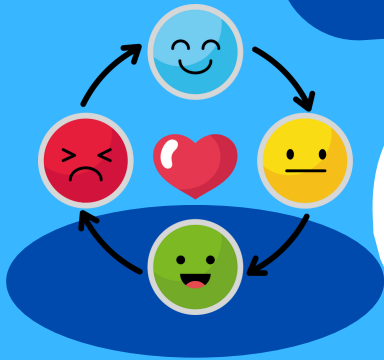


# SEND & SEMH

## Newsletter 24/25

Resources, articles and tips!

via clickable links



### Article- What is regulation?

An informative article written by the creator and founder of the Zones of Regulation.

### 2. Guidance - Eating Challenges

Guidance from the Charlie Waller Trust on supporting a child with an eating problem.



### 3. Video - Elliott Fewster: Car racing and dyspraxia

Elliott Fewster, a car racing fanatic with dyspraxia. Watch Elliott's video that showcases his racing journey and inspires other young people with dyspraxia to achieve their dreams.



## DID YOU KNOW...

The NHS recommends that children aged 6 - 12 have 9 - 12 hours sleep a night.

All feedback is welcome as we want it to be useful for YOU so please tell us what you want to see. Mrs Larkman, Mrs Mead and Mrs Griffin