

# SEND Newsletter

AUTUMN 1 EDITION

## Routines, Boundaries and Expectations

At school, we know that children feel happiest and most secure when there are clear routines, consistent boundaries, and high expectations. These help children to know what is coming next, what is expected of them, and how to succeed.

## Why Routines Matter

Provide structure and predictability for children.

Support smooth transitions between home and school.

Reduce anxiety by helping children know what to expect.

Encourage independence and responsibility.

At home, you can help by:

Keeping a regular bedtime and morning routine.

Encouraging your child to pack their own bag the night before.

Talking positively about the school day ahead.

## Top Tips

### Clear Boundaries

Children thrive when they understand limits and consequences. At school, we use consistent rules so every child knows what is acceptable.

You can support this by:

- Talking about school rules and why they are important.
- Using similar boundaries at home (e.g., kind hands, good listening, looking after belongings).
- Praising effort and positive behaviour.

### High Expectations

We believe every child can succeed. Our expectations are always positive, focusing on respect, kindness, and doing their best.

How parents can support:

- Encourage children to try, even when things feel tricky.
- Celebrate achievements, both big and small.
- Model positive attitudes towards learning, reading, and problem-solving.