



Welcome to
Mansfield SEND!



Your newsletter for
parents and carers of
children and young
people with Send.

Inside this issue:

School will soon be out for summer, but for some of our young people, the transition between school and holidays can be tricky. We're having a look at hints and tips to make those transitions easier and smoother.

10 minute fillers—looking for a quick and easy activity to fill 10 minutes? Try one of our quick filler ideas.

Looking for something a bit more?
See our Summer Holiday activities across the Mansfield locality

Mansfield SEND.

Summer Term B '25

June 2025

Welcome to our last newsletter of the academic year. We hope over the year you have found them useful and informative.

As we move into the realm of sports days and end of year concerts, it can be as unsettling for some of our young people, as can knowing they are going to be moving on soon. We have some tips about supporting them with all this over the summer holidays, and also support over the holiday itself when routine goes out of the window, and everything is different. We also have some local events and activities that are on over the holidays, if you are looking for things to fill your days.

So we hope you enjoy this issue, and if there is anything you would like to see in future issues please feed back via your schools, as we would like to address the things most relevant to you.

Have a wonderful summer everyone.



Saying Goodbye

Whilst most of our children will be moving on to new classes, some may also be moving to new schools or different settings. Whatever the change, it is important for young people to have a good goodbye.. This will look different for different young people—a short hug, wave or written note. Other young people may need more than this, or may also be saying goodbye to peers. Here are a few ways to support with this..

- Start talking about the goodbye in advance to allow your child to process the change and reduce anxiety.
- Talk about feelings. If your child is upset, it is important to talk about this, and show them that their feelings are important to you. Recognise that some children may show their feelings through actions or behaviour rather than words.
- Create a scrapbook—gather together photos of things your child has been involved in whilst at school to create a scrapbook of memories. Focus on the positive aspects, and the good memories created.
- Ask teachers and friends to write messages in a notebook or scrapbook—these could go alongside some of the photos you have collected.
- Use painting, drawing or writing to reflect on special memories.

Next year's teachers

At the end of the school year, in primary you often have a chance to meet your child's new teacher. In secondary, your child may be getting a few different new teachers next year, so what information do you need to pass on?

Many schools have a pupil passports for individual children, and you may be able to work with school and your young person to update this. If not, you can still think about the sort of information that would typically be on there.

- How they like to communicate
- What are their likes, interests and passions
- Things they are good at
- How they recharge their internal battery
- Dislikes and things that drain their internal battery
- How they react when upset, and how to support them to regulate
- Things they find difficult and support they may need
- Any other information.



10 Minute Fillers

Waiting for the bus or stuck in a queue? Try a 10 minute activity to help pass the time.

I Spy—the old favourite! Take turns spotting, you could use letters or colours.

Alphabet or colour game—think of a category, and then think of as many objects that fit beginning with a certain letter or colour, e.g. green foods, or animals beginning with C. Alternatively, you could work your way through the alphabet, or the rainbow and try and think of a food for each letter or colour.

Hand clapping games—these are always good fun!

Counting game—count the number of red cars that drive past, or the number of birds that fly over for example.

Would you rather? Ask funny would you rather questions—would you rather have a time travel machine or a dragon?

Memory game—another old favourite. I went to the shops and I got a new blue ball. Each person has to repeat the list and add on a new item.

Word association—start with a word, and each person has to say a related word in turn.



Supporting Transition over the Holidays

Summer is a time of change—the long holidays send school routines out of the window, and then in the new academic year we expect children to automatically fit back into those routines again, along with coping with new classrooms, teachers, or even a new school.

So here we are going to look at how we can support our young people with those changes, preparing them and helping them cope with new experiences.

Maintain a routine

If your child thrives on routine, try to keep some elements of the school routine the same at the start of the holiday; waking up at the same time, having a packed lunch, incorporating learning activities, or wearing uniform.

If you can start off well, it will set the mood for the rest of the holidays. So think carefully about the first week—make sure it contains some routine, and some of your child's favourite things to help them settle into the holiday.

Don't feel that you have to fill every minute with activities to try and keep a routine. Remember that children need down time as well. *You know your child best—will they prefer short blocks of down time between activities, or long pyjama days, where you can sit back and chill?*

Some children may be happy to say goodbye to school at 3.15 on the last day, others may want to gradually reduce the number of term time routines as the holidays move on, others may want to keep them going all the way through.

Whatever course your child takes, it is useful to start incorporating some of the routines back into life in the last week or so of the holidays, so that it is less of a shock in September.

Keep a record

Take lots of photos, and maybe make a scrapbook or PowerPoint story to show what you have been doing over the summer. Your child can take this in with them in September to show their teacher and TAs what they have been doing.

This will help them keep busy and continue to develop their skills over the summer, and it will also remind them that the holidays will end at some point, and they will be going back to school.

Planning and Preparing

Keep a calendar over the holidays to help show what is coming happening when. Add on key events such as holidays or days out, so your child knows they are coming in advance,

and think about how you can prepare them for any new or different activities. Also add on back to school, so they know when this is coming up. It may help to cross off, or count down days.

You may want to use visuals to support for new activities or holidays, and also think about what time frame your child can cope with. It may be too much to present them with the whole of the holidays in one go, or they may need to see the whole time, and know exactly when they are going back to school.

You could create visual timetables or social stories to help your child understand what will happen during the days out or holidays. You could look at photos of where you will be going, or help them to look at the website.

Involve your child

Get talking, and have conversations about change, the new school year and what they would like to do over the holidays.

Gently asking a few probing questions could help them open up about any worries or concerns they have about the new school year. You can then try and work through these together over the holidays.

Involving them in holiday plans makes sure that their voice is heard, and they have some control over events.

September is coming...

Typically, you will have just relaxed and found your stride with the holidays, and it will be time to go back to school. To avoid September Shock, make sure it doesn't creep up on you!

- Before school finishes, make sure you have photos of new staff, new classrooms, cloakrooms etc. Some schools may even make a transition booklet with all of this in. Spend time throughout the whole of the holidays looking through this, and getting your child familiar with places and faces.
- Intersperse shopping for school provisions throughout the holidays—uniform, school shoes, stationary. Doing one thing each week will make it more manageable, and also reinforce in your young person's mind that they are going back to school soon. Letting them choose shoes, stationary and bags will also give them a sense of ownership and control.
- If your young person is starting a new school you may want to practise the journey to school a few times so that they are familiar with it on the first day back.
- As we get closer to September, start to talk more about the return to school, and build the routines back up again; getting up earlier and having an earlier bedtime will make the shock much easier to cope with on the first day back!

For some of our children and young people, returning to school is a really anxious time—some of them may not be able to return, or they may have been out of school for a while already.

As a parent or carer, you know your child, and you know what will make them feel more anxious. As with all advice, it needs to be tailored to your child or young person.

And if your child is out of school, please be gentle with yourself. Going into shops and seeing the “Back to School” displays, seeing social media posts and hearing the conversations of others can all be really difficult.

I often tell young people to run their own race—don't compare themselves to other people, but focus on themselves and their situation. The same is true as parents and carers, we need to run our own races, and not worry about what everyone else may be doing.

Summer Activities

There is lots going on in Mansfield over the summer, here are just a few of the activities you may be interested in....

Events in our local parks



Summer events

Celebration in the Park on Saturday 3 May on Yeoman Hill Park from 10am to 2pm

Brass Bands in the Park - Saturday 7 June at Carr Bank Park, Saturday 5 July at Titchfield Park, Tuesday 5 August at Carr Lane Park All 11am to 2pm

Picnic and Play in the Park on Saturday 16 August on Chesterfield Road Park from 10am to 2pm

www.mansfield.gov.uk/events

Mansfield District Council



Summer events

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Saturday 16 August
Chesterfield Road Park
10am to 2pm

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Mansfield District Council



Saturday 26 July

Carr Bank Park,

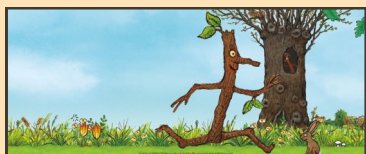
NG18 2AL

12pm to 3pm

<https://www.mansfield.gov.uk/events/event/1504/mini-police-fun-day>

FREE, family friendly and interactive fun day. See the police dogs in action, try on police uniforms and sit in a police car—be a police officer for the day!

Sherwood Pines



There is always lots going on for all ages at Sherwood Pines, including a new **play area**, and **Go Ape** adventures. Older children may enjoy cycling and **mountain biking trails**, whilst younger ones can set off on an **interactive family trail** with stick man as he tries to get you back to the family tree.

[Sherwood Pines | Forestry England](#)

Sherwood Forest

From 25th July, **each weekend** until 25th August, sees the return of the **Robin Hood Festival** at Sherwood Forest. There is all sorts going on, from jousting, to outdoor films, falconry displays and storytelling.



[Robin Hood Festival - Sherwood Forest](#)

White Post Farm

If you are planning a visit, and are eligible for carers tickets, they are £3 at Whitepost Farm. [White Post Farm – Family Size Fun!](#)



Cresswell Craggs

Both history and nature lovers will enjoy Cresswell Craggs. The museum, cave tours, gorge and meadow means there is always plenty to do, and you have either a clam, peaceful day, or a fun action packed day. [Cresswell Craggs, the extraordinary archaeological park: explore our caves, gorge, and museum](#)