

6th January 2023

Dear Parent / Carer,

**Online Parent Workshop – Regulating Your Child 18th January 2023**

**Parent Pop-In - 2nd February 2023**

Springwell Leeds are excited to launch our parent / carer support sessions in January 2023.

Firstly, we are providing an **online workshop at 11:45a.m on 18th January** led by Occupational Therapist Jenny Stephenson who has been supporting the Academy for the last two years with the SENCo Team

In the workshop you will gain a deeper understanding of what regulation is and be provided with ideas and recommendations to help you to regulate your child at home and in the community. There will be opportunities at the end for questions and discussion.

The session will cover:

* What is Sensory Processing?
* What is Sensory Regulation?
* Different ways to regulate your child / young person
* Questions and discussion

Secondly, **all parents and carers are invited to ‘Pop-In’ school** **on Thursday 2nd February** for a cuppa, a cake and a chat with the SENCO. This is an opportunity to have a catch up with other parents or to discuss a particular issue. We will have an **open house from 9-10:30a.m** to mingle and SENCOs will offer **1-1 appointments from 10:30-12:30p.m** for any parents or carers who would like a private chat – this can be in person, a virtual chat or by telephone.

***If you would like to join the workshop on the 18th January 2023 and/or the Parent Pop-In on 2nd February 2023, please contact the SEN Admin Team at your Springwell site.***

***We will provide a link to join Jenny’s workshop when you book.***

Kind regards

The SENCO Team at Springwell Leeds

Jaime Warr (North), Ashley Knapton-Smith (South) and Natalie Whitaker (East)