

# SEND Newsletter

Arnold Hill Academy

April 2021

## Spotlight on...Henry Wheeler, Learning Support Assistant

I am the longest serving member of the SEND team, having joined in 2006. I am the team's Careers and Community Link.

My roles outside school include being a Gedling Borough Councillor and Cabinet member for Housing, Health and Wellbeing. I am also on the Nottinghamshire Health and Wellbeing Board. I work Friday Evenings at Redhill Young Peoples Centre. I love Northern Soul, Ska and Mod music.

I am an allotment holder and love gardening and walking. My claim to fame—I once featured in a TV commercial for the Open University.



## Create a gratitude jar

Starting a Gratitude Jar is one of the most powerful things you can do to create positive changes in your life. It's completely free and totally personal to you. Instead of throwing away your old jam jars, do a bit of upcycling!

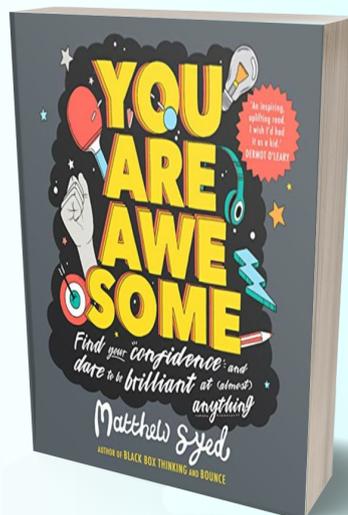
You can decorate it with paint, stickers, ribbon—whatever you like. Each day, get a piece of paper and write down one thing that you are grateful for—the dinner you ate; a text from a friend; a cute pet or something you learned today. Fold up the paper, pop it in the jar and watch it fill up as the days go by. If ever you are feeling low, pull out a random slip of paper and let the memory lift your mood.



## Recommended Book

### You Are Awesome by Matthew Syed

This positive and empowering guide by bestselling mindset author Matthew Syed, will help young people build resilience, fulfil their potential and become successful, happy, awesome adults.



## Wellbeing

Learn how to feel less stressed in **under an hour!**

Click [here](#) to access a FREE course for parents of children with special needs.



## Dyslexia friendly

Some students with Dyslexia can experience motor coordination problems. This will clearly have a major impact on their ability to participate in ball games and other sports. Things to remember:

Challenges include:

- difficulty with motor control
- clumsiness- dropping things
- poor hand – eye coordination
- forgetting the sequence in games and activities
- losing track of the ball in ball games
- misinterpreting rules
- poor direction
- needing more time to think things through
- short term memory issues

### Practise Ball Control

This helps prevent the student from being thrown in at the deep end. They need a lot of structured practice – preferably with one other person, in throwing and catching the ball. Start with a larger ball and move on to smaller balls.

## ★ Tip of the Month ★

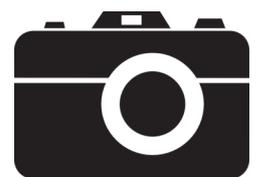
It takes 30 days to turn actions into habits. Pick one or more of the following to build into your daily routine and repeat it every day for a month!



- Drink at least 6 glasses of water
- Do one session of exercise
- Replace social media scrolling with reading for 30 minutes
- Eat a piece of fruit instead of crisps or biscuit

## Opportunities

**Free photography courses** for young people in Gedling Borough are being provided by City Arts. The courses are designed to promote positive mental and physical health for young people aged 14 to 19. They will be running in April and the first week of May. Click on the link below for more information: [View Points | City Arts \(Nottingham\) \(city-](#)



**Attention school leaving students!** Dawn Bramhall is the owner of the KH Hair salon in Arnold. If you are interested in a career in hairdressing, they may be able to offer you an apprenticeship. Please email Dawn at [arnold@khhair.co.uk](mailto:arnold@khhair.co.uk) for more information. Interviews will be starting at the end of April.

There are a number of vacancies available at **Davidsons Homes**.

There are four trainee roles, which are for general housebuilding career opportunities: <https://davidsonsgroup.co.uk/2021/03/30/trainee/> And also an IT apprenticeship: <https://davidsonsgroup.co.uk/2021/01/13/it-apprentice/>

