining, the birds were chirping, the soup was tasty!
- If your child does worry, **schedule worry time where they can ask you questions.** Plan your day so that activities can distract your child for most of the day. Plan moments to relax together too.

Q: What advice/support has been provided to parent/carers to help them set up a schedule of home-learning tasks?

- Set up a **daily timetable** for your child to follow with regular rest/movement breaks.
- Print a copy of the **home visuals**. **Can be found under SEN home learning page**. This will help you set up a daily timetable. Give them an overview of what is going to happen in the day in a visual and concrete way.
- Make sure you **offer choices**. Make it clear when your child can be allowed to choose an activity and when they are not. **A Now/Next visual** is good to use on these occasions e.g. Now – reading/ Next -play in garden for 10 minutes
- Include some **fun and practical** activities each day –. Can be found under SEN home learning page - Indoor and Outdoor activities. E.g. do some baking, sort the laundry, fix something at home.
- Make time for **family exercise time!** E.g. Go for a walk, cycle or do some online yoga!

Q: How can I still keep my child safely in touch with extended family and/or friends?

- Teach your child that the best way to be happy is to make other people happy!
- Make nice cards with your child to send to grandparents/friends.
- Make a funny video that they can share with grandparents/friends.
- Make up a fun quiz to share with family and friends!