

Back to School Newsletter

It's back to school season and it is a nerve-wracking time for students going into new year groups or even new schools. But for students with special educational needs and disabilities (SEND), it can be very stressful, especially after 6 weeks at home.

There are lots of different elements to school life:

- Assemblies
- School Work
- Homework

These elements occur in all kinds of places with different environments and sensory experiences:

- Halls
- Classrooms
- Labs
- At Home

Going back to school is not only stressful for the student but also parents, carers, siblings etc. as emotions are up in the air.

It is important to know that if you are facing back to school anxiety, you are not alone, and it is okay to feel these feelings.

Preparing Your Student

1. Talk to them about what to expect.
2. Let them make some decisions such as stationery to help give them some control.
3. Practice putting on their uniform.
4. Talk to their teacher or the SENCO. Tell them as much as possible so they know the student better and can help effectively.
5. Arrange a visit of the school before term starts so the environment is familiar when they start school.

Assistive Technology

The term 'assistive technology' is often used to describe products and software that support individuals with disabilities.

For education, assistive technology is implemented to enhance the students' school life and engagement with their learning environment.

Some examples are:

- Large print/high contrast keyboards.
- Text-to-speech software.
- Screen magnifiers and masks.
- Alternative mice.

Adapt-IT can provide a FREE 45-minute awareness presentation on the types of assistive technology available and how it supports differing conditions in different environments.

We also have a guide to assistive technology which takes you through all the different types and their uses. This guide can be found on our website - [Adapt-IT's Guide to Assistive IT and Gaming](#).

If required, we can arrange a trial day where we bring equipment with us to the school for students to try out – POA.