

NEWSLETTER

26th January 2018

Dear Parents /Carers,

School Council



We have recently held our school council elections, which the children thoroughly enjoyed. Children on the school council are involved in making choices on behalf of their friends. The helpers do a variety of everyday jobs to support the school.

We are pleased to announce below our school council members and school helpers. Congratulations and well done!

School Council Members

Deanne
Eli
Suleman
Beau
Dejon
Vihaan
Edward
Varun
Helaine
Mursal

School Helpers

Asad
Harry B
Colin
Sharu
Arthur
Marko
Fazaan
Adel

Transport

We have been advised by Hillingdon Transport that due to health & safety reasons they are unable to transport home children when they are unwell

It is therefore essential that there is someone available to collect your child if they are unwell and need to go home. Please take some time to consider who this may be and who should be contacted.

Please ensure you inform us if there has been any changes to your contact details or circumstances to ensure we have up to date details. *(please see attached form.)*



Free School Engagement Project Update

We have now received the early drafts of the 'adjacency diagrams' for the new free school and would very much like to discuss these with parents and carers. You would have recently received information regarding two upcoming focus group meetings. If you have not already done so please confirm your attendance.

Free School Focus Group Meeting
Wednesday 7th February 10.00 -11.30 am
Grangewood School
Wednesday 21st February 10.30-12.00 noon
Moorcroft School

FOG Family Fortunes

Friends of Grangewood will soon be hosting a Family Fortunes quiz night at The Woodman Pub, Ruislip. This is a fun packed evening that helps raise much needed funds for a variety of projects. *(please see attached)*



FOG Family Fortunes Quiz Night

Date: 6th Feb 2018

Time: 7.30pm

Venue: The Woodman Pub

Spring Term Annual Review Meetings

This spring term Annual Reviews will be taking place over the following 2 weeks:



Week 1 w/c 19th February 2018

Week 2 w/c 26th February 2018

If your child is due an Annual Review this spring term letters have been/will be sent home with your child with the dates and times for these meetings.

Please return the reply slip to confirm attendance and also, the 'Parents/carers report' and 'All About Me' forms- your views and feedback is an important part of your child's Annual Review.

We would like to thank all of you who were able to attend last term's annual reviews.

The Centre for ADHA & Autism Support Training



Throughout the year CAAS provide parent and professional training. Please see attached information regarding upcoming sessions and booking instructions.

Diary Dates



06/02/2018

Family Fortunes Quiz Night

09/02/2018

Inset Day (no pupils)

12/02/2018-16/02/2018

Half Term

08/03/2018

Parents Evening



Upcoming Workshops and Professionals Training

Please find the following list of our upcoming training sessions open to parents and professionals (bar the Empowering which is only open to professionals). Please feel free to share with any families you think would benefit from attending.

We are aware that one or two of these are more costly than we aim for, but as always, we only ever look to cover the costs of the specialists we invite to join us at CAAS.

Understanding Autism for Siblings

Friday 16th February from 10.00 am till 2.30 pm

Ticket Price: £10

Geoff Evans will be joining us to facilitate a session for siblings of children on the autism spectrum to support them to gain a greater understanding of their brother or sister how autism affects them. It is also to provide an opportunity to learn from each other's experiences.

It will be a fun and interactive session with games and exercises which will be used to explore what autism looks and feels like as well as lots of opportunities for discussions and sharing. The session is aimed at siblings aged 7 to 13.

There are a limited number of places. We do provide lunch which is usually pizza (with a mix of sides), so please let us know if that isn't suitable for your child, or if you'd prefer to send a packed lunch with your child. To book, please click the following link: <https://autismforsibs.eventbrite.co.uk>

Avoidant / Restricted Eating

Saturday 24th February 2018

Ticket Price: £40 for Members / £50 for Non-Members

This one-day course will focus on understanding and managing feeding and eating in autistic individuals. The first half of the workshop will discuss how eating issues in autism relate to the characteristics of the condition itself. The second half will concentrate on evidence and practice-based strategies for intervention. The workshop will take an interactive approach with opportunity for experiential based learning and discussion.

This workshop offers parents / professionals:

Increased understanding of the causes of feeding and eating issues in autism.

Increased awareness of the impact of typical and atypical development on the acquisition of the skills for successful feeding.

Increased knowledge of specific issues facing individuals on the spectrum with food.

Increased confidence in the application of management and intervention strategies.

Opportunity to share experiences and strategies with other participants.

The workshop will be facilitated by Dr Elizabeth Shea, a Clinical Psychologist with experience in all aspects of child and family work, in particular working with autistic children and young people in both health and education settings. She has developed a long-standing interest in the eating and feeding problems of autistic children. She has conducted research into the issue, provided clinical services to families, has appeared on an ITV television documentary demonstrating interventions and has made a series of films about eating for Scottish Autism. She speaks nationally on this subject including for the National Autistic Society's professional conferences and continuing professional development programme.

Currently, in independent practice, she continues to specialise in children with avoidant and restrictive diets. With colleagues, she runs [Birmingham Food Refusal Services](#), an assessment and therapy service for children, young people and adults who refuse foods.

Lunch and refreshments will be provided.

To book, please click the following link:

<https://avoidanteating2018.eventbrite.co.uk>

Sleep Success (Members Only)

Tuesday 26th February from 9.30am till 2.30pm

Ticket Price: £20 (Introductory Price)

This session will be delivered by Lynne Laverty, Director of Autism Services and qualified Sleep Practitioner.

The workshop includes:

Understanding sleep cycles

Common sleep issues and strategies to manage these

Establishing appropriate routines

Keeping sleep diaries and interpreting the data

Environments

Delegate resource pack

With this workshop parents will also get ongoing sleep support from the CAAS team for up to six weeks via phone, email or text whilst they are implementing any changes.

Lunch and refreshments will be provided.

To book, please click the following link:

<https://sleepsuccess.eventbrite.co.uk>

Sensory Spectacle "Feel It" Workshop

Saturday 17th March 2018

Members: £65 Non-Members: £75

We are delighted to welcome Becky Lyddon and [Sensory Spectacle](#) to CAAS to deliver the 'Feel It' workshop. Sensory Spectacle creates immersive experiences to help create awareness and to educate about Sensory Processing Difficulties through experience. Their workshops and installations give you an opportunity of experiencing first-hand, allowing for greater awareness and understanding of auditory, visual, tactile, olfactory, gustatory, proprioceptive and vestibular difficulties.

10.00 am – Overview of the day and introductions, ask group to introduce

10.15 am – A sensory refresher

10.45 am – Balancing the senses with Sensory Integration

11.15 am – Tea / Coffee break

11.35 am – Introducing SPD

12.00 am – Starting to recognise characteristics of SPD

12.25 am – Experiential Installations – sensing a difference

1.00 pm – Lunch

1.45 pm – Supporting sensory development

2.30 pm – Case studies / own reference activity planning

2.50 pm – Evaluations and Questions

3.00 pm - Close

Lunch and refreshments will be provided.

To book, please click the following link:

<https://sensoryspectacle2018.eventbrite.co.uk>

Dean Beadle: Friendship, Relationships & Sexuality

Wednesday 18th April from 7.00pm till 9.00pm

£8 for members, £12 for non-members

We are thrilled that Dean Beadle is going to be coming back to CAAS to share his wisdom on 'friendships, relationships and sexuality'.

Dean has toured the UK for ten years sharing his experiences of life with Aspergers Syndrome. In recent years he has also spoken in Denmark, Belgium, Guernsey and Ireland as well as undertaking four annual seminar tours of Australia and New Zealand. Through his humorous and insightful speeches, Dean outlines his positive outlook on his diagnosis. In 2011 Dean's speaking was brought to a broader audience, as a clip of one of his speeches was viewed across the world on Youtube.

He is also an experienced journalist, having been published in local, regional, national and international publications. Between 2008 and 2011 he worked freelance for Greenwich Time Newspaper, a local newspaper in London. As part of this, he did everything from fitness columns and celebrity interviews through to concert reviews and news reports. Between October 2012 and December 2013 Dean edited the Network Autism 'Autism in Practice' newsletter which was sent to subscribers in over 90 countries. He has also written for The Guardian, Londonpaper and NAS Communication magazine.

Between 2012 and 2014 Dean sat on the judging panel for the NAS Professionals Awards. An interview with Dean is featured as a key resource in the Autism Education Trust training programme which has just celebrated training 100,000 schools staff.

Dean is also a singer, and in 2017 he will be performing at charity balls across the country.

Dean is honorary president of 'Autism Puzzles'- a parent-led charity in Cardiff, Wales.

e-mail: dbmotivationalspeaker@yahoo.co.uk

twitter: @deanbeadleuk

facebook: Dean Beadle Speaker

To book, please click the following link:

<https://deanbeadlecaas.eventbrite.co.uk>

Autism and Women (for professionals)

Wednesday 9th May from 9.30am till 4.30pm

River Ibis Club, Scours Lane, Tilehurst, RG60 6AU

Book before April 1st for early bird rates of £70 (full price £95).

Exploration, Strategies & Debate

Devised for frontline health professionals with a working knowledge of autism, this workshop has been constructed and designed by the autistic women participating.

The training will provide:

Strategies that will support good mental health in women on the autism spectrum.

"Transform the label and transform a life" Looking beyond mental ill-health and recognising autism.

Life challenges and strengths commonly experienced and achieved by autistic women.

A powerful and interactive workshop using a variety of presentation styles to maximise involvement and participation.

The "Empowering Ourselves to Be Heard" training project also provide tailor-made neurodiversity training (ADHD and/or autism) to meet the particular needs of your profession or workplace. Please contact us CAAS for more information.

Refreshments and lunch will be provided. Please specify any dietary requirements when booking.

To book, please click the following link:

<https://autismandwomen.eventbrite.co.uk>

Autism, Mental Health and Exclusion/School Refusal

Saturday 12th May from 10.00am till 1.00pm

Sarah-Jane Critchley (Mother of an autistic girl, Programme Manager of the Autism Education Trust and Author of 'A Different Joy: The Parents' Guide to Living Better with autism, Dyslexia, ADHD and more...') will be joining us on Saturday 12th May to talk about mental health and school refusal/exclusions.

More information and link on how to book coming soon.



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Our mailing address is:

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Please complete if your emergency contact details or circumstances have changed

| | |
|---|--|
| Child's Name | |
| 1. Parents/Carer Name Address Contact Telephone Number | |
| 2. Parents/Carer Name Address Contact Telephone Number | |

