



Hello,

Fortunately, we are moving to a new phase of being able to see more of our friends and family, whilst also learning to adapt to new rules and constant change. Months of lockdown have presented all families with a range of challenges, but the challenges have been increasingly felt by deaf adults, children and young people. Having more time at home has also given rise to opportunities for new learning. This newsletter issue looks back on some of the positive reflections sent in from children and young people with a hearing impairment in Peterborough. It also gives practical ideas for the summer and supporting transitions back to school in September.

My Lockdown Reflections

What have been your favourite things during lockdown?
What are you pleased/proud about from your time in lockdown?

"I have really enjoyed lots of time in the garden with bubbles, messy play and ball games."

Isaac



"I lost my first tooth and had a (socially distanced) visit from the tooth fairy!"

See more on page 2...



"I have enjoyed the time with my family and the BBQs in nice weather."

"I am proud of completing my level 1 hairdressing course and all of my work." Klara

"My favourite thing is my bike. I'm really pleased that I can now cycle independently to school!" Pupil D

Covid 19 Lockdown Reflections Continued...

"I have enjoyed watching Netflix and being able to speak to friends online." Nikolas

"My favourite things are my Xbox and Roblox. I'm really pleased with my drawings of cartoon characters from YouTube." Pupil A

"My favourite thing in lockdown is spending time outdoors with my children. We have a new appreciation of nature. I am pleased with myself in lockdown because despite the challenges we have all learnt to be more resilient." Parent

"I am proud of painting the house and making decorative items with materials from college and learning some basic BSL."

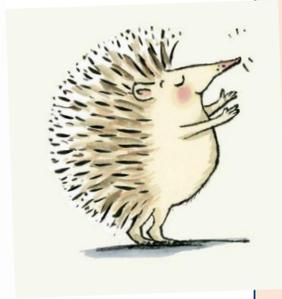
"I have enjoyed going to the beach with my family. I am proud to help my mum with cooking and looking after my nephew." Erik

"My favourite thing has been watching Little Angels with my sisters." Leontae

"My favourite thing to do has been baking desserts. I have been trying out new things when I get bored." Taybah Yr 6

"Watching my son eating (*and enjoying*) ice-cream is better than having one myself! The thing that I am pleased with in lockdown is having a very healthy shopping basket and then having to work out what to make with all the lovely fruit and vegetables." Parent of 2-year-old.





Watch a BSL signed version of Eoin Mclaughlin's 'While We Can't Hug' and other BSL stories on [Blanche Nevile School's YouTube page](#).

[Leanne Signed Stories](#) also has many popular books to enjoy, with SSE and voice over.

Face Coverings

You do not need to wear a face mask on public transport if you are communicating with a person that has a hearing loss who relies on lip reading. Read more about the Action on Hearing Loss' campaign [here](#).



Useful links-

An NHS [comic strip](#) making PPE less scary by illustrator Katie Chappell

Audiology [PPE poster](#) for kids by York Teaching Hospitals Trust

- What could make the news easier to access for deaf children and young people? Contribute to the [Newsround](#) survey to share your views!



Coronavirus Updates

The [NDCS website](#) has regularly updated information and blogs on Government changes that may impact children, young people and families living with a hearing loss.

A new member to our team...



Hi my name is Claire and I am a HLTA for vision and hearing impairment. I look forward to working with you. Have a great summer everybody!



Supporting Transitions

For some children and young people, September will mean a new start at a new school, college or university. For many, it will mean returning to school after months of home learning, to new ways of teaching. Either way, this is likely to bring about a range of mixed feelings, for children and their families. Preparing and planning for such changes can help to make the transition as smooth as possible. Here are a few tips that might help...

Create a profile of yourself or Powerpoint to share with your new setting / teacher. Include your interests, hearing levels and what helps you to listen, learn and communicate effectively.

Ask about seeing your school and new teaching staff over an online chat or through photos or video.

Have a fashion show with your new uniform! Try it on a few times to get used to how it feels.



Some teaching may still be online e.g. videos, podcasts. Speak to your SENCO and Teacher of the Deaf if you think you'll need changes to help you access them fully.

If you use technology e.g. hearing aids, radio aid etc., why not learn a new skill for independence, such as how to change the battery, how to troubleshoot when problems occur or explaining to others how your technology works?



Create a 'school starts' countdown.

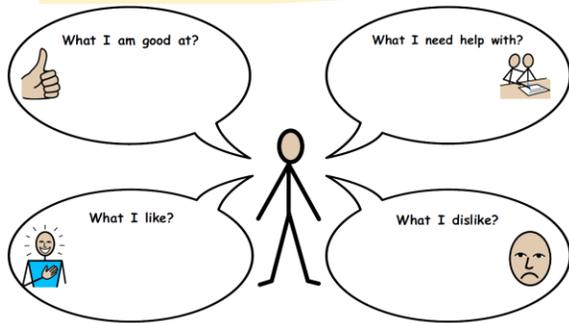
Talk about school with friends and family.

Think about the ways school will be the same and ways it will be different. Find about the changes to keep you and everyone safe.

Jot down what you are looking forward to and also things you want/need to find out.

 Start	10 ten	9 nine	8 eight
7 seven	6 six	5 five	4 four
3 three	2 two	1 one	 back to school

If you have a soundfield system in your classroom, your Teacher of the Deaf will arrange for this to be moved to your new class/school. They will also give training (virtually to begin with) to new staff about your equipment, deaf awareness strategies and how to help you in the classroom.



Ideas for the Summer



Get creative in the [garden](#) - make a bug house, teepee or fairy garden...

More attractions are opening up each week - take a day trip to the one you've been most eager to visit during lockdown.



Try some [Yoga](#)

Keep in touch with friends

Learn a new skill as a family



Try out a new [walking or cycling trail](#) around Peterborough

Make your own ice lollies! Click [here](#) for some delicious recipes.

Have a picnic



Try an outdoor sport - tennis, golf, cricket...

Have a 'camping out night' in the garden!

This Summer try to..

Have a go at baking



Eat Healthy



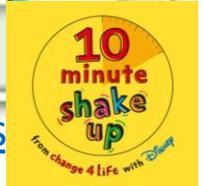
Get Creative



Keep Active



<https://www.nhs.uk/change4life/activities/indoor-activities>



Upcoming EVENTS



[NDCS](#) have created online events to support families, including sessions offering advice, family sign courses and opportunities to meet other families for a chat...

Supporting Home Learning 8th July 2-3pm

Starting Secondary School-what to expect 15th July 2-3pm

Coffee Morning 21st July 10.30-11.30am

The Cambridgeshire Family Fun Day has been cancelled this year, but the sensory support team there have been working in collaboration with NDCS and Living Sports to provide online mini taster sessions on Saturday 11th July...

10:00 NDCS - **Boosting your child's self-esteem and wellbeing:**

Suitable for families with children aged 4-16 years. Learn some practical strategies on how to support your child during this difficult time and help them to maintain good emotional health and wellbeing. To register your interest-

<https://us02web.zoom.us/meeting/register/tZlvdu2uqTlvHNVX1gDjmuixTIA-GAQBale2>

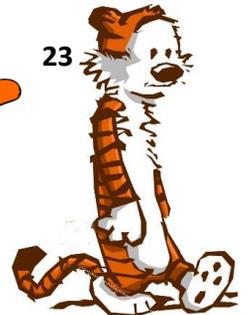
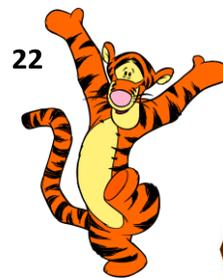
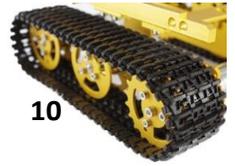
11:00 NDCS - **Emotional Health and Wellbeing: Aged 8 – 14yrs.**

Through creative and fun activities the young people share their ideas about how to manage their emotions. To register your interest-

https://us02web.zoom.us/meeting/register/tZcudumqqTopHN248uv0HvxEDJZp6-_spAbI

Ready for a Family Quiz?

See how many cat names, phrases and idioms you can guess..



Answers are on the final page.

The [Local Offer](#) page has regularly updated advice on SEND services. You can access more information about support services available during the Coronavirus pandemic on the main [council website](#).



MSI and Additional Support Needs Resources

- The [Wheel of Apps](#) has been updated. It outlines useful apps to support children with complex additional needs.
- [Guide Dogs](#) - home learning resources
- [Mindfulness](#) for children with VI or additional support needs and [top tips](#)
- [Living Sport](#) – Promoting physical activity for children with VI or a physical disability
- [Understanding Charge Syndrome](#) - online free course



Would you like to write something for our next newsletter in the Autumn term?

It could be about your experiences of getting new hearing equipment, or your top tips for starting secondary school, or about a recent new achievement. If you have something to share, speak to your ToD or send us an email to senandinclusion@peterborough.gov.uk



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Click [here](#) for top tips for caring for your hearing aids at home. If you suspect something is wrong with the equipment, please get in touch with your Teacher of the Deaf or call your audiology department.

Cat Quiz Answers. How many did you get right?

1. Panther tank 2. Jess the black and white cat 3. Aristocats 4. Cat Deeley 5. Thundercats 6. Snagglepuss 7. Pilchard 8. Catacombs 9. Cataract 10. Caterpillar tread 11. Catastrophe 12. Cats eyes 13. Cats the musical 14. Let the cat out of the bag 15. Raining cats and dogs 16. Cat among the pigeons 17. While the cats away the mice will play 18. Cat got your tongue 19. Fat cat 20. Top cat 21. Garfield 22. Tigger 23. Hobbes 24. Cat burglar 25. Cat nap 26. Alley cat 27. Cat that got the cream 28. Catalogue 29. Cats whiskers 30. Cat-o-nine tail 31. Catalytic convertor 32. Catapillar