

SFIS Termly SEN Newsletter

Autumn Term 2026

Hello and welcome!

My name is Mrs Blannin and I am the SENCo here at South Farnborough Infant School. My working days are Tuesdays and Wednesdays. If you have any concerns about your child's educational needs, please see your class teacher in the first instance or ask the office to book in a meeting. In this termly newsletter you will find a short introduction to different learning and developmental needs, a few links to ideas you can try at home and some trusted sites if you would like to read more. Please join me on Wednesday 14th October at 09:30 for our first SEN parent workshop and coffee morning.



All October	ADHD Awareness Month
All October	Sensory Awareness Month
5–11 October	Dyslexia Awareness Week (go red!)
12–18 October	Dyspraxia Awareness Week
Friday 16 October	Developmental Language Disorder (DLD) Awareness Day (wear purple and yellow)



ADHD Awareness Month

All of October

ADHD (Attention Deficit Hyperactivity Disorder) is a neurodevelopmental difference. It affects attention, activity levels and impulse control. It is not caused by parenting or by sugar, and children with ADHD often bring huge energy, creativity and enthusiasm. Many young children are active and easily distracted, so we look carefully at what is typical for their age before drawing conclusions.

What you might notice

- Finding it hard to sit still or wait a turn
- Losing focus on tasks, or jumping between activities
- Acting before thinking, or big feelings that come quickly

Try this at home

- Give one or two short, clear instructions at a time
- Use a simple visual routine for mornings and bedtime
- Build in movement breaks and praise specific effort

Find out more: [NHS: ADHD](#)



Sensory Awareness Month

All of October

We all take in the world through our senses, and some children feel sights, sounds, touch, tastes, smells or movement much more strongly (or less strongly) than others. Sensory differences are common, including in children who are autistic or have ADHD or dyspraxia. Understanding them can make a big difference to how a child feels and behaves.

What you might notice

- Covering ears or being upset by noisy places
- Avoiding messy play, certain clothes or foods
- Seeking spinning, jumping, crashing or lots of movement

Try this at home

- Give a warning before changes and busy places
- Offer ear defenders, a quiet corner or a movement break
- Talk with your child about what feels comfortable or hard

Sensory Circuits

- At South SFIS some of our children engage in sensory circuits- this is a circuit of activities carried out in a specific order to balance the body. The three stages are: Alerting, Organising and Calming.
- For more information follow the link below-why not try some of the activities at home!

<https://www.nhsborders.scot.nhs.uk/media/1086579/CYP-OT-Sensory-Circuits.pdf>

Find out more: [Sensory Integration Education](#)

<https://www.hants.gov.uk/socialcareandhealth/adultsocialcare/occupational-therapy>



Dyslexia Awareness Week

5-11 October

Dyslexia is a common learning difference that mainly affects reading, spelling and writing. It has nothing to do with intelligence, and around 1 in 10 people in the UK has some degree of dyslexia. Many dyslexic people are wonderful at problem-solving, storytelling and thinking creatively. Support in school does not have to wait for a formal diagnosis.

What you might notice

- Finding rhymes or learning letter sounds tricky
- Difficulty remembering sequences such as days of the week
- Mixing up similar-looking letters like b and d

Try this at home

- Share stories together, and let your child enjoy books without pressure to read every word
- Practise letter sounds little and often, using touch, sand, paint or playdough
- Celebrate what they are good at

Find out more: [British Dyslexia Association](#)



Dyspraxia Awareness Week

12–18 October

Dyspraxia, also called Developmental Coordination Disorder (DCD), affects how the brain plans and coordinates movement. It is thought to affect around 1 in 20 children. It can make everyday skills such as handwriting, using cutlery, dressing and PE harder to learn, even though a child is working very hard.

What you might notice

- Seeming clumsy, or bumping into things
- Finding buttons, zips, scissors or a pencil grip tricky
- Tiring quickly with physical tasks, or avoiding playground games

Try this at home

- Practise fine motor skills through play: playdough, threading, pegs, building blocks
- Allow extra time and break tasks into small steps
- Praise effort as much as results

Find out more: [Dyspraxia Foundation](https://dyspraxiafoundation.org/)



Developmental Language Disorder (DLD) Awareness Day

Friday 16 October Theme: Together for DLD

DLD is a hidden but common condition that affects about 1 in 14 people. Children with DLD find it hard to understand and/or use spoken language, for no known reason. Because they often look and sound "fine", it is easily missed, or mistaken for not listening or misbehaving.

What you might notice

- Struggling to follow instructions or remember what was said
- Finding the right words, or putting sentences together
- Getting frustrated when they can't make themselves understood

Try this at home

- Use short sentences, slow down and pause to give thinking time
- Back up your words with gestures, pictures or by showing them
- Ask your child to show you what to do, to check they understood

Find out more: [RADLD \(Raising Awareness of DLD\)](https://www.radld.org/)

Worried about your child?

You know your child best. If something in this newsletter sounds familiar, please talk to us. You do not need a diagnosis to ask for help, and we would much rather hear your questions early.

- Speak to your child's class teacher, or contact the school office on 01252 543727 or adminoffice@southfarnborough-inf.hants.sch.uk to arrange a call.
- Your GP can also help if you have health or development concerns.
- Search for the Hampshire Local Offer to see the support, services and activities available for children with special educational needs and disabilities across Hampshire.
<https://www.connecttosupporthampshire.org.uk/family-information-and-services-hub-fish/send-local-offer/>
- <https://www.hampshirecamhs.nhs.uk/referrals>

Useful links and where to find help

ADHD Foundation	www.adhdfoundation.org.uk	Information and support for families
NHS: ADHD	www.nhs.uk/conditions/attention-deficit-hyperactivity-disorder-adhd	Signs, diagnosis and support
Sensory Integration Education	www.sensoryintegration.org.uk	Understanding sensory processing
British Dyslexia Association	www.bdadyslexia.org.uk	Advice, helpline and Dyslexia Awareness Week
NHS: Dyslexia	www.nhs.uk/conditions/dyslexia	What dyslexia is and how to support it
Dyspraxia Foundation	dyspraxiafoundation.org.uk	Fact sheets and family support
NHS: Dyspraxia in children	www.nhs.uk/conditions/dyspraxia-children	Signs and getting help
RADLD	radld.org	Everything about DLD and DLD Awareness Day

Thank you for your support.

Mrs Blannin

SENCo, South Farnborough Infant School

This newsletter gives general information only and is not a diagnosis. Awareness dates are correct at the time of writing; please check the organisations' websites for updates.