

Lyndhurst School's Learning Support Team

Head of Learning Support and Enrichment (SENCO)

Mr John Manser

Special Needs Governor

Mrs Jo-Ann Atkins

Higher Level Teaching Assistants and Learning Support Assistants

Mrs Jones, Mr Cantwell, Mrs Vieira, Mrs Dodds and Miss Giltrap

Learning Support at Lyndhurst

We are proud to offer our children a range of support, both academic and social and emotional.

This includes, but is not limited to:

- Individual or small group work
- Extra provision and support provided within classroom setting
- Emotional support nurture groups
- Booster groups for English and Maths material
- Small group extension tasks for more able learners
- Family outreach and support

Supported by a dedicated team of Learning Support Assistants and Higher Level Teaching Assistants, we aim to deliver a consistently bespoke learning experience that caters to the individual needs of children, including those with special educational needs.

Useful Links

Below are some useful links and contacts for finding help and advice around the topic of autism. They are useful for the parents and carers of children with autism, but even if you are not and are just curious about finding out more.

Learning to Love Autism

<https://learningtoloveautism.com/support-for-mums/>

Autistic Parents UK

www.autisticparentsuk.org

National Autistic Society

<https://www.autism.org.uk/what-we-do/support-in-the-community/family-support>

NHS What is Autism?

<https://www.nhs.uk/conditions/autism/what-is-autism/>

Accepting help
is its own kind
of strength.

RIERA CASS



Autism

English is my 2nd language.

Autism is my first.

Dani Bowman

Autism spectrum disorder (**ASD**), usually called autism, is something you're born with. Autism means that the way you think about and experience the world is different to most people. This means you can behave differently to most people and have different strengths and difficulties. For example, some autism characteristics (things you think, feel and do) can make it hard to express yourself in social situations, but you may also be particularly knowledgeable and passionate about topics that interest you.

Autism is highly variable – the word 'spectrum' refers to how autism is experienced differently by different people. Autism is considered a spectrum because it's different for every autistic person – some autistic people might need more support than others to live the lives they want to lead. The way autism affects you can change as you grow and develop, and experience different environments.

Every autistic person is different and has different experiences. However, there are some characteristics that are common in autistic people:

- Language and speech may be different to others
- May not be able to pick up facial expression and tone of voice
- Making and maintaining friendships may be difficult
- May be good at recognising patterns and solutions
- Often good understanding of structured systems, like music, language and computers
- May seek out or be repelled by sensory stimulus, loud noises, rough objects, strange smells etc
- May find group work hard when structure is looser and communication more important
- May fixate on one particular type of food, or may be food that cannot be eaten due to texture, taste or smell
- May be passionate about a certain object, hobby or interest

When an autistic person becomes overwhelmed and isn't able to use or benefit from their coping strategies, they might have 'meltdowns' or 'shutdowns'. It's important to note, that a meltdown isn't a tantrum. A tantrum is something that a child can control, and tantrums often happen because a child wants something. A meltdown or shutdown isn't something an autistic person can control, and it's caused by being overwhelmed.

It is important to remember; autism is not a disability, but a different ability.

First Person Account

Mary's Story

"Our personal journey into this world of autism began just over eight years ago with the birth of our son, Perry. Since the beginning, he struggled immensely. The first thing we noticed was that he seemed very restless. He was always unsettled. He had a lack of recognition in his eye. He didn't eat. He didn't sleep. As each day passed, we recognized more 'red flag' characteristics of autism with repetitive behaviors, speech/sound delays and more.

"I put Perry's name on the waiting list of every developmental pediatrician in the local area. I was told there would be a minimum 6 month wait time. When Perry was 15 months old, we finally got an appointment with a Developmental Pediatrician. The doctor confirmed what I already knew: Perry has autism.

"I cried all the way home. I cried for 2 days, hoping and praying that I would be able to provide this child everything he needed. I found thousands of pages of different treatment approaches, all of which claimed to be effective in treating autism. I could not afford to make the wrong choice. My son's future depended on it.

"While typical children are scheduling play dates and extracurricular activities, our child's life was about therapies, day after day, year after year, usually 7 days a week. People on the outside cannot grasp the necessary skills that our child requires help with.

"My incredibly special child has been a true gift. Of course, like any mother, I would take away his struggles if I could. I strive every day to be the kind of parent he deserves. I hope I am as much a gift to him as they are to me. They are a bright spark in so many lives.

"My ultimate hope is that one day my child will live in a world where he will be accepted and appreciated, despite his differences. It is important to remember; autism never takes a day off."

Provided by the National Autistic Society.