

Sybil Elgar School | Our Transdisciplinary Team Newsletter

With the end of the academic year coming up, our students will have a 4 week break for the summer holidays.

This time off can be a great opportunity for rest, new activities, and quality time with loved ones – it is also a change in routine that may leave your child or young person feeling anxious.

Without the Monday-Friday spent at school, they may be worried about how they will be spending their time. So, what can we do to make that feel easier?

Plan ahead

Share information about the summer holidays:

- Summer term ends Friday 1st August
- Autumn term starts Wednesday 3rd September
- Where will they be staying for the holidays?
- Who will they be spending time with?
- Answer any questions they might have



Write down the key information:

- Use simple sentences
- Pictures or symbols may be helpful
- Use a calendar to countdown to the start of Autumn term or to motivating planned activities during the holidays
- Checklists in preparation for the return to school

Create a routine

Consider what their day looks like during term-time:

- Continue bedtime routines
- Keep mealtimes similar to school day
- Get washed/dressed when they wake up
- Have a set activity/structure to your mornings
- Outings could be kept routine – e.g., park on a Thursday afternoon
- Ask your child or young person what they would like their days to look like



Activities

Offer a balance of routine and variety:

- Keep activities that routine weekend/holiday activities alongside new ones
- Offering new activities is exciting but may feel more challenging for our students
- For a new activity: plan ahead, count down, offer choices
- Consider routine "rest days" with fewer demands, in a familiar comfortable
- Be flexible about the planned activities – some days may be easier than others!
- Some preferred activities (videogames, YouTube etc.) might need time limits
- Offer a mix of solo and interactive activities
- Give lots of breaks!

Useful resources and links:

- <https://www.leicspart.nhs.uk/autism-space/health-and-lifestyle/autism-and-visual-schedules/>
- <https://www.autism.org.uk/advice-and-guidance/topics/behaviour/organising-and-prioritising/all-audiences>

Website:

<https://www.autism.org.uk/services/nas-schools/sybil-elgar>

Contact:

0208 8139168

Email:

Sybil.Elgar@nas.org.uk
