

# AATS Update

A half termly newsletter for by the Autism Advisory Teacher Service for Peterborough's Neurodiversity community

## TACKLING TRANSITIONS

**Rob Emery** (*Autism Advisory Teacher*)

With the final half term of the school year fast approaching, thoughts are increasingly turning to what lies ahead in September. For some pupils, particularly those preparing to move on to a new setting, this marks a time of considerable change. Such transitions can understandably feel overwhelming for both pupils and their families. In this edition, we take another look at the essential elements that help to *stir together* a positive and successful transition experience.



### COMMUNICATION & COLLABORATION

Clear communication is central to a successful transition, with everyone involved playing an important role in sharing relevant information. Strong communication and collaboration between settings help ensure the right support is in place for pupils as they move into the new academic year. Much of this will happen as part of the transition process, but if there is anything you feel would be particularly helpful in supporting your child or young person, please contact your child's SENDCo. By working together, we can help achieve a positive and well-supported transition for our children and young people.

#### Current Setting:

Compiling and sharing information with next setting.  
Preparing Pupils (independence/organisation skills)

#### Receiving Setting:

Disseminating information to staff  
Training staff  
Sharing photos, map, timetable, welcome video etc. with family.

#### Parent/Carer:

Sharing further essential information  
Providing a positive perspective for pupil  
Reviewing materials and practising routines at home

### PREDICTABILITY & ROUTINE

Parents and carers have an essential role in helping children feel ready for an upcoming transition. Spending time over the summer discussing the move and presenting it in a positive, supportive way can help pupils develop a more confident outlook. Building familiarity is also key in reducing anxiety. Exploring the school website together, watching virtual tours and looking through the timetable can help your child gain a better sense of their new environment. Practising everyday routines, such as trying on uniform, packing a school bag, or walking the route to the bus stop, can also be beneficial. The overall aim is to make upcoming changes feel as expected and predictable as possible.

### COMPASSION & UNDERSTANDING

For some children, moving schools is a major change and can bring uncertainty, even with good preparation. As the end of term and summer approach, worries may increase and behaviour may change. Responding with patience and reducing other demands can help children process their feelings and feel supported through the transition.

Talk with your child about how they are feeling and reassure them that anxiety is normal during change. Sharing past experiences and reminding them of challenges they have overcome can help. By understanding their worries and working together, we can support the most positive transition possible.

# Hidden Disabilities Sunflower Lanyard Scheme

If you are heading abroad this summer, many UK airports have adopted the Hidden Disabilities Sunflower Lanyard scheme, allowing individuals with autism and other hidden disabilities to discreetly signal that they may require additional support.

Staff at participating airports are trained to recognize the lanyard and offer assistance such as priority access at security, more time to process instructions, guidance through busy areas

## How to get a lanyard:

Most airports allow you to request a **Hidden Disabilities Sunflower Lanyard** online before your journey or collect one at customer service desks inside the terminal.

The sunflower lanyard can be purchased online, or some supermarkets give them out for free at customer services.



More about holidays in our next issue!



## Newbold Hope

Newbold Hope's series of summer webinars offer a range of webinars for parents of SEND children:

There's everything from 'Being the Best Possible Advocate for Your Child During Meetings' to 'Reducing Extreme Behaviour.'

Webinars cost £10 each. For the full list of webinars [click here](#).

# Out & About

## Half Term Adventures at Ferry Meadows:

Plenty going on this half term at Nene Park

[Click Here](#)

## Peterborough Museum,

Lego: Build the Change.

[Click here](#)

## Flag Fen

Crafty Kids Sessions

[Click Here](#)

## Lyveden New Bield:

Lodge Week has lots of activities for kids this half term.

[Click here](#)

## VIVACITY

Short breaks for children and young people aged 7-19 with SEND.

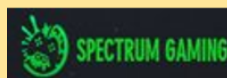
[Click here.](#)

## Railworld:

[Click here](#)

# Rainy Days

## Try these...



**Spectrum Gaming** is an online community for autistic young people. Check out their [YouTube channel](#) and on the [Spectrum Gaming website](#)

**Great Indoor Games to try at home:**

[Click here](#)

## Music/Beatboxing:

Interested in music and Beatboxing?

Check out incredibox: [Click here](#)

## Messy Art Fun:

Bubble Painting: [Click here](#)

Marble Painging: [Marble Painting](#)

# THE NOTICE BOARD



## Events

Pinpoint Cambridgeshire have a range of webinars that are free to access.

Neurodivergent and left school? 28<sup>th</sup> May 7:30pm

Helping your little one get ready for 'Big School.' 3<sup>rd</sup> June, 12pm

[Click here](#)

## PARENT AND CARER PHONE CONSULTATIONS

Advice and support at home.

To book a phone call with one of our Autism Specialist Teachers please email

[SEN.Inclusion@peterborough.gov.uk](mailto:SEN.Inclusion@peterborough.gov.uk)