

Rowan Wood School

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Executive Head: Rachel Harrison
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Dear Parents/Carer's,

Welcome to the first term at Rowan Wood. The children are settling well into their new classrooms on the Oakmere site, getting familiar with the environment and are building relationships with their peers and staff teams.

As we continue to get to know the children, we will explore their strengths, interests and areas of support and will also be supporting them to help develop, their confidence and ability to self-regulate and understand their emotions and bodies.

For many of the children we are exploring what resources and equipment will help them best to regulate. Some of this equipment and resources will impact on different sensory systems so that they can access their learning, play and leisure activities with reduced stress, anxiety or frustration.

Here are some of the resources or equipment that your child may access on a trial basis as we work together with our sensory processing team and occupational therapist to see what works best for your child.

Sensory circuit – which will involve alerting, organising and calming activities such as bouncing spinning, running, using gym equipment.

Wobble and sit cushion – which will help those children that fidget and struggle to attend because they need to move by sitting on a specially inflated textured cushion.

Weighted blanket or lap pad – helps a child feel grounded, calm and more centred when focussing on tasks by having the lap pad or blanket on their lap.

Gym ball/bounce pad – help a child to have their movement needs met through bouncing by means with during movement breaks or simply sitting and bouncing.

Massage/deep pressure activities – help a child to relax, feel calmer and more regulated as they understand their body more.

Therma band/body sock - are pieces of equipment made of lycra. A child can put on a body sock and push against the material to get resistance and feedback. Therma band can be stretched and pulled to again give resistance and feedback through the arms and legs which can result in feeling calm, grounded and a better understanding of their body.

Ear defenders - Are everyday headphones we have purchased to help children manage voice/noise volume so that it doesn't come across as too loud. They do not prevent a child from hearing what they need too.

We will let you know if your child shows a particular preference to a piece of equipment or resource, in time they may be referred to the OT and sensory team as and when needed.

Please do let us know if you have any questions or queries around helping your child regulate themselves at school or at home.

Best wishes



Claire Bayfield
Head of Virtual School for learners with Autism