



Diary Dates

15/12/2022 - Christmas Dinner at ACE Tiverton

21/12/2022 - Christmas Party

03/01/2023 - Inset day, Staff on site

23/02/2023 - NSPCC number day

Term Dates

Term 2 Autumn 2 31/10/2022 - 16/12/2022

Christmas Holidays 19/12/2022 - 03/01/2023

Spring term 1 04/01/2023 - 10/02/2023



Student Achievements!

A massive done to all our students that have taken part in exams this week. We are all very proud of the work our students have been doing in preparation for these.

Thank you to our students that have recently visited our sister school, Courtlands in Plymouth where they helped run a football tournament and provided refreshments using our smoothie by.

If there is anything your student has achieved that you would like to celebrate, please let us know!
Kate.davey@transformingfutures.org.uk

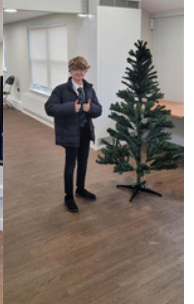
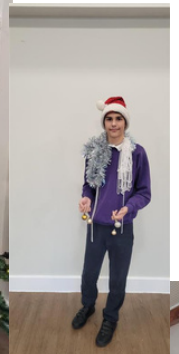


Christmas WREATH WORKSHOP

Thank you to all the families that joined us for our Christmas Wreath Workshop. There was some beautiful creations made. Also thank you to Simply Flowers by Sue for running the sessions.



Learning Look...



Tips for a Sensory-Friendly Holiday

- ① **Keep decorations limited and secured**



Shiny, glittery decorations might be enticing to grab, shake, and sometimes eat. Twinkling lights and smells might also create an overload. Be mindful of what and where you add the "holiday spirit."

- ② **Keep to only unwrapping one gift at a time**



The sound of gifts being unwrapped can become quite loud. So when many gifts are being ripped out and paper strewn all around, this can cause some anxiety. Keeping the unwrapping to one person at a time will help alleviate the frustrations and meltdowns.

- ③ **Provide Social Cues for Receiving Gifts**



Talk in advance to your child about reactions to gifts. Suggest a polite or fun way to respond so as not to offend or embarrass the giver. Practice saying "Thank you" when getting any gift. It's always a safe response.

- ④ **Factor in Sensory Breaks**



All this change in his/her routine can become overwhelming. Encourage sensory breaks before your child becomes frustrated. Be ok if your child would rather spend time in his/her safe place over hanging out with the large group in your home.

- ⑤ **Outings can be Intense**



Big displays, loud music, and large crowds all add up to a very overwhelming outing. Prepare your child before that shopping trip by explaining what might be different. Create a shopping list or scavenger hunt for them to stay focused. And don't expect to stay out too long!

- ⑥ **Keep a Favorite Food Available**



Make sure to have a favorite food on the menu during family gatherings and parties. Trying to force new foods or textures during a busy time might cause a regression in eating. Let them eat what and where they are comfortable eating, even if it's not at the table with family.



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AUTISM CENTER

Surviving Sensory Overload During the Festive Period

- 1 Even at festive times, it's ok to take food with you that you know your child will eat.
- 2 Keep things simple to help you all enjoy it.
- 3 Don't allow others to dictate how you spend time during your festive period.
- 4 To prepare for Christmas create a sensory tool kit in a pencil case or similar.
- 5 Promote lots of personal time before any outings and extra winding down time on return.
- 6 Be flexible, no event or activity is more important than each other.
- 7 Be mindful of additional stress levels; use your usual tactics to nip any meltdowns in the bud.
- 8 Have a sensory retreat location in mind when traveling to an unfamiliar environment.
- 9 Party occasions may still require comfortable clothes for your child.
- 10 Use social stories to prepare for occasions you want to join.
- 11 Don't expect everything to be perfect, it's ok and normal if there are some setbacks.
- 12 Learn all about your Christmas with your child, don't be afraid to create your own family traditions that suit you.
- 13 Avoid sensory overload and sudden transition by putting up your Christmas decorations gradually.
- 14 Don't overwhelm with presents, give your child a private quiet space to open their presents, or allow them to open one per day until they have all been opened.
- 15 Give your child a tool such as a card or wristband to let you know if it's getting too noisy.
- 16 Provide a tried and tested meal for an individual with sensory difficulties and maybe allow them to eat in a Christmas free space to reduce any unfamiliar smells.
- 17 Ask all visitors to check in advance before visiting and don't be afraid to say no if you feel it may be too much.
- 18 Don't force the Christmas you want on your child, try to help and encourage them but not force them.
- 19 Involve your child when putting up decorations but be aware of decorations that may upset your child such as flashing lights or talking Santa's.
- 20 Be aware that a behaviour change may indicate a new sensory trigger, they're everywhere at Christmas.
- 21 Dress your child in layers; they may soon become hot in unfamiliar environments so removing clothes layers can help.
- 22 Remind of rules, and structures which are helpful, these rules can help a child that needs and prefers routines.
- 23 Be prepared as usual, having to hand any items or devices that calm your child down when their becoming overwhelmed is recommended.
- 24 Take care of you, the thing your child needs most at Christmas is for you to be OK!
- 25 Have a merry Christmas!

A guide to the festive season

for parents and carers of children with autism





Holiday Activities and food programme

The Holiday Activities and Food programme is being delivered by a number of different individuals and organisations across Devon.

To access the programme, simply book a place through one of the providers. All clubs will be operating for a minimum of four hours, including a hot meal. Please note that booking details differ depending on each provider. The schemes are fully inclusive and accessible, so please discuss your child's needs with your chosen provider.

Please click the link below:

HAF providers – Christmas 2022 – Education and Families (devon.gov.uk)

School Attendance

Please ensure if your child is going to be absent please ring the school office on 01884 763140 and leave a message or please email atss_info@transformingfutures.org.uk

Our Safeguarding Team

Our Safeguarding Team	
Julie Chatterton Designated Safeguarding Lead	
Stacy Fagg Deputy Designated Safeguarding Lead	
Joanna Panton Deputy Designated Safeguarding Lead	
Kevin Morgan Safeguarding Team	
Sharna Causley Safeguarding Team	
Jaqs Bagnell Safeguarding Team	

Worried?  **Concerned?**  **Got Questions? Want to Talk?**  **Need Information?** 

You can talk to **any** member of staff or contact the following:

Your family and friends are good places to get support but if you think there is an immediate risk of harm, please do not keep it to yourself.

Talk to any adult in our school family – we will help you. If you do not how to start, just use the word "TREE" and we will know you are worried.

If you want to get confidential or anonymous (no one asks your name) help, these organisations can help.

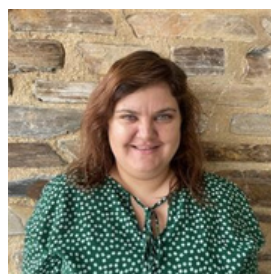
Shout is a free, anonymous text based talking service. You can text 85258 and someone will reply.	
Childline can be contacted via a free phone number: 08001111. There is also a website childline.org.uk .	
Young Minds is online, social media and free texts: send YM to 85258 and you will be contacted by text.	

Multi Agency Safeguarding Hub: 0345 155 1071

Our Family Support Team



Jacqueline Bagnell
Family and Student Support Co-ordinator



Kate Davey
Family Support Assistant