

SEND IN THE SPOTLIGHT

Neurodiversity Week

16.3.26 - 20.3.26

What is Neurodiversity?

Neurodiversity means that people think, learn and experience the world in different ways.

Some people's brains may work differently because of conditions such as: Autism, ADHD, Dyslexia, Dyspraxia

These differences can sometimes create challenges, but they also bring strengths such as creativity, problem-solving, focus on details or big imagination.

How to Explain Diversity to Children:

You might say something simple like:

"Everyone's brain works in its own way. Some people learn best by reading, some by listening, and some by doing. Different brains help make the world interesting."

Questions You Can Ask Your Child:

These questions help start conversations:

- What did you learn about different brains at school?
- What do you think your brain is really good at?
- Do you know someone who learns differently from you?
- How can we help people feel included?

Focus on Strengths

Help children understand that differences are not something to "fix".

You could talk about strengths such as: creativity, noticing details, remembering facts, problem solving, kindness and empathy.

Encouraging Kindness and Inclusion

You can encourage your child to:

- be patient if someone learns differently
- include everyone in games
- help classmates if they are struggling
- celebrate what makes people unique.

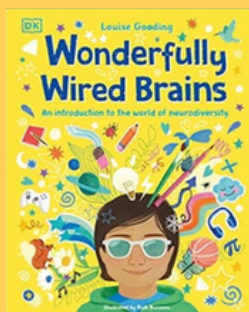
A helpful message for children is:

"Different doesn't mean less — it just means different."

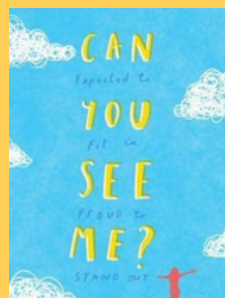
Books to celebrate Diversity



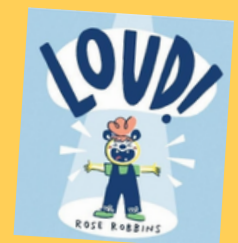
By Eleni
Tassopoulos
Wehner,



By Louise
Gooding



By Libby
Scott and
Rebecca
Wescott



By Rose
Robbins

Final Thoughts...

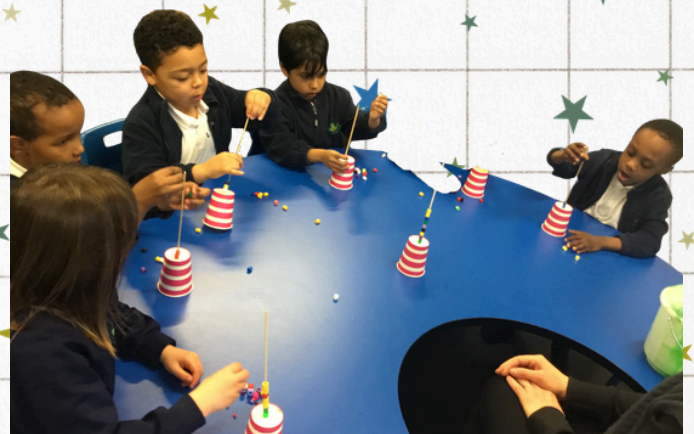
Helping children understand neurodiversity builds empathy, respect and confidence.

When children learn that everyone's brain is unique, they are more likely to accept themselves and support others.

Useful Websites:

- <https://www.booktrust.org.uk/book-recommendations/booklists/books-with-neurodivergent-characters/> - why not have a look at all the books there are out there in the name of diversity?
- https://www.barnetlocaloffer.org.uk/parent_zone - This is the Barnet Local Offer which is designed to give parents and carers easy access to information and services to support their child.

Look at
us! We are having
so much fun during
our weekly Bucket
Time
session.



SEND White Paper

The government's white paper "Every Child Achieving and Thriving" outlines plans to improve SEND support by making it earlier, clearer and more consistent.

<https://www.gov.uk/government/publications/every-child-achieving-and-thriving>

Proposals include better support in mainstream schools, earlier identification of needs, and new Individual Support Plans, with EHCPs remaining for more complex needs. These are proposals only, so there are no immediate changes to your child's current support.

Parent Training Sessions

SEND White Paper - Key Information - Tuesday 24th March at 12.30-2pm.

At the session, Lisa Coffman (Barnet Parent/Carer Forum) and Victor Roman (London CPP Director) will explain what we know so far and what this may mean for your children, with an opportunity to ask questions.

There is no need to pre-register. Join here:

<https://teams.microsoft.com/meet/34239748768491p=sCsci3dxJr|TOJLyW7>

"ADHD IN THE 21ST CENTURY"

Workshop for parents/carers and children and young people (10-18 years old) - Saturday 25th April 2026, 1.30 - 4.30pm, Finchley Arts Depot, 5 Nether St, London N12 0GA

Please sign up for a space on the workshop here:
<https://forms.cloud.microsoft/e/Ec1uWH125m>

Thursday Social Group - "Thursday Club"

A welcoming space for autistic children aged 8 to 11 to connect, play, and build friendships.

Details:

When: Thursdays, 5:00-6:30 PM

Where: 858 Finchley Road

Cost: Free of charge

Independence: Children should be able to attend independently.

Hosted by the Barnet Children and Families Autism Hub, this group provides a relaxed and inclusive environment where young people can enjoy social time with peers through activities, conversation, and shared interests.

Booking link: Booking link:

<https://bookwhen.com/barnetautismhub>

PINS Parent & Carer Sessions

1. Understanding Roles of Specialist Teams

(Speech & Language Therapy, Occupational Therapy, Educational Psychology)

Facilitator: Joann Moore

Date: 23rd March

Time: 18:00–19:00

MS Teams link: <https://teams.microsoft.com/meet/35558646357229?p=GRThKmoRgvbltTX9Ti>

2. Positive Relationships & Behaviour

Facilitator: Lucy Baker

Date: 24th March

Time: 18:00–19:00

MS Teams link: <https://teams.microsoft.com/meet/39919696954079?p=sJqCiWa8H5Dq6PALDj>

3. Energy Accounting & Zones of Regulation

Facilitator: AAT – Luci Rose

Date: 14th April

Time: 13:30–14:30

MS Teams link: <https://teams.microsoft.com/meet/33402220141406?p=SmvHe4punoPcpbFRuc>

4. Adaptive Teaching & Supporting Social Connections

Facilitator: Joann Moore

Date: 17th April

Time: 13:00–14:00

MS Teams link: <https://teams.microsoft.com/meet/33592623255152?p=jaXMt8WG5hcltImLoF>

We will send flyers out with further information. We can highly recommend all the above sessions. Having worked close with all the facilitators, we believe you will gain so much from attending the session that interest you.