

INCLUSION MATTERS

NEWSLETTER

THE INCLUSION UPDATE

Welcome to the first edition of our Inclusion Matters, a newsletter for families of students on our SEND register.

My name is Vicki Stillman, Deputy Headteacher and currently the school's SENCO. I am proud to lead our SEND provision alongside a dedicated team who are committed to ensuring that every student feels supported, included and able to achieve their potential.

We know that strong partnerships between home and school are vital in helping every child thrive. Through this half-termly newsletter, we will keep you informed about developments within our SEND department, share the training our staff are undertaking, signpost useful services and support for families, and provide information on a different area of special educational need each edition. We also want this newsletter to celebrate the voices of our students and families. Each issue will include opportunities to hear from parents and young people, share successes, and gather feedback to help us continue improving our provision.

We want to share that next week we will be sending you a copy of your child's pupil passport. The pupil passport details specifics around how your child can best be supported in the classroom - please do feed back if you feel that this needs to be adjusted.

We hope you find this newsletter informative and helpful, and we look forward to continuing to work in partnership with you throughout the year.



OUR TEAM

Lyn Hart
Director of SEND

Vix Henley
Deputy SENCO

Nicky Wooding
SEND Officer

Luke Bennett
Lead LSA



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1. DEPARTMENT UPDATE

We have had a fantastic start to the academic year and have enjoyed welcoming both new students and new members of staff to our school community.

Over the first half term, our team has been working closely with students and families to review and update pupil passports, ensuring staff have the most up-to-date information about each child's strengths, needs and the strategies that make the biggest difference in the classroom.

A key focus of our staff training this half term has been co-regulation and emotional regulation. Staff have explored how to recognise when a young person may be finding a situation challenging, identify early signs of dysregulation and using supportive strategies to help students feel safe, understood and ready to learn. We have also further developed personalised three-step regulation plans for students who need them, outlining strategies that can be used in lessons, around the school site, and within our HUB to support successful co-regulation.

One of the highlights of September has been getting to know our new students, particularly those in Year 7. It has been wonderful to see them settling into life at Poole High School, building new friendships and developing confidence in their new environment.

We look forward to sharing more updates with you throughout the year as we continue to strengthen our SEND provision and support every student to thrive.

2. LSA Of the half term!

Mrs Courtney has made such a difference to so many of our SEND students already this year with her brilliant Emotional Literacy courses and by being so wonderful with our students.

Thank-you Mrs Courtney!



Steph Courtney

YOU SAID → WE DID

3. YOU SAID → WE DID

We want more opportunities to share our views and experiences of SEND provision.

We are really excited to hear from you! We have created a dedicated parent feedback form and will regularly use your suggestions to shape future developments within our SEND provision.



4. SHINING A SPOTLIGHT ON:

DYSLEXIA

Dyslexia is a specific learning difficulty that primarily affects reading, writing and spelling. However, dyslexia is not linked to intelligence and affects much more than literacy skills. It is often described as a difference in the way the brain processes information. Young people with dyslexia may find it more difficult to process, remember and retrieve information, follow sequences of instructions, organise their work, or record their ideas quickly in writing. Importantly, dyslexia also brings many strengths. Many dyslexic individuals demonstrate strong problem-solving skills, creativity, visual thinking, resilience and the ability to see the bigger picture.

How We Support Students with Dyslexia in the Classroom

At Poole High School, all teachers use adaptive teaching strategies to support students with dyslexia and ensure they can access learning successfully.

Some of the key strategies we use include:

- ✓ Breaking information into smaller chunks
- ✓ Repeating instructions and checking understanding
- ✓ Allowing additional thinking and processing time
- ✓ Using clear, well-structured resources and presentations
- ✓ Providing printed resources when appropriate
- ✓ Using assistive technology, including laptops and reading pens
- ✓ Providing opportunities for overlearning and retrieval practice

What Can Parents Do at Home?

Small actions can make a big difference:

- 📖 Encourage reading in any format, including audiobooks, magazines and graphic novels.
- 🎧 Use technology such as text-to-speech, audiobooks and speech-to-text tools.
- ✍️ Break homework into manageable chunks and build in short breaks.
- ✓ Encourage the use of checklists, planners and visual reminders.
- 💬 Allow extra time when discussing homework or asking questions.
- ☀️ Focus on strengths, effort and progress rather than spelling or handwriting alone.
- ❤️ Most importantly, remind your child that dyslexia is simply a different way of learning, not a barrier to success.



Dyslexia only affects reading.

You can grow out of dyslexia



FACTS

Dyslexia can affect memory

Many highly successful people are dyslexic.

5. ADVICE AND SUPPORT

Education, Health and Care Plan (EHCP) Support Pack

Navigating the EHCP process can sometimes feel complex and overwhelming for families. This free support pack from the Witherslack Group provides clear, practical guidance for parents and carers, helping you understand the EHCP process, your rights, and the support available to your child. Whether you are considering requesting an EHCP, are currently going through an assessment, or already have a plan in place, this resource contains helpful information, advice and useful tools to support you every step of the way.

Access the free EHCP Support Pack here:

<https://www.witherslackgroup.co.uk/campaigns/education-health-and-care-plan-support-pack>

Understanding the process can help you feel more confident in securing the right support for your child.

PARENT TIP OF THE HALF TERM!

TOP TIPS



When supporting your child at home, making one small adjustment consistently is often more effective than trying lots of new strategies at once. Whether it's creating a homework routine, using a visual checklist, or building in movement breaks, small changes can make a big difference over time. Louise (Year 8 parent)

[*Want to contribute to next half term's top-tip click here!](#)



DYSLEXIA FOCUS

You can get help and support with understanding dyslexia from:

- [PHS SEND CONTACT FORM](#)
- [British Dyslexia Association](#)
- [Made By Dyslexia](#)
- [Nessy Parent Resources](#)
- [SENDIASS Dorset](#)

PARENT CARER FOUNDATION
Supporting SEND families & carers of all age groups

FINDING YOUR FEET

SEND SUPPORT GROUP FOR PARENTS & CARERS

Starting your SEND journey can feel overwhelming. You're not alone.

Our 4-week group offers practical guidance, therapeutic support and a safe space to connect with other parents and carers who understand.

WHAT YOU CAN EXPECT



PRACTICAL GUIDANCE

Understand how SEND support works and what your next steps might be.



CONNECTION

Meet other parents and carers who understand the journey.



A CHANCE TO ASK QUESTIONS

Bring your questions, experiences and worries.



GENTLE THERAPEUTIC SUPPORT

Space to pause, talk and look after yourself too.

4 WEEKLY SESSIONS
• Monday 28 September
• Monday 5 October
• Monday 12 October
• Monday 19 October

10.00am – 11.30am
Winton

Come as you are. Ask questions, connect with others and take your next steps with support.

Parents and carers are warmly welcome.



Want to join us?

Email us at admin@pcforg.co.uk

FACE PARENTING COURSES

The school has a member ship to access courses for free!
Just enter our discount code: PH041125



October Timetable

All regular sessions delivered live online via zoom. 90 minutes long

£24 each or FREE with School Membership

Book online at facefamilyadvice.co.uk

Recordings available for 48 hours

Understanding Anger	19 Oct 10am
Understanding the Teenage Brain	19 Oct 7pm
Supporting Healthy Screen Use	20 Oct 10am
Autism: Improving Communication	20 Oct 7pm
FREE - ADHD and Homework	22 Oct 7-8pm
Facing Defiance	26 Oct 10am
Cannabis & Ketamine Awareness	26 Oct 7pm
School Anxiety	27 Oct 10am
Anxiety Explained	27 Oct 7pm

If you wish to attend or would like more information, please contact –

Autism Unlimited -> Shares resources and provides information to help parents to connect to other services that have the authority to advise them. <https://www.autism-unlimited.org/support/book-a-call/>

Venue	The Pool room at Portfield School , Parley Lane, Hurn, Christchurch BH23 6BP
Day	Usually 4 th Saturday of the month but occasionally changes due to school holidays and Guest speakers' availability.
Time	10-1230 am approximately. Please note our meetings often over-run to give parents chance to chat with each other but parents can leave at any time for their own convenience
Cost	£1 donation for refreshments and administration.

Joe Phillips - Co-Founder and Director of The Senses Project
www.thesensesproject.co.uk

