

Bright Sparks News

Newsletter No. 25

October 2024

Happy Autumn. The crisp mornings and crunchy leaves are a thing of beauty despite it being very difficult to get up in the mornings. Thank you for all your support this year. Please feel free to contribute to the newsletters; you can do this by emailing me via to school office on admin@fishergateschool.com. All contributions welcome.



Random bit: Did you know?



Lemons float, but limes sink. This is because of their different densities, often causing unpeeled limes to sink if submerged in a liquid.

Executive functioning

What is executive functioning?

Executive functioning consists of skills including the ability to manage emotions, initiate activities within a timely manner, shift attention from topics or activities, control impulses and urges, retain information for use during functional activities, develop plans and formulate systems to perform a desired task, prevent missing materials, and being mindful of how our own behaviour impacts others.

Strategies to help

Spotting difficulties with executive function

Younger children

Gets frustrated easily, might throw things instead of asking for help

Has trouble following directions and often forgets what to do

Has lots of tantrums over things that seem minor

Acts out instead of expressing feelings

Struggles with basic tasks like finding things in a cupboard or packing up at the end of the day

Is very stubborn about doing things a certain way

Older children

Starts a task and gets distracted, then doesn't finish

Can solve a maths problem one way but gets stuck when asked to solve it a different way

Focuses on the least important thing you said

Mixes up tasks and doesn't bring home the right books and handouts needed for homework

Has a messy desk and backpack

Panics when rules or

Create routines for your child's day and week

Use rewards to help reinforce positive behaviour and avoid punishing negative behaviour

Model planning, organisational and time management skills in everyday life

Support your child in weighing up the pros and cons of different solutions to a problem

Help your child to see the bigger picture and perspective of others

Play games that help practice executive function skills, such as:

Strategy games like connect 4, noughts and crosses. Games such as monopoly or chess use executive skills such as maintained focus, planning ahead, considering options before acting, and inhibition. Practice switching between the rules, so they can practice flexible thinking and working. This could involve playing card games matching colours then suits and so on.

LOCAL AUTHORITY SEN PARENT and CARER SUPPORT-York's Neurodiversity Programme

York's Neurodiversity Programme has commissioned the ADHD Foundation is hosting live support sessions in 2024 to help you understand and support your child's unique needs. See the information below and register for sessions on ADHD, emotional regulation, sensory integration, diet/nutrition, and child development (age 7 and under). Sessions are online, exclusive to York, and not recorded.

Understanding and supporting ADHD – Tuesday 12 November at 10.00am

Understanding and supporting sensory integration – Thursday 21 November at 10.00am

Understanding diet and nutrition – Wednesday 27 November at 1.00pm

Understanding and supporting emotional self-regulation – Wednesday 4 December at 1.00pm

Understanding your child's early development (age 7 and under) – Wednesday 11 December at 1.00pm

Registration can be done here: <https://www.yorksend.org/professionals/parent-carer-webinars-yorks-neurodiversity-programme/1>

Zones of regulation

Did you know that we use zones of regulation to help children to recognise and manage their emotions.

We use this useful video to recognise emotions: <https://www.youtube.com/watch?v=nEUzQ7yL9A0>

ZONES OF REGULATION



BLUE ZONE
Low State of Alertness



GREEN ZONE
Ideal State of Alertness



YELLOW ZONE
Heightened State of Alertness



RED ZONE
Extremely Heightened
State of Alertness



There is a section on our school website explaining zones and how to use them alongside a number of resources. Have a look:

<https://www.fishergateschool.com/learning-fishergate/mental-health-and-emotional-well-being>



Head teacher–Tina Clarke

Deputy Head teacher –Dani Rees

Inclusion leader– Lisa Solanki