



Skelton
PRIMARY SCHOOL

Belong - Believe - Achieve
Kindness, Respect, Teamwork

Inclusion Newsletter

December 2025

School SENDCo: Mrs Rachel Mackay

Usual working days: afternoons at Skelton, Tuesday to Friday

Welcome to the second issue of our termly newsletter with a focus on SEND (Special Educational Needs and Disabilities) and Inclusion. We hope you will find it useful. You will also find further information on the SEND offer page on the school website:

<https://www.ske.hlt.academy/key-information/send>

Spotlight on Transition: A New Term

We're now coming to the end of the second half term of the academic year and children have had time to get to know their peers in their classes.

It can often be tricky to come back to school after the Christmas break as it can be the most exciting yet chaotic break of the year. In order to find some calm after the chaos, it can be helpful to:

- Re-establish routines gradually; shifting bedtimes, wake-ups and screen-time limits a few days before school begins.
- Reset expectations and reconnect; talking about what there is to look forward to, and recapping your usual morning routines.
- Getting organised early; putting out uniform and bags, checking if anything needs replacing, and that it all still fits!

Creating Social Stories

Social stories can be really helpful for all children in understanding certain situations or routines, and preparing for change. You can now make your own social stories, quickly and easily, using [Chat GPT!](#)

Try using a prompt like: 'Write a social story about waiting to open presents for a 5 year old.' and let the computer or your phone do the work!

Provision Map Update

Provision Map is the platform we use to create and share learning plans and/or passports for pupils with SEND. Parents of pupils with passports and/or learning plans should be able to log in and see these documents.



Learning plans have been reviewed recently and you should be able to access these on the site. Children had the opportunity to talk about their targets with their teachers and reviewed their progress together. You can request a meeting with your child's teacher to discuss their targets or you can add a comment on Provision Map by clicking in the parent/guardian contribution box.

Jargon Buster: Co-regulation

When children experience big emotions, this can be shown through their behaviour and we might describe them as being dysregulated. This means their nervous system is offline and they may be experiencing feelings of 'fight or flight.'

When parents and other adults support children to regulate, we are 'co-regulating' and sharing our calm. When children are upset, our steady voice, gentle reassurance, and comforting presence help them feel safe. Over time, this support teaches them how to manage their own feelings.

More information is available on the SEND Information Report on the school website: [SEND Information Report](#)

Fundraising Success

Earlier this year, a pupil in Owls spent nearly 9 weeks in hospital in Leeds, following an accident resulting in a traumatic brain injury. Since coming home, she has been fundraising.

Thanks to people's generosity, we're pleased to announce that the sum raised is £2950! £2500 was donated to the neurorehabilitation ward in Leeds to enhance their resources, and £450 to The Millie Wright Children's Charity, who support families across the whole hospital. The donations will help more children receive life changing help while in hospital. The fundraising has now closed, but if you are interested in donating to the hospital, please see the Leeds Hospitals Charity, who has a Christmas Wishlist to provide toys approved by the Play Therapy team for children who will be in hospital over the Christmas period.



Click the image to donate.

Benefits of Regular Exercise on the Sensory System

Regular exercise plays a vital role in helping children regulate their sensory systems, which in turn can lead to calmer, more focused behaviour. Movement activities such as stretching, running, jumping, or outdoor play, provide the sensory input children need to organise their bodies and minds. This input supports better attention, reduces feelings of overwhelm, and helps children manage big emotions more effectively. Even short bursts of physical activity throughout the day can improve concentration, boost mood, and make transitions feel easier. By encouraging regular movement at home and school, we can help children feel more settled, confident, and ready to learn.

Support for Parents and Carers in York

The City of York Local Offer website contains a whole host of information about groups and services that are available in York, including links to activities and things to do:

<https://www.yorksend.org/>



Parent Carer Forum York is also available to support parents:

<https://www.parentcarerforumyork.org/>

Launched in September 2025, **SEND CENTRAL** is York's Family Hub that specialises in Special Educational Needs and Disabilities (SEND). This is a hub that families can seek advice and information about what's available in York when they have children and young people who have additional needs, any age from 0 to 25. Find out more here:

<https://www.yorksend.org/parents/send-central>



Other Useful Sources of Information

ERIC: Supporting children and families with bowel and bladder issues: <https://eric.org.uk/>

BBC Tiny Happy People: Tiny Happy People can help you develop your child's language and communication skills, so they get the best start in life.
<https://www.bbc.co.uk/tiny-happy-people>

CBeebies Parenting: A new website with ideas and support from before birth to age 6.
<https://www.bbc.co.uk/cbeebies/parenting>

Let's Make Sense Together: Developed by local Occupational Therapists as part of a sensory processing pathway, supporting children and young people who have a physical and functional difficulty due to sensory processing differences.
<https://www.yorkhospitals.nhs.uk/childrens-centre/your-childs-hospital-journey/therapy-services/occupational-therapy/lets-make-sense-together/>

DLD and Me: Did you know that approximately two in thirty children have Developmental Language Disorder? You can find more information here: <https://www.dldandme.org/>

Get Cycling: Get Cycling CIC is a not-for-profit community interest company that supports cycling for everyone. Based in York, they have the UK's largest selection of demo cycles. They sell, hire, loan, service, and repair a wide range of inclusive cycles. This includes trikes, recumbents, and other specialist cycles for disabled people, families, groups, schools, and workplaces. They believe everyone should be able to enjoy cycling – and will help find the right cycle for you and your family. <https://www.getcycling.org.uk/>



GET CYCLING

Have you heard of Pharmacy First?

Parents and carers in Humber and North Yorkshire are being reminded to use their local community pharmacy this summer, if their child needs help with minor illnesses or ailments.

The NHS Pharmacy First service allows children to access treatment for five common conditions from their local pharmacy, without needing a GP appointment.

Children can receive NHS treatment, including antibiotics where appropriate, for five common conditions including:

- impetigo (aged one year and over)
- infected insect bites (aged one year and over)
- earache (aged one to 17 years)
- sore throat (aged five years and over)
- sinusitis (aged 12 years and over).

The aim of Pharmacy First is to make it easier for people to get the help they need and free up millions of GP slots.

Parents can simply walk into a participating pharmacy and request a consultation for their child. If further treatment is needed, pharmacy teams will signpost families to the most appropriate local health service.

Hayley Patterson, NHS Humber and North Yorkshire ICB's Pharmacy Lead, said: "As the school holidays approach, we are encouraging parents and carers to think Pharmacy First if their child is unwell, allowing them to be seen quickly and conveniently at their local pharmacy.

"The scheme enables community pharmacists, who are trained health professionals, to supply prescription-only medicines, where clinically appropriate, to treat five health conditions for children which would previously have required a GP appointment."

The Pharmacy First scheme is also available for adults and covers the following seven common conditions:

- sinusitis (adults and children aged 12 years and over)
- sore throat (adults and children aged five years and over)
- earache (children and young adults aged one to 17 years)
- infected insect bite (adults and children aged one year and over)
- impetigo (adults and children aged one year and over)
- shingles (adults aged 18 years and over)
- uncomplicated urinary tract infection (women aged 16 to 64 years).

To find a local pharmacy to you visit the NHS website: www.nhs.uk/find-a-pharmacy

There's further information about what pharmacies can do at Let's Get Better:
www.letsgetbetter.co.uk/get-the-right-care/pharmacy/