

Friday 16th October 2020

Dear Parents and Carers

I hope that you have had some time to yourself this week and achieved what you have set out to do.

We have very much enjoyed our Black History Week Celebrations both at Woodlands and Havelock.



Tess and Bee will be working the first week of the holidays and Anne our Family Liaison Manager the second week of the holidays. They will be available to follow through any enquiries that you may have for them and also will be carrying out our usual supportive calls to some of our families. Please contact them via sybil.elgarschool@nas.org.uk

Please find below the Trans-disciplinary Teams Newsletter which is a combined effort from Tess, Bee – OT, Karen Speech and Language and Monica and Laura from Psychology.

Our Transdisciplinary Team Newsletter

Total Communication Approach



- ❖ Sybil Elgar School believes in using an **inclusive total communication approach** which encompasses a range of communication systems to best facilitate communication potential for all young people. It is an approach which aims to create successful and equal communication between people with different communication skills within an effective communication environment.
- ❖ Total Communication involves being aware of all the different ways a person may use to enable them to make and understand choices, express feelings and needs, involve themselves in the world around them and become more independent.
- ❖ Communication work focuses on supporting young people to develop their communication skills through providing opportunities, teaching new strategies and providing role models.
- ❖ Total Communication supports the use of:
 - Speech and interaction
 - Gestures (such as pointing), body language, facial expressions, eye contact, eye gaze
 - Makaton signs
 - Symbols (including picture exchange = PECS and picture pointing systems)
 - Photos
 - Writing
 - Objects of reference (for example paint brush to represent Art)
 - Computers/ iPad apps / electronic communication aids
- ❖ Meeting the learning needs of our young people involves ongoing assessment and adaptation of communication systems to facilitate communication at different times and in different situations

Useful websites

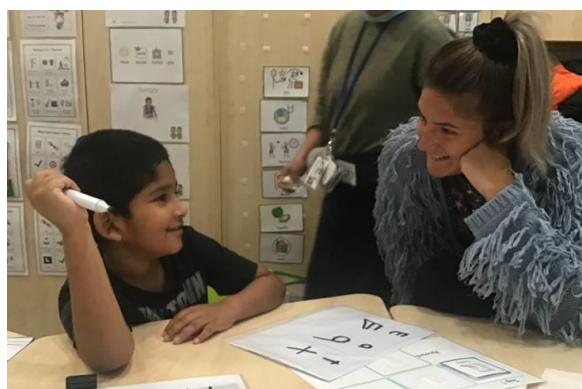
www.makaton.org

www.pecs-unitedkingdom.com

www.totalcommunication.org.uk

www.thecommunicationtrust.org.uk

www.usevisualstrategies.com



Our Transdisciplinary Team Newsletter continued

Psychology

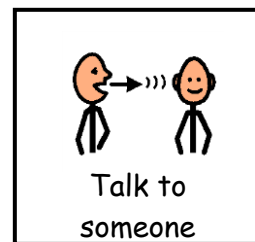
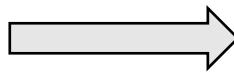
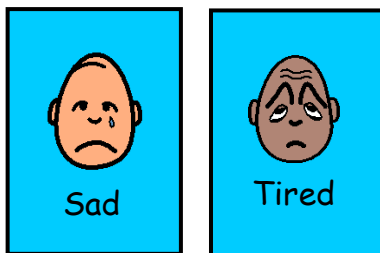
Self-regulation

Self-regulation is the ability to manage your emotions and behaviour in accordance with the demands of the situation. It includes being able to resist highly emotional reactions to upsetting stimuli, to calm yourself down when someone become distressed and to adjust to a change in expectations.

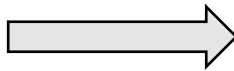
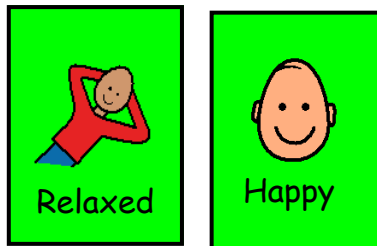
Energy/ arousal levels

Suggested activities

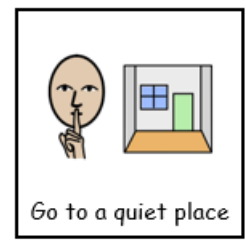
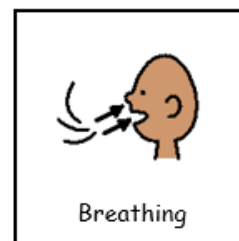
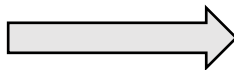
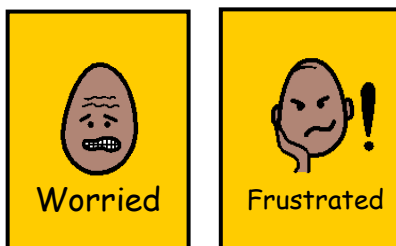
- **Blue Zone:** Low energy states.



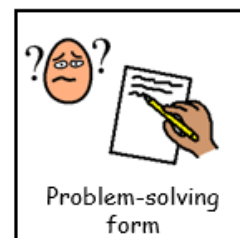
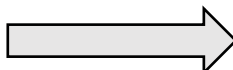
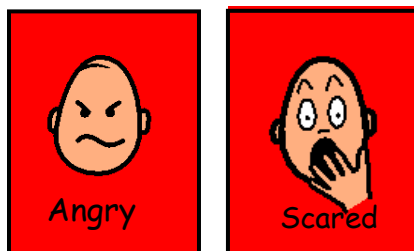
- **Green Zone:** Optimal energy level/ arousal states.



- **Yellow Zone:** High Energy states.



- **Red Zone:** Very High Energy states.



Website:

<https://www.autism.org.uk/services/nas-schools/sybil-elgar>



Contact:

0208 8139168



Email:

Sybil.Elgar@nas.c

Thank you
for sharing
the
information
TDT



Bee



Monica



Laura



Tess



Karen

Our Transdisciplinary Team Newsletter continued

OT

Introduction to Sensory Processing

October is Sensory Awareness Month 2020

Here we give a brief introduction to each of the 8 senses.

Stay tuned in the weeks to come for more information on the individual senses and how to use sensory input to support wellbeing

Sensory Processing term describes how we understand information from the world around us through the 5 commonly known senses of sight, hearing, touch, taste and smell.

There are also three other senses that are less well-known: 'proprioception' (body awareness), 'vestibular' (balance and movement) and 'interception' (internal sensations)

Our 8 Sensory Systems



Auditory System (hearing)

The auditory system is responsible for hearing. It allows us to recognise frequency, tone, intensity and pitch.

An examples of auditory input

- Listening to music



Visual system (vision)

The visual system is responsible for seeing. This system allows us to navigate around the world and to intake information from the environment and from others (e.g. facial expressions and body language)

An example of visual input

- Bright lights



Tactile system (touch)

The tactile system is responsible for processing touch information from the body.

An example of tactile input

- Touching a soft blanket with our hands

**Olfactory system (smell)**

The olfactory system is responsible for processing smell. It allows us to detect smells in our environment.

An example of olfactory input

- The smell of baking biscuits in the kitchen

**Gustatory system (taste)**

The Gustatory system is responsible for the sense of taste. It allows us to experience sweet, sour, salty, bitter and savoury tasks.

An example of gustatory input

- The taste of our favourite food in our mouth

**Proprioception system (body awareness)**

Proprioception is how an individual perceives their own body image and their ability to locate their body in space. This is done through feedback that comes from the individual's muscles and joints.

An example of proprioceptive input

- Yoga poses

**Vestibular (balance and movement)**

Aids us in balance and posture meaning we can stay up right against gravity.

An example of vestibular input

- Using a swing at the park

**Interoception**

This is our least known sense. It refers to feeling and understanding the messages that come from within inside our bodies.

An example of interoception

- The feeling in our stomach when we are hungry

Want some more information?

National Autistic Society website: Sensory Differences <https://www.autism.org.uk/advice-and-guidance/topics/sensory-differences/sensory-differences/all-audiences>

If you have any concerns about this do contact Tess or Anne as per their work schedule as described previously.

We appreciate that it is not always straight-forward when it comes to over-seeing safe internet access for your children especially in the holidays when all children are at home. **Please see attached information which you may find useful.**

The school will have another deep clean this half term and we continue to review our safety systems. The children do seem to have accepted us wearing masks each day as a matter of course and they have really done well. **We look forward to the children returning to school on Monday 2nd November 2020.**

For further information, including guidelines for other members of your household, please visit <https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection>

Our thoughts are with you and we send you our warmest and kindest wishes

Chloe and all of the teams



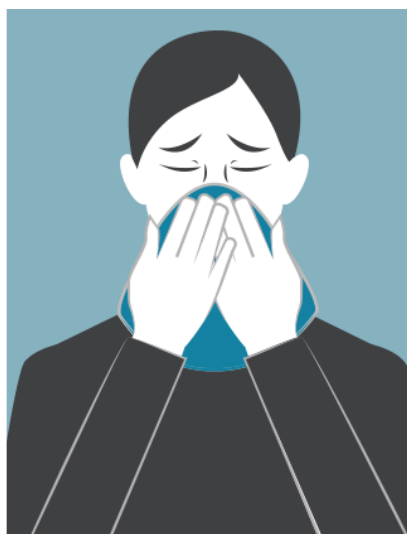
Chloe Phillips
PRINCIPAL

Please see below further information which you may find helpful related to COVID 19.

Covid symptoms: What are they and how do I protect myself?



**Wash your
hands**



**Use a tissue
for coughs**



**Avoid touching
your face**

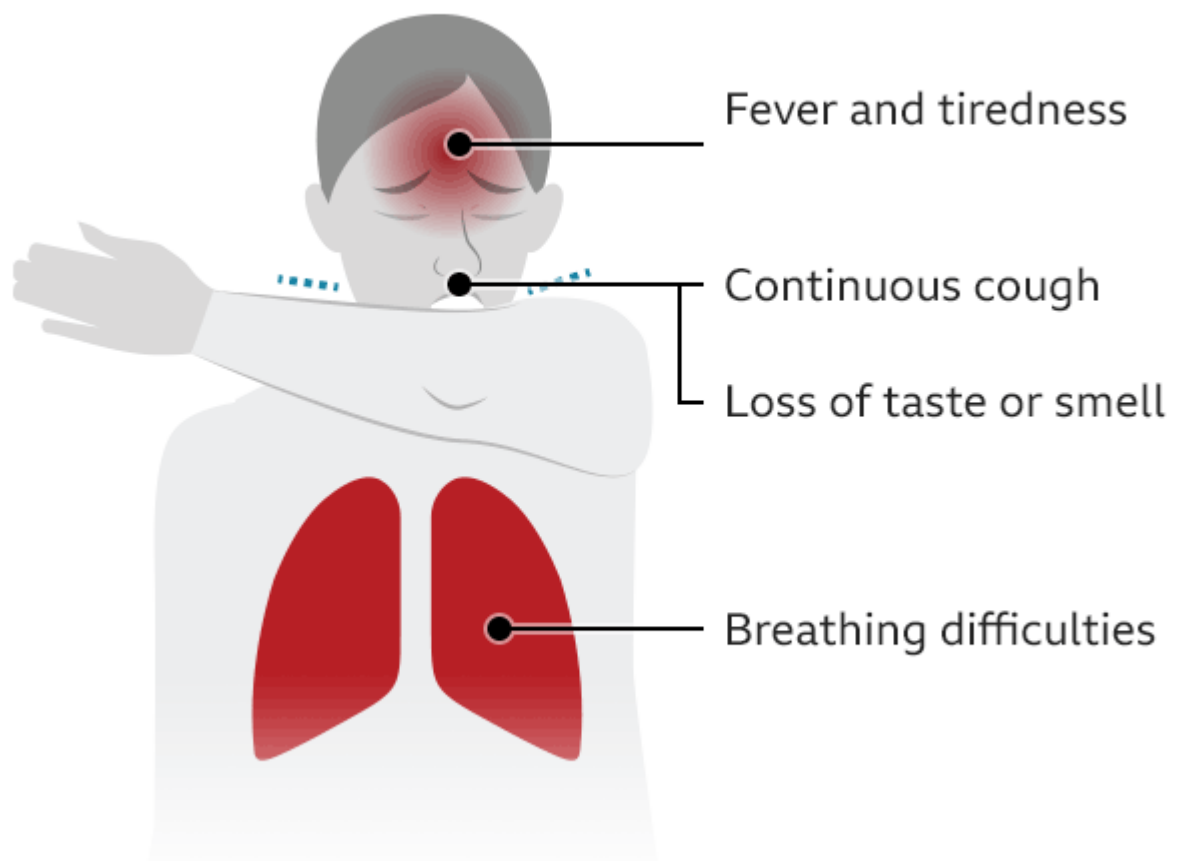
There are three main symptoms of coronavirus. If you get just one of them, you should get a test.

What are the symptoms?

- **New and continuous cough** - coughing a lot for more than an hour, or having three or more coughing episodes in 24 hours
- **Fever** - a temperature above 37.8C
- **Change in smell or taste** - either you cannot taste or smell anything, or these senses are different to normal.

[Public Health England](#) says about 85% of people with Covid will have at least one.

Coronavirus: Key symptoms



If you have any of these symptoms you should [get a test as soon as possible](#) and not leave home for any other reason.

Anyone you live with, or who is in your support bubble, should also self-isolate until the test result arrives.

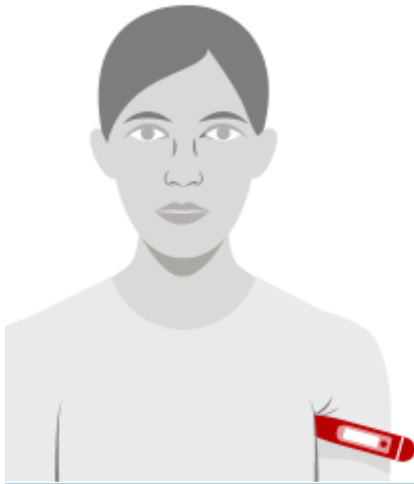
It takes [five days on average](#) from the moment you are infected to start showing the symptoms, but the World Health Organization says it can take up to 14 days.

If the test is positive, your whole household must all [continue to follow self-isolation rules](#).

How do I take my temperature?

Anyone with high temperature of 37.8C+ is advised to self-isolate

The NHS recommends these methods to take your temperature:



Armpit:

- Place thermometer tip in centre of armpit
- Tuck your arm against your body for a minute
- Remove and check temperature



Mouth:

- Place thermometer tip under your tongue
- Leave it in place for about one minute
- Remove and check temperature



Ear:

- Gently tug on ear to straighten ear canal
- Insert digital ear thermometer into ear canal
- Squeeze and hold button for one second
- Remove and check temperature*

*Note reading may not be accurate if thermometer not correctly placed in the ear

Is Covid the same in everyone?

No. The coronavirus can affect multiple organs and has several less common symptoms.

Scientists using [data on the health of four million people](#) say Covid has six sub-types.

Symptoms include:

- **Flu-like with no fever:** Headache, loss of smell, muscle pains, cough, sore throat, chest pain, no fever
- **Flu-like with fever:** Headache, loss of smell, cough, sore throat, hoarseness, fever, loss of appetite
- **Gastrointestinal:** Headache, loss of smell, loss of appetite, diarrhoea, sore throat, chest pain, no cough
- **Fatigue (severe level one):** Headache, loss of smell, cough, fever, hoarseness, chest pain, fatigue
- **Confusion (severe level two):** Headache, loss of smell, loss of appetite, cough, fever, hoarseness, sore throat, chest pain, fatigue, confusion, muscle pain
- **Abdominal and respiratory (severe level three):** Headache, loss of smell, loss of appetite, cough, fever, hoarseness, sore throat, chest pain, fatigue, confusion, muscle pain, shortness of breath, diarrhoea, abdominal pain

And researchers think that vomiting, diarrhoea and abdominal cramps [could be a sign of coronavirus infection](#) in children.

If I have a cough, is it definitely Covid?

Lots of other viruses [have similar symptoms to Covid](#), including flu and other infections. This will be a particular problem over winter when these bugs are more common.

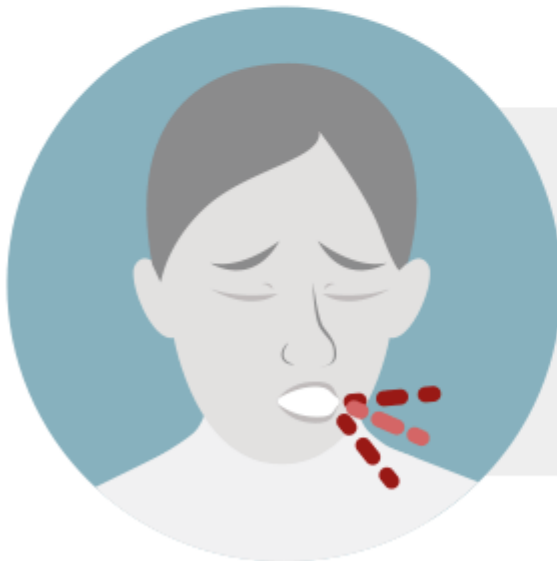
Public Health England says just under half of people who have one of the three main Covid symptoms will not have it.

However, they should still get a test.

Symptoms



Fever



Cough



Loss of taste
and smell

What should I do if I have Covid?

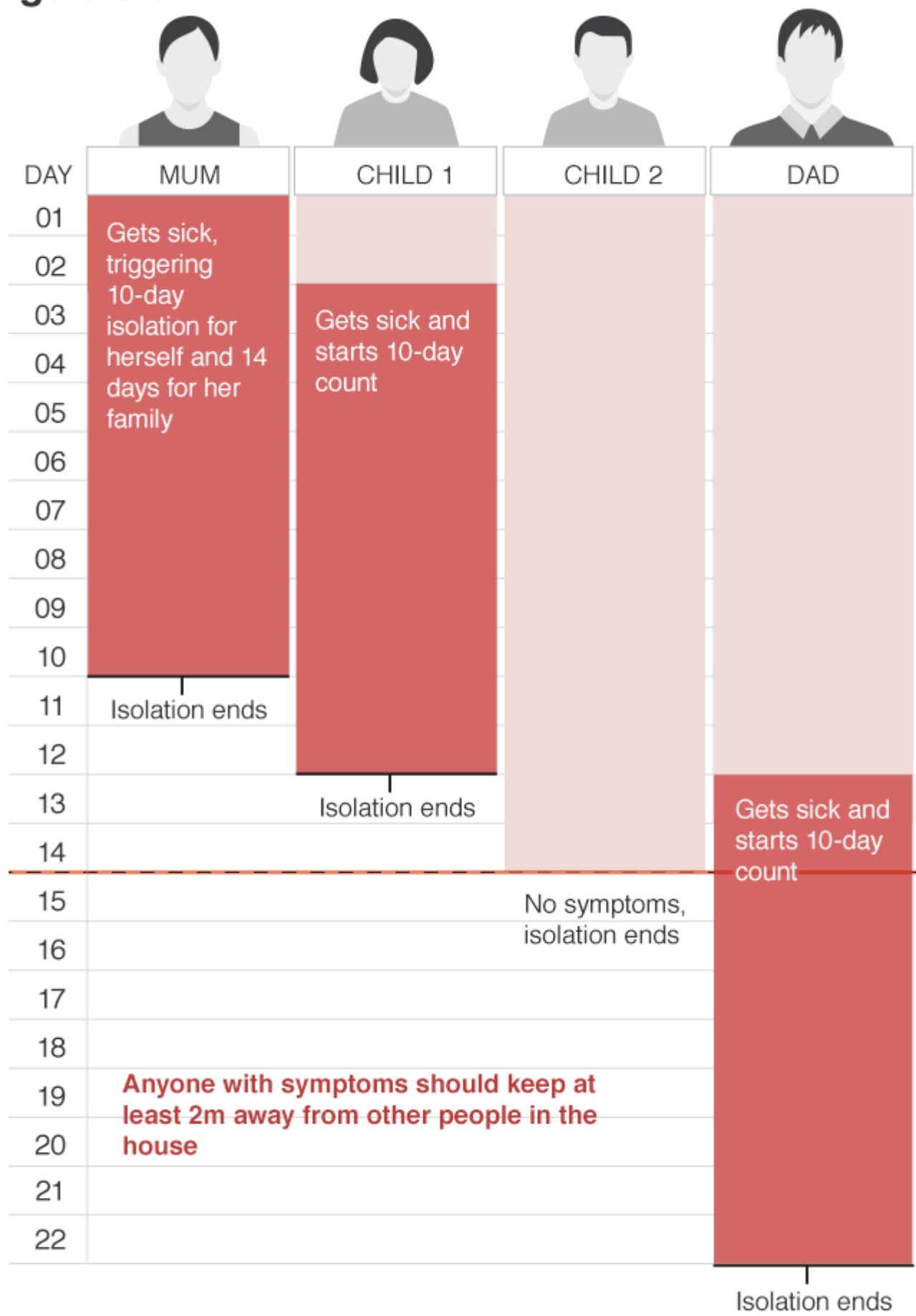
If you have a positive test result you should [self-isolate at home for at least 10 days](#) from the time symptoms started.

You must stay away from other members of your household, who must self-isolate for at least 14 days.

Most people will have only mild symptoms, which can be managed with pain relief (like paracetamol), bed rest and plenty of fluids.

You should not even go to a GP surgery, pharmacy or hospital.

What happens if someone in your family gets sick?



When should people go to hospital?

If you are seriously unwell and you have a medical emergency you should call 999 - this includes feeling so breathless that you cannot speak more than a few words.

If you are concerned your symptoms are getting worse, use [the NHS 111 website](#) England, [NHS Inform](#) in Scotland or the equivalents [in Wales](#) and [Northern Ireland](#).

The main reason people need hospital care is for difficulty breathing where they may be given oxygen.

The most seriously ill patients may require ventilation where the patient is sedated and air is pushed into their lungs.

- [How to get a covid test](#)
- [How do ventilators work?](#)
- [What is an intensive care unit?](#)

Older people, and those with pre-existing medical conditions (such as asthma, diabetes, heart disease, high blood pressure), are more likely to become severely ill. Men are at slightly higher risk of dying from the virus than women.

- [Coronavirus vaccine: When will we have one?](#)

How do I protect myself?

What should I do to prevent catching and spreading the virus?



Wash hands frequently with soap and water or use a sanitiser gel



Catch coughs and sneezes with **disposable tissues**



Throw away used tissues (then wash hands)



If you don't have a tissue **use your sleeve**



Avoid touching your eyes, nose and mouth with unwashed hands



Avoid close contact with people who are unwell

The best thing is [regular and thorough hand washing](#), preferably with soap and water.

Coronavirus spreads when an infected person coughs or sneezes small droplets - packed with the virus - into the air. These can be breathed in, or cause an infection if you touch a surface they have landed on, then your eyes, nose or mouth.

So, coughing and sneezing into tissues, not touching your face with unwashed hands, and avoiding close contact with infected people are important.

People will be most infectious when they have symptoms, but some may spread the virus even before they are sick.

Face coverings are also [compulsory in many indoor settings](#) across the UK.