



SEND Newsletter

Issue 08 November 2025

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Welcome to our SEND newsletter

Welcome to Our Lady's latest SEND newsletter, designed to share updates and information regarding special educational needs and disability, both at our school and in the community.

Should you require any further information, or if you would like an appointment to discuss your child, please contact the school office and I will be happy to help.

Mrs Thompson
SENCO

No Pens Allowed!

Our school community came together on the first day back after half term for another 'No Pens Day'!

Teachers planned engaging learning opportunities designed to develop children's problem solving skills and to strengthen verbal communication skills, while giving our pencils a rest!

Class 5 exploring exciting artifacts Mrs Sturrock brought back from Thailand



Class 3 building volcanoes!



Nursery enjoying finger writing with glitter

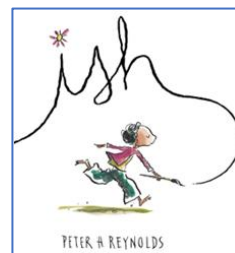


MHST Update



We continue to strengthen our partnership with the Mental Health Support Team. In the coming weeks, Mandy Lau, our allocated practitioner, will offer a friendship intervention for a group of children in Class 3, alongside small group interventions developing confidence and positive self-image skills for a number of KS2 children.

World Mental Health Day



We always prioritise wellbeing at Our Lady's, and World Mental Health Day on Friday 10th October provided a perfect opportunity to celebrate our growing knowledge. Each class studied the book 'Ish' by Peter H Reynolds, an inspiring story which reminds us of the importance of giving things a go, even if we don't succeed first time around.

We began the day with a whole school assembly, led by Mandy Lau of MHST, who taught us ways to improve our growth mindset, before enjoying new experiences to 'have a go' at, such as learning new playground games, singing new songs and learning new art techniques. We thoroughly enjoyed being novices for the day!

Enhanced Provision News

Our Enhanced Provision, or as we prefer to call it, Growth Garden is growing nicely! More children have joined the group for interventions, which include Sensory Circuits, Attention Autism and Social Interaction. This half term, the wider theme is 'Autumn' and the children have been using our school grounds to spot the signs of Autumn all around us. They have given thanks on Remembrance Day and even had time to make and cook their own pizza!



Learning to show gratitude through Remembrance Day work and prayers



Investigating Autumn in our school grounds



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Winter Community Activities

Autism Team Parent and Carer Workshops 25-26



The Autism team continue to support parents through their informative courses, which are free of charge. Should you be interested in one of these courses, please contact the school office and we will forward you a flyer containing further information and a link to join the online meetings.

Making Sense of Autism

3rd December 5pm-6pm

4th March 12:00-1:30pm

This session provides information around your child's diagnosis and the reasonable adjustments that could be put in place to support them.

Emotional Regulation

26th February 12:00-1:30pm

This workshop will focus on anxiety and how to recognise the signs and symptoms. Parents will work towards building a toolkit of strategies to help manage their child's emotions



Changing Lives.
Changing Futures.



Nottingham
City Council



Tel: 0115 853 3101

The National Ice Centre, located on Lower Parliament Street, now offers an adapted service for children with special educational needs, including:

- Sunday morning slower-paced skating sessions with subdued lighting and quieter music
- Free of charge skating, for carers supporting disabled children
- Sensory tours for children before skating
- Dedicated 'Tots Zone' for young children where pushchairs are allowed on the ice
- Free skating for children under 5 years of age

Relaxed Performances at the Nottingham Playhouse

The Nottingham Playhouse perform relaxed sessions of some of their performances, ideal for children with SEND. Noise is reduced to a minimum, lighting is carefully adjusted, and 'chill out' spots are provided before and after each performance for those requiring a calming space.

NOTTINGHAM
PLAYHOUSE



CHILDREN'S THEATRE

Nottingham Playhouse presents

The Little Mermaid

Thu 4 Dec - Sat 3 Jan 2026

Mental Health and Wellbeing Space

Please take a look at the 'Parents and Carers' section of Our Lady of Lourdes Trust Mental Health and Wellbeing Space, especially designed to support you in all matters concerning mental health and wellbeing for both you and your child.

The website contains a wealth of information including articles, video clips and suggestions of apps you can download to support your family

[Mental Health & Wellbeing Space](#)

A final thought....

