



SERC

Newsletter  
June 2017

[www.redbridgeserc.org](http://www.redbridgeserc.org)

Tel: 0208 503 8773

### DeMontford University wins Guardian University Award for their Disability Enhancement Programme.

- Lecture/Staff led activity content is 'captured' allowing Students to revisit if required
- New assistive technology in the library
- Accessible formats of text and information
- Ask and collect resource support for disabled Students.
- Quiet themed accommodation for ASD students and those with mental health needs.



### A great new animated film to help explain Autism.

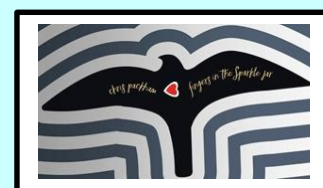
Made by Ai-Media

<https://www.youtube.com/watch?v=7JdCY-cdgkl>



### Chris Packman

(Spring watch/BBC)



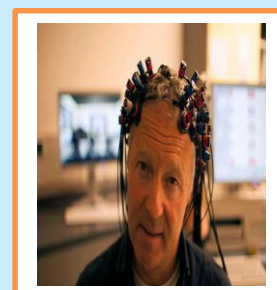
has written an Autobiography about the issues he faces.

Ideal read for those interested in ASD/Aspergers.

### BBC Horizon

ADHD and Me by Rory Bremner

An hour long look at ADHD, what it is, and the treatment options



# General Senco Page

**TOO MUCH INFORMATION  
NATIONAL AUTISTIC SOCIETY**

**[HTTP://WWW.AUTISM.ORG.UK/GET-INVOLVED/TMI.ASPX](http://www.autism.org.uk/get-involved/tmi.aspx)**

**# TMI**

THERE IS A NEW CAMPAIGN BY NAS

THERE IS A GREAT FILM EXPLAINING WHAT IT FEELS LIKE  
TO EXPERIENCE TOO MUCH SENSORY INPUT.

ALSO LINKS TO HELPFUL INFORMATION

**Got a student who uses a  
frame and wants to play  
football...**

## Frame football in Basildon

Basildon Frame Football

Saturday fortnightly

Basildon Lower Academy

SS14 1UX

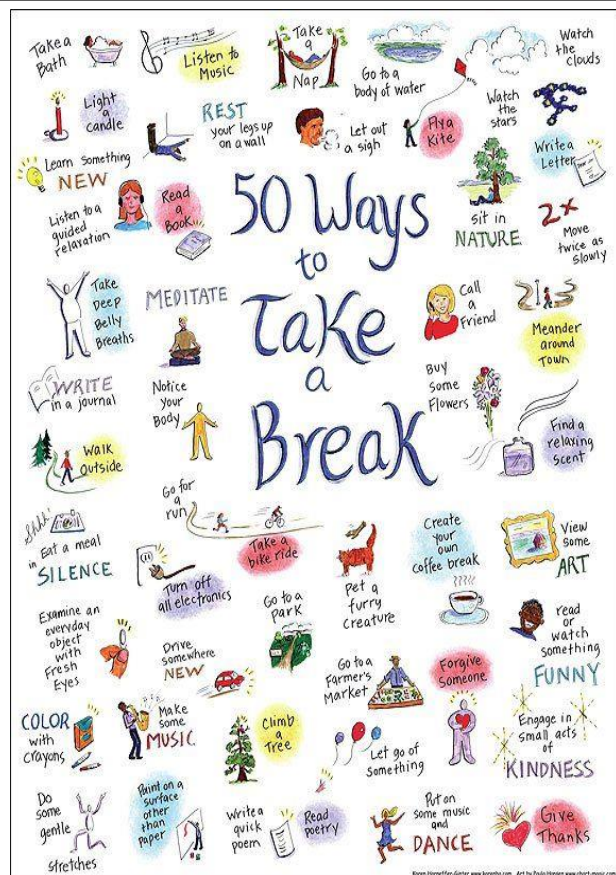
Time 12-1 pm

Age 3-16



**Cost:** £5.00 per session

**Contact:** [steve@framefootball.com](mailto:steve@framefootball.com)



NIMBLE FINGERS has been a great free typing website we have recommended for years.

It appears to have disappeared!

I have updated the links to the free typing sites on our website – which offer over 40 + different games and activities

<http://redbridgeserc.org/resources/category/typing>



**How do we explain recent terrorist events to children?**

BBC Newsround has a page offering good advice

<http://www.bbc.co.uk/newsround/13865002>



## Please offer me a seat badge – TfL

<https://tfl.gov.uk/campaign/please-offer-me-a-seat?intcmp=41947>

TfL have recently introduced a badge to help Adults and Children who may have difficulty standing/waiting on all TfL transport. It is designed to be supportive for hidden disabilities and medical conditions.

The badges are free - you do not need to declare why you are applying, simply send for a badge.



## Why has the GCSE system changed?

### What do the new numbers mean?



There currently is a lot of confusion about the new system and what the numbers mean.

Here is a simple article which explains what the numbers mean and why the system has changed.

<http://www.bbc.co.uk/news/education-39490307>

## LAMBORNE END DISABILITY FUN DAYS

Days dedicated to Redbridge Children are out

<http://www.lambourne-end.org.uk/html/Redbridge%20Family%20Fun%20Days%202016-2017.pdf>



There are several days listed for this year, the next being 26<sup>th</sup> June offering Bush Craft, Sensory trail, Raft building and Eggs can fly!

## PARENT'S PAGE

### MINOR AILMENTS SCHEME

Did you know some pharmacies can issue free medication for children under 16 yrs?

Not all pharmacies offer this, but it is worth asking. Some of the medication that can be given out is; -Paracetamol liquid, Cough Mixture, Hay Fever tablets, Medication for diarrhoea/head lice etc.

For more information there is a simple video;

<https://www.youtube.com/watch?v=iIqVjiF8EhQ>



## INDIGO SUNDAY FAMILY FUN DAY

Held every second Sunday in the month 11-3 pm

Indigo Project, Granville Rd, Ilford

This is a regular event for Children who have a disability, siblings and family members

Tel: Mark Carr 0208 554 2888

Email: [mark.carr@barnados.org.uk](mailto:mark.carr@barnados.org.uk)



# PRIMARY PAGE

## NO YELL BELL

As a Teacher I am not a fan of shouting or having to raise my voice. I have found this and it has good reviews. An electronic bell that has different sounds that require students to listen for the different tones/volume.

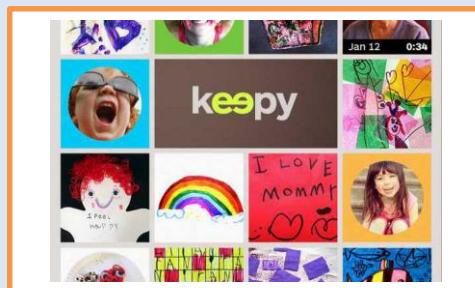
<https://www.learningresources.co.uk/product/classroom-attention-getter.do>



It will soon be that time of year when Teachers send children home with a huge pile of work/pictures/paintings

There are great App's that Parents can use to take photos of work and archive.

Take a look at **KEEPY** or **ARTMYKIDSMADE** and **ARTSONIA**



Share the link with families and save some walls

## 561 FREE SIGHT WORD STORIES

This site is great for offering free simple reading books

Ideal for Students who are not ready for a scheme, but you need lots of opportunity for repetition.

Well worth bookmarking the site [http://www.readinghawk.com/Reading\\_Hawk/Dolch\\_Sight\\_Word\\_Stories.html](http://www.readinghawk.com/Reading_Hawk/Dolch_Sight_Word_Stories.html)

Can You See  
My Blue Leg?



A Collection of  
Dolch Three Letter Noun  
Sight Word Stories - Level 4  
By Clark Ness

## SENSORY MATHS TUB

This is a great idea. Get Students to 'snip' lots of coloured straws to make your base, then add lego, plastic numbers, Numicon bits etc.

Create cards showing photos of what they need to find.

An idea way to develop and extend mathematical language.



## Finger gymnastics

30 sec video to share at Staff

Meeting/KS 1 Staff

3 quick ideas for writing warm up's



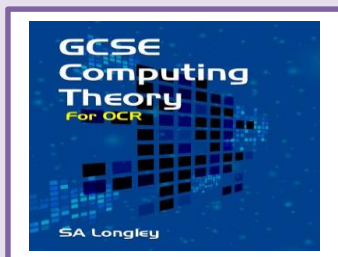
<https://www.youtube.com/watch?v=JEhSzcQvlys>



## GCSE – Computing Theory for OCR Exam

FREE on Kindle

This covers the theory part of the GCSE Computing course and follows the OCR specification.



## Think a link

Worth a look if you are looking for a different approach to memory/spelling

<https://www.youtube.com/watch?v=xB8HtwigoeE>

<https://www.youtube.com/watch?v=XFqSISUA-b8>



## SECONDARY PAGE

Well worth printing out this image and share with Students, as many have these on the way to School.

### How the sugar stacks up...

Rockstar Punched Energy Drink Guava (500ml) 335 cals 19.5 tsp of sugar	Lucozade Energy Pink (500ml) 285 cals 17 tsp	Mountain Dew Citrus Blast (500ml) 240 cals 16.5 tsp	Monster Energy (500ml) 235 cals 13.75 tsp	Caffe Nero Fruit Booster Raspberry & Orange (655ml) 236 cals 13.6 tsp
Old Jamaica Ginger Beer (330ml) 201 cals 12.5 tsp	Galaxy Smooth Milkshake (376ml) 295 cals 10.9 tsp	This Juicy Water Lemons & Limes (420ml) 159 cals 9.1 tsp	Coca-Cola (330ml) 139 cals 8.75 tsp	Lipton Iced Tea Peach (500ml) 150 cals 8.5 tsp
San Pellegrino Limonata Italian Sparkling Lemon (330ml) 149 cals 8.25 tsp	Volvic Juiced Berry Medley (500ml) 130 cals 8 tsp	Britvic Orange 55 (275ml) 134 cals 7.5 tsp	Shloer Red Grape Juice (275ml) 118 cals 7 tsp	Sainsbury's Mango Juice Drink (200ml serving) 121 cals 6.9 tsp
Red Bull (250ml) 115 cals 6.8 tsp	Cawston Press Sparkling Elderflower Lemonade (330ml) 99 cals 6.1 tsp	Dr Pepper (330ml) 96 cals 6 tsp	Capri-Sun Blackcurrant (200ml) 100 cals 6 tsp	Welch's White Grape Pear & Apple (200ml serving) 92 cals 5.7 tsp
Ocean Spray Cranberry Classic (200ml) 92 cals 5.5 tsp	Ribena (200ml) 83 cals 5 tsp	Waltrose 50% Apple & Mango Juice (200ml serving) 66 cals 4 tsp	Sainsbury's High Juice Blackcurrant (200ml serving) 66 cals 3.9 tsp	Bottlegreen Elderflower Coriander (200ml serving) 58 cals 3.6 tsp

Got reluctant readers? Try Comics

<https://www.comixology.co.uk/Free-Comics/page/175>

Offer 124 free comics for Students over 12 yrs.

All the usual Marvel characters, plus Sci-Fi and some to attract girls.

Download for free



**THIS WEEK JUNIOR** current affairs newspaper for 8-14 years

(Plus older SEN)

<https://theweekjunior.co.uk/>



### EDIBLE MARSHMALLOW PLAYDOUGH

<http://onelittleproject.com/marshmallow-play-dough/2/>



Playdough you can eat – ideal for those children who like to put everything in their mouths.

The recipe is from USA – Cornstarch is Cornflour in UK

### Patrick Marden

24 year old man from Kent with Cerebral Palsy completes the London Marathon using his walking frame



Inspirational – share with all Students who use a walking frame,

## End of Term in July ....fancy making a difference?

Take a look at

[www.salsshoes.com](http://www.salsshoes.com)

By September most children will have outgrown the shoes they are wearing today. How about this as a different idea?

On the last day of term, Students leave their school shoes behind (or bring in a pair that are too small) and these are donated to children who are barefoot and don't own shoes.



"If they can't learn the way we teach, we teach the way they learn"

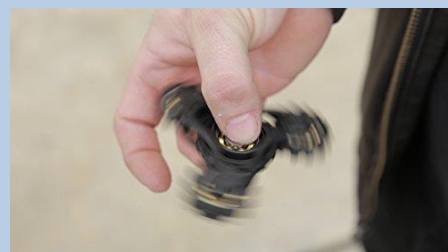
- Dr. O. Ivar Lovaas



## Fidget spinners and cubes

– love them or hate them but certainly a fine motor activity that is suddenly very cool

(and quite difficult to do!)





Chigwell Riding Trust  
For Special Needs

Registered charity 212644



# Open Day

## Sunday 2nd July

### 11am - 4pm

Riding Demonstrations, Traditional stalls, Meet the ponies, Refreshments

Chigwell Riding Trust for Special Needs  
Grange Farm Lane  
High Road  
Chigwell  
Essex  
IG7 6DP

020 8500 6051  
[www.chigrade.org.uk](http://www.chigrade.org.uk)

## Lego Tape

Did you know you can buy lego tape?



Ideal for children who are in a wheelchair or putting around table/cupboard edges etc.

There are several stockists including Amazon

## PHOTO MATH APP



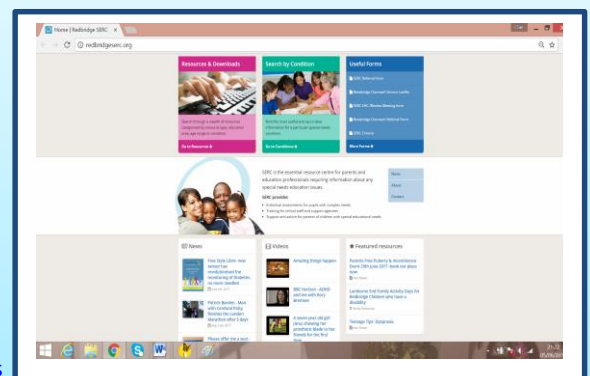
This app claims to show you how to work out Maths problems step by step

I have tried  $\times 8$  and it did all of them correctly!!

FREE - Worth a download

### The latest areas of the website to be updated;

- **Diabetes**  
<http://redbridgeserc.org/conditions/category/diabetes>  
Lots of new links and videos uploaded
- **Hypermobility**  
<http://redbridgeserc.org/conditions/category/hypermobility>
- **Ehlers Danlos Syndrome**  
<http://redbridgeserc.org/conditions/category/ehlers-danlos-syndrome>
- **Brittle Bones/Osteogenesis imperfecta**  
<http://redbridgeserc.org/conditions/category/brittle-bones-osteogenesis>



[www.redbridgeserc.org](http://www.redbridgeserc.org)

Please with your colleagues and families. Professionals and Families read the newsletter outside Redbridge – you are welcome to share. Would you kindly acknowledge the source, as this takes a considerable time to collate.

Any queries please email [admin.newbridge@redbridge.serc.sch.uk](mailto:admin.newbridge@redbridge.serc.sch.uk)