

Outreach Newsletter

Summer Term 2023

Parents Newsletter

Welcome to our first newsletter to parents. Those of you who completed our survey in the Autumn Term said you would like more contact with us and to know how we support your children in schools. This newsletter will be a way of us doing that. If you have any ideas for further topics then please do not hesitate to contact us on:

outreach@northcottschool.org.uk

How we work

The Outreach Service is a needs led support for schools. Pupils who are on the pathway for a possible diagnosis of Autism or who have a diagnosis can be referred for support. The school need to complete a referral form which parents must sign to say they consent for us to work with the school in supporting their child's needs.

CONTACT DETAILS:

Northcott School: 825311



OUTREACH TEAM:

Jenny Clark – Part time teacher and outreach lead, 500 secondary pupils on her caseload across the City. Supported by Sarah Blakey.

Chloe Lawrence – Part-time teacher, 180 primary pupils on her caseload predominantly East Hull.

Catherine Wittey – Part-time teacher, 180 primary pupils on her caseload East and North Hull.

Hannah Gibson Matthews – Part-time teacher, 240 primary pupils on her caseload predominantly West Hull and supported by Hannah Peterson.

Sarah Blakey – Full time support worker within secondary schools.

Hannah Peterson – Part time support worker within primary schools

Once a referral has been accepted the outreach teacher allocated to that school will complete an initial observation and provide recommendations for how to support your child in school. Some of these recommendations will include support from ourselves and some will be things that the school can put in place without our support. The level of support provided will vary during your child's journey within education. For example, they may receive lots of support at first and then this may reduce. This may increase again when they are in year 6 and 7 as they are transitioning to Secondary School. Once a child is referred to the Outreach Service they are not discharged unless they leave education or move to a specialist setting.

Sleep advice

In the last schools newsletter we asked for suggestions of areas to cover in future newsletters . Sleep was an area that was suggested. Below are some suggestions that may support with this:

- KIDS Hull and East Riding. KIDS sleep services provide trained sleep practitioners who are able to support and advise families on their children's sleep problems and support them to put effective strategies in place.
Website: <https://www.kids.org.uk/hull-and-east-riding-send-sleep-service>
Contacts: 01482 467540 / enquiries.yorkhire@kids.org.uk
- Creating a bedtime routine supported with visuals. Make sure the visuals include waking up. Lighting, warm drink, break from screens might be useful parts of the routine.
- White noise or meditation can be useful to be played as lots of our pupils find silence difficult. Also this can help the brain focus on something relaxing and soothing.
- A weighted blanket or body sock can help from a sensory point of view.

“Autism is like the roll of a die, a very large die with small sides. Every side has a random chance to be the Autism side and every Autism side is different” Year 6 pupil Maybury Primary School

Chris Packham



Chris is a nature photographer, television presenter and author. He is probably best known for his television work including The Really Wild Show and Springwatch. He received a diagnosis of Autism in his 20s and has made documentaries about this. His most recent 2 part documentary is available on BBC Iplayer and is entitled 'Inside our Autistic Minds'. In these programmes Chris meets four Autistic people and helps them create films to share with their family and friends about their own experiences of Autism. We can learn so much for those with Autism and their experiences.

Book recommendation

'The Secrets of My Spectrum' – Callum Knight



Part memoir and part guidebook written by 16 year old Callum who received a diagnosis of Autism age 13. He wanted to help others understand more about Autism from his perspective. Easy read in useful sections. Ideal for staff, parents and children.

“Autism widens the gap in my skills e.g. I’m really good at some things and really poor at others” Year 11 pupil at St Mary’s College

Useful online resources

- Amazing Things Happen. This short YouTube clip explains Autism in a child friendly way. It is useful for those with Autism but also people who know someone with Autism e.g. peers in the class, family members etc. <https://www.youtube.com/watch?v=RbwRrVw-CRo>
- Amazing Kids – Autistic Spectrum condition. This short YouTube clip explains Autism in a child friendly way. It is useful for those with Autism but also people who know someone with Autism e.g. peers in the class, family members etc <https://www.youtube.com/watch?v=VAogdfYPstU>
- ADHD clip. A lot of you ask for advice around ADHD. This is not something we provide support with as we are an Autism Outreach Service, however, this clip has been brought to our attention and it may be useful for you. It is from the creators of Amazing Things Happen and can be used in a similar way. <https://www.youtube.com/watch?v=1t9UHQgtDfU>
- Autism Education Trust. This website has lots of useful resources, articles, video clips and information. <https://www.autismeducationtrust.org.uk/>
- The National Autistic Society. This website has lots of useful resources, articles and information. <https://www.autism.org.uk/>
- Reachout: Autism Consultants. There are lots of free visuals and other resources available on this website. <https://reachoutasc.com/>
- The Girl with the Curly Hair. The Curly Hair Project is an organisation that helps people on the autistic spectrum and the people around them. It was founded by autistic author Alis Rowe. They also run lots of webinars [The Girl With The Curly Hair - Autism Training, Animations, Books](#)

Email addresses:

jlark@northcottschool.org.uk

gibsonmatthews.h@northcottschool.org.uk

Lawrence.c@northcottschool.org.uk

withey.c@northcottschool.org.uk

Penrose.s1@northcottschool.org.uk

Peterson.h@northcottschool.org.uk