



Southam St James C of E Academy



SEND and Wellbeing Newsletter

Neurodiversity Focus

Hello and welcome to our first Southam St James SEND and Wellbeing Newsletter! This is the first instalment of information and updates on SEND and Wellbeing at Southam St James and in the local community. I hope you find them useful and informative!

If you have any feedback, please contact me: neerun.hothi@southamstjames.covmat.org

We believe that every child at our academy is unique and special, so we aim to provide an inclusive and values driven curriculum, which has been designed specifically for our Southam St James' children and families. We want everyone in our community to 'Let your light shine' (Matthew 5:16). To us, this means being ambitious and determined to be the very best and fullest version of ourselves.

SEND Southam St James

At SSJ, we are proud of our 'open door' policy, so please do not hesitate to get in touch, if you have any concerns, queries or require further support from us. You can make an appointment with the class teacher by phoning the school office, sending a class dojo message or emailing the school. For further information, please visit our dedicated [SEND page](#) on our school website where you will find the Local Offer, as well as external links for support websites.

Referrals

If your child has been referred to any of the NHS or outside services, please be patient. Waiting times have crept up and this is beyond our control. As a school though, we will continue all provision in place in school and seek to refine this to support your child in the best way we can. Please speak to me (Mrs Hothi- SENDCo) if you do have any questions.

Links to SEND Support Services

Autism - Autism West Midlands

Advice, information and training for parents as well as events and groups for children can be found at Autism West Midlands: [Autism West Midlands - Embracing Difference, Empowering People](#)

ADHD/Mental Health - Young Minds

Young Minds are leading the fight for a future where all young minds are supported and empowered, whatever the challenges. We're here to make sure they get the best possible mental health support and have the resilience to overcome life's difficulties. [ADHD and Mental Health | Get support | YoungMinds](#)

Dyslexia - British Dyslexia Association

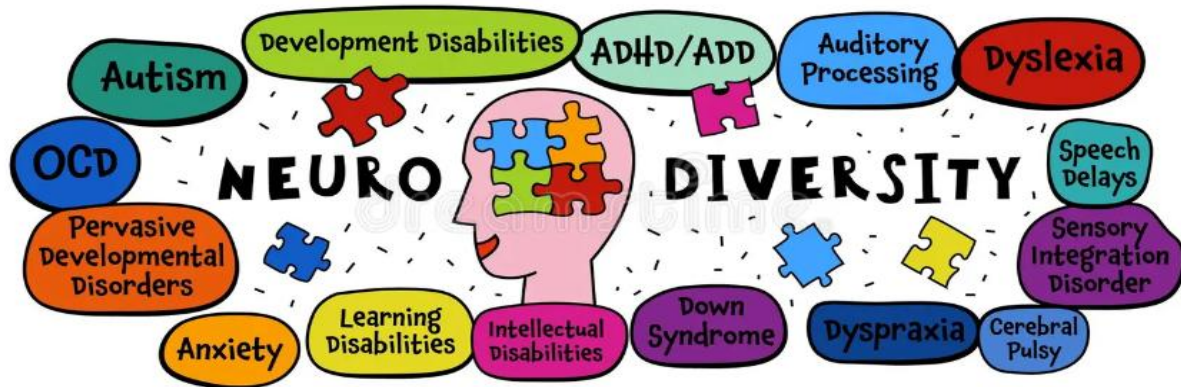
Offers help and advice to people with dyslexia, parents, carers, and families about or on the subject of dyslexia. [British Dyslexia Association](#)

Parent + Carer SEND Catch-up

The next SEND Coffee and Catch Up drop-in session are on Mon 9th/Thu 12th Feb 3.30-5.30pm/4:00-6:30pm with Gemma from the Warwickshire Parent Carer Voice Team.



Termly Topic



Neurodiversity is defined by the NHS as a wide variety of ways we think, learn, feel and process information. Some people's brains work in a different way and is unique to them! Therefore, they will have unique skills, abilities and needs. They may experience and interact with the world around them in a different way from the neurotypical 'standard' way. There is no right or wrong way of thinking and learning. The NHS shares neurodiversity can include but is not limited to Autism, ADHD, ADD, Dyslexia, Dyscalculia, Tourettes and Dyspraxia.

Support should always be tailored to the child's individual needs—what works for one may not work for another. Here are some practical ideas:

- **Celebrate their strengths** and interests.
- **Identify triggers** for stress or anxiety—could it be noise, crowds, or too many choices?
- **Plan for sensory needs:** Provide a quiet space or calming items (e.g., a blanket or hooded onesie for comfort).
- **Offer a fidget tool** that helps engagement rather than distract—this may take trial and error.
- **Include movement breaks:** dancing, sensory circuits, or short obstacle activities.
- **Use visual routines:** Weekly schedules and symbols for changes help reduce uncertainty.
- **Explore emotions together:** Help children recognise how their body feels when happy, sad, or angry.

If you would like to find out more, this website has more detail: [Autism and neurodiversity](#). A great story for children and introducing the world of neurodiversity is 'Wonderfully Wired Brains' by Louise Gooding. The audiobook is available to listen to [here](#).

If you have any questions or are worried about your child in relation to any area of SEND or wellbeing, please contact your child's class teacher, who will be able to chat through next steps and work with the school SENDCO (Neerun Hothi) to help seek further advice from outside agencies where appropriate.