



EDUCATION

Specialist Nursing Team

Cambridgeshire Community Services NHS Trust: delivering excellence in children's community health services across Bedfordshire and Luton

SCHOOL CAN BE EXHAUSTING, OVERSTIMULATING AND OVERWHELMING FOR AUTISTIC CHILDREN AND YOUNG PEOPLE...

Social situations

Environment

Expectations

Separating from parent/carer

Sensory: lights, smell, visuals,

Unexpected change in routine

FOR TEACHERS/STAFF

Managing a class
of 30 or more
children/young
people

Training in SEND

To understand
each child's
differences

Resources &
funding

To have what is
expected and
what a child can
manage

Recruitment &
retention: supply
teachers &
inconsistency

REASONABLE ADJUSTMENTS

School Day

- Coming in & out of school at different times
- School uniform
- Check in
- Someone to meet them at the beginning of the day
- Reduce homework expectations done at school
- Alternatives to assemblies, sports day, P.E.
- Transitions: assemblies
- Not having to make eye contact



REASONABLE ADJUSTMENTS

In the classroom

- Movement breaks
- Fidget & sensory toys
- Time out card or another way
- Tasks to be broken down into chunks
- To have written instructions
- Use of a computer, reader pens, scribe
- Not to have to take part in group work
- To consider not giving detentions/suspensions/exclusions for anything relate to their differences

REASONABLE ADJUSTMENTS

Break and Lunch Times

- Somewhere to go at break times and lunch time
- An alternative place to eat their lunch
- Some structure (unpredictable)
- Clubs of interest
- Access to sensory input and regulation
- Someone who knows them to recognise when a situation is difficult to navigate

REASONABLE ADJUSTMENTS

Test & Exams

- Extra time
- A separate quiet room
- Reader, reader pen, scribe
- Laptop or computer
- Movement breaks

RESOURCES/STRATEGIES

- Social Stories & Comic Strips:

<https://www.autism.org.uk/advice-and-guidance/topics/behaviour/organising-and-prioritising/all-audiences>

- 5 Point Scale
- Zones of Regulation
- Rag Rating
- Check ins

	I feel...	My body clues...	I can...
5	 Extremely tired. A lot less patient. Annoyed easily.	Exhausted – very low energy. Hot and bothered.	Take a bit of time to be on my own. Slow down, rest and put things into perspective.
4	 Anxious. Wondering how I'll get everything done. Low energy.	Bit of a tightness in my chest. Can't focus very well. Might have a headache.	Have a change of scenery. Spend time with some children or get some fresh air.
3	 A little tense. Confidence might feel a bit low.	Bit of a 'fuzzy head' feeling. Tired.	Make sure I eat/drink something. Let someone know how I'm doing.
2	 Calm. I might feel a little pressured but I can handle it.	Quite energetic. Focused on what I need to do.	Remain focused. Prioritise jobs.
1	 Extremely relaxed. Energised. I can do anything!	Lots of energy. Smiling a lot. Able to laugh about things.	Enjoy life! Talk to others and share my positive mood.

Zones of Regulation			
Blue	Green	Yellow	Red
			
Bored Lonely Sad Tired Unwell	Calm Content Focused Happy Ready to learn	Anxious Confused Excited Frustrated Worried	Angry Aggressive Terrified I need time and space

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RESOURCES/STRATEGIES

- Sensory
- Visuals: timetables, planners, sequence strips
- Communication book
- Breathing strategies: [https://www.calm.com/blog/5-4-3-2-1-a-simple-exercise-to-calm-the-mind#:~:text=The%2054321%20\(or%205%2C%204,1%20thing%20you%20can%20taste.](https://www.calm.com/blog/5-4-3-2-1-a-simple-exercise-to-calm-the-mind#:~:text=The%2054321%20(or%205%2C%204,1%20thing%20you%20can%20taste.)
- Down time at home to process the day

RESOURCES/SERVICES

SENDIASS:

- <https://localoffer.bedford.gov.uk/kb5/bedford/directory/site.page?id=KunrZShjVcM>
- <https://cbSENDIASS.org/>
- <https://sendiasluton.co.uk/our-service/>
- <https://www.ipsea.org.uk/> Independent Provider of Special Education Advice in England



RESOURCES/SERVICES

Autism Spectrum Advisory Teachers:

<https://localoffer.bedford.gov.uk/kb5/bedford/directory/service.page?id=sTuSqdPYI Zw&localofferchannel=6%20%20%20> BBC

Special School Outreach Team:

<https://www.ivelvalley.beds.sch.uk/outreach/specialschooloutreachservice/> CBC

The Chiltern Special School SEND Outreach Service:

<https://chiltern.beds.sch.uk/outreach-and-training/> Luton

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REFERENCES

- <https://autisticgirlsnetwork.org/reasonable-adjustments-possible-at-school/>
- <https://www.ambitiousaboutautism.org.uk/understanding-autism/education>
<https://www.autismeducationtrust.org.uk/>
- <https://www.autism.org.uk/advice-and-guidance/topics/education/extra-help-at-school/england>
- <https://www.autismcentral.org.uk/guidance/getting-help-school>

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