

Parent Guide to Special Educational Needs (SEN)

Special Educational Needs (SEN)

A child or young person has SEN if they have a learning difficulty or disability which calls for special educational provision to be made for them.

What is a learning difficulty or disability?

A child of school age or a young person has a learning difficulty or disability if they:

- have a significantly greater difficulty in learning than the majority of others of the same age, or
- have a disability which prevents them from making use of resources of a kind generally provided to other children/pupils of the same age in mainstream schools or mainstream post 16 institutions.

Special educational provision

This is educational provision that is additional to or different from that made generally for other children or young people of the same age by mainstream schools.

SEN support: support ALL pupils can access

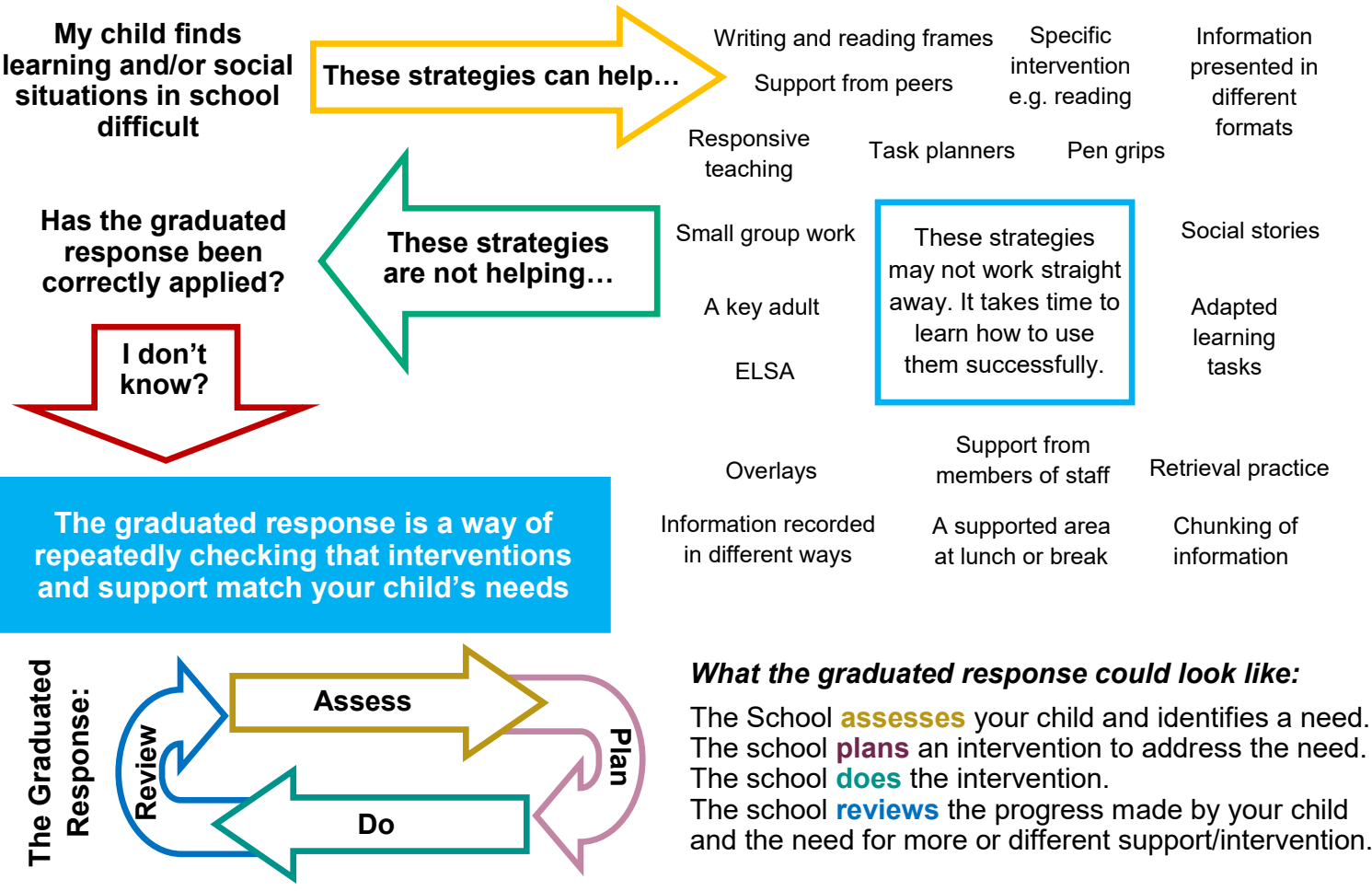
Sometimes your child may need extra help in class, but this does not necessarily mean they have SEN

The majority of children identified as having SEN can be supported without the need for an Education Health and Care Plan (EHCP), this is known as SEN support

Class teachers will regularly check on children's progress and identify any barriers they may have

Teachers adapt their teaching to meet individual needs if your child is not making expected progress

What to expect from School...



If your child has fully engaged in repeated cycles of intervention and support but not made progress from their starting point, then more specific assessment may be required to establish the nature and level of need. There are four broad areas of need, and the boxes below show some of the ways through which these can be supported.

Social, Emotional and Mental Health	Sensory and Physical	Communication and Interaction	Cognition and Learning
The Boxall Profile Mindfulness Restorative approaches Zones of Regulation Play therapy Wellbeing support GP referral to Point 1 and CAMHS Lego therapy	Sensory equipment/spaces Support from outreach services such as the hearing or visual impairment or physical disability teams GP referrals to physio and occupational therapy Assistive technologies and or equipment	Phonological awareness Vocabulary games Repeat instructions Teach listening skills Visual timetables Social stories Pre-teaching Colourful semantics Core vocabulary	Differentiation in class Support from adults Multi-sensory teaching strategies Phonics Working memory Motor skills Reasonable adjustments to the classroom Equipment - pencil grips, slopes etc Use of ICT

Schools do not ‘fit’ a pupil into a category, but rather provide support based on their level of need.

The majority of children identified as having SEN can be supported at SEN support level.

What is an EHCP ?

An Education, Health and Care plan (EHC plan or an EHCP) is a legal document which describes a child or young person's special educational needs, the support they need, and the outcomes they would like to achieve.

EHCP Myths and Legends: What an EHCP IS NOT...

It does not provide your child with a 1:1 adult all the time. The EHCP is designed to support your child to make progress independently.

If additional resources are not required, then an EHC plan should not be necessary and therefore the needs should be met under delegated funding.

An EHCP is not a tool to facilitate frequent changes of school.

Every 12 months:
The LA must review your child's EHC Plan.

Let the school know about any worries you have or changes in personal circumstances

How can I help my child?

Limit screen time

Encourage your child to read

Ensure good sleep patterns at home

Support them to build resilience to challenges,
praise effort and persistence

Attend meetings – parents evening, phonics, transitions and SEN – We achieve the best results if we work together!

Offer a balanced and varied diet

Map of Hampshire Support

Hampshire offers a wide range of services to assist schools and parent/carers in supporting the needs of children and young people. This map highlights some key services that are available and on the following page you can find more information.

Education safeguarding - [Homepage - Hampshire SCP](#)
Hampshire Healthy Families - [Welcome To Hampshire Healthy Families: Hampshire Healthy Families](#)
Hampshire healthy schools - [Healthy Schools in Hampshire | Health and social care | Hampshire County Council](#)
P.S.H.E Offer - [Relationships and Sex Education & PSHE training and Support | Health and social care | Hampshire County Council](#)
Hampshire Libraries - [Hampshire Libraries | Hampshire County Council](#)
Hampshire Arts - [South East | Arts Council England](#)
Hampshire Heritage and Culture - [Hampshire Cultural Trust - Changing lives through culture](#)
Hampshire Fire and Rescue education - [Playing with fire - Hampshire & Isle of Wight Fire & Rescue Service, Official website of Hampshire & Isle of Wight Fire & Rescue Service](#)
Hampshire Police - [Safe4Me – Hampshire Police's free education resource programme for schools, colleges and partners in Hampshire and the Isle of Wight](#)

Prevention

Specialist Teacher Advisors (STAS) Hampshire - [Specialist Teacher Advisory Service | Children and Families | Hampshire County Council](#)
Hampshire Speech and Language - [Speech and Language Therapy: Hampshire Hospitals Inclusion Service - Inclusion Support Service \(ISS\) | Hampshire County Council](#)
Rights and Diversity in Education Centre - [RADE Centre | Hampshire County Council](#)
School Nursing Team - [Children and Family Services: Southern Health NHS Foundation Trust](#)
Hampshire Learns - [Hampshire Learns | Education and learning | Hampshire County Council](#)
Hampshire Virtual School - [Hampshire and Isle of Wight Virtual School and College for children in care | Hampshire County Council](#)
Early help hub - [Early help hubs | Children and Families | Hampshire County Council](#)
Family wellbeing hub - [Family Information and Services Hub | Emotional Wellbeing and Mental Health](#)

Intervention

Education Psychology - [Educational Psychology services for schools | Hampshire County Council](#)
Children's Centres - [Family Information and Services Hub | Hampshire Children's Centres](#)
Family Information and Services Hub - [Family Information and Services Hub | Hampshire's Family Support Service](#)
Support for young people - [Support for young people | Children and Families | Hampshire County Council](#)
Early help services - [Family Information and Services Hub | Hampshire's Family Support Service](#)
Young carers -- [Young carers | Children and Families | Hampshire County Council](#)
Hampshire Virtual School - [Hampshire Virtual School and College](#)

Intervention

Mental Health support – Kooth - [Home - Kooth](#)
Services for Young People - [Support for Young People | Lets Talk About It](#)
YMCA wise – young people at risk of child sexual exploitation [YMCA WiSE](#)
Stop smoking support - [Smokefree Hampshire | Your Stop Smoking Service](#)
Catch 22 – whole family support [Family services | Catch22](#)
Hampshire Youth Access (HYA) - partnership of 11 leading agencies providing counselling, information, advice, and support to children and young people aged 5 – 17 (or 24 for care leavers and SEND) across Hampshire. [Home - HYA \(hampshireyouthaccess.org.uk\)](#)

Targeted Support

Where to find more support for Families

Emotional health and wellbeing

CAMHS

Hampshire Child and Adolescent Mental Health Service (CAMHS) is a NHS specialist service that aims to help young people aged 5 -18 years and their families who are finding it hard to manage their emotional and psychological health, and who are suffering with acute, chronic and severe mental health problems.

[CAMHS \(hampshirecamhs.nhs.uk\)](http://hampshirecamhs.nhs.uk)

They also have the following specialist teams that can be contacted directly:

Specialist Eating Disorder Team

This team covers the whole of Hampshire and works with young people who have eating disorders and difficulties, and their families. The aim is to see young people as quickly as possible and provide specialist treatment. The team also provides information and guidance for anyone who might be concerned about [an eating difficulty](#).

The Specialist Eating Disorder Team can be contacted Monday-Friday 9-5pm on 0300 304 0062.

Learning Disability Care

Hampshire CAMHS also offer their services to children and young people with a learning disability, making sure that young people with a learning disability who also have a mental health difficulty can get the help and support they need. Every team in Hampshire CAMHS has a specialist learning disability CAMHS worker who can offer a range of approaches depending on each person's needs.

Further information can be found at: www.challengingbehaviour.org.uk

[YoungMinds](#) | [Mental Health Charity For Children And Young People](#) | [YoungMinds](#)

[Mental Wellbeing Hampshire](#) | [Health and social care](#) | [Hampshire County Council](#)

Support for the whole family

[Portal : Hampshire Healthy Families](#)

[Family Information and Services Hub](#) | [Hampshire's Family Support Service](#)

[Early Help](#)

Information Advice & Support with Special Educational Needs & Disabilities

[Family Information and Services Hub](#) | [Hampshire's Local Offer for Special Educational Needs and / or Disabilities](#)

[Parents & Carers](#) | [Hampshire SENDIASS](#)

Some common SEN acronyms...

ADD - Attention Deficit Disorder

ADHD - Attention Deficit and Hyperactivity Disorder

ASC - Autistic Spectrum Condition

ASD - Autistic Spectrum Disorder

CAMHS - Child and Adolescent Mental Health Service

CIN - Child in Need

CLA - Child Looked After

CoP - Code of Practice

EHCP - Education, Health and Care Plan

EP - Educational Psychologist

HI - Hearing Impairment

LSA - Learning Support Assistant

OT - Occupational Therapy / Occupational Therapist

PD - Physical Disability

PP - Pupil Premium

PRU - Pupil Referral Unit

SALT - Speech and Language Therapy

SLT - Speech and Language Therapy / Therapist

VI - Visual Impairment (loss of sight)