



SEND Newsletter

Autumn Term 2024

Welcome back after the Summer break. It has been lovely to welcome all the children back into school, along with our new children and their families.

SEND Key Dates

Hosted at Lutton St Nicholas Primary Academy.

Thursday 21st November—1:45pm to 3pm

Focus: Working Together Team—Anxiety

Thursday 30th January 2024—2pm to 3pm

Focus: Dyslexia Outreach— supporting learning at home for children with learning differences

Thursday 20th March

Focus: TBC

Thursday 22nd May—1:45pm to 3pm

Focus: Working Together Team—Transitions

Thursday 3rd July—2pm to 3pm

Focus: Lincolnshire Parent Carer Forum

Useful Contacts

SEND Local Offer

[SEND Local Offer – Lincolnshire County Council](#)

Here4You Line

0800 234 6342

To speak directly to one of our practitioners who will talk through how you or your child are feeling and explore if any of our services may be able to help.

[Self-referral :: Lincolnshire Young Minds \(lpft.nhs.uk\)](#)

Liaise

0800 195 1635

They provide confidential and impartial information, advice and support to children and young people (0-25 years) with SEN and disabilities, and their parents carers.

[Liaise – About Liaise - Lincolnshire County Council](#)

School Website

Don't forget to take a look at the SEND section of our school website.

Here you will find SEND documentation and links to outside agencies.

[SEND at Lutton St Nicholas \(luttonstnicholasprimary.org\)](#)

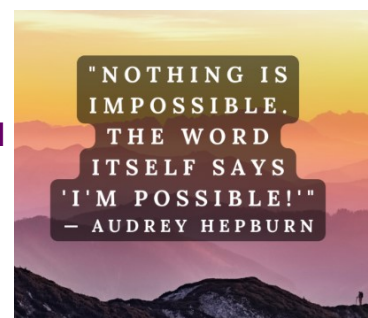
Our School SENCo

The SENCo at our school is Mrs Amy Arnold.

Email: senco@lsn.keystonemat.org

Telephone: 01406 393392

Inspirational Quote

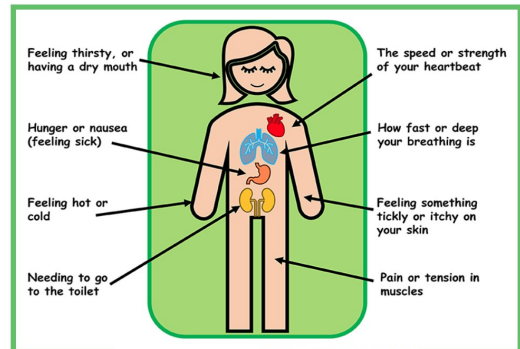


In the Spotlight

Interoception and mental wellbeing

Most of us have heard of the five basic senses, touch, smell, taste, sight, and hearing, but few of us know the term **interoception**. Interoception is an internal sensory system in which the physical and emotional states of the person are consciously or unconsciously noticed, recognised and responded to. For example:

- a person notices their stomach is rumbling and they have a pulling sensation in their abdomen
- they recognise this as signalling hunger
- they respond by eating something.



Frontiers for Young Minds

Interoception skills are required for a range of basic and more advanced functions, such as knowing when to go to the toilet or being aware that you are becoming angry or upset.

Regardless of age, the development of interoception can slow down or even stop for autistic people. It is not known why this happens, although it may be due to a self-protection mechanism associated with trauma. Many autistic people experience trauma, and this may halt or lower their interoceptive awareness.

Mental wellbeing

If a person's interoception is not fully developed, they may find it difficult to manage their emotions and social interactions. If someone does not recognise the signals for an emotion, they are not able to respond to it. This can result in anger becoming rage, sadness becoming distress and so on. Other people can perceive this as dysregulation or a lack of emotional maturity.

When people are experiencing mental health difficulties and/or overwhelm with life, their interoceptive accuracy decreases significantly or disappears completely. This may affect their ability to self-regulate and self-manage.

Self-regulating is the ability to express emotions and feelings, appropriate to context. Self-management is the ability to respond helpfully to biological needs such as hunger and thirst.

Support

We can use external or internal signals and supports to develop interoception awareness. One is not superior to the other, however external signals are not available for everything, so it is useful to continually improve our internal awareness.

External supports may include:

- smart watches – these can be used to measure heart rates
- weather apps – this can guide choice of appropriate clothing.
- hydration and Bristol stool charts to check pee and poo
- verbal or visual prompts to eat, drink and/or go to the toilet.

Internal supports and activities improve interoceptive awareness through somatic therapy (body connection activities), and have been shown to improve wellbeing. Examples of these activities might include hand breathing and shoulder shrugs.

Author: Dr Emma Goodall

