



## Inclusion Newsletter

*What does Inclusion look like at Sissinghurst?*

Please take a look at our school website link for further information. -

[Sissinghurst \(VA\) Church of England  
Primary School - Inclusion](#)

We recently completed our Inset training with the Autism Education Trust – More details here:

[Autism Education Trust](#)



It's beginning to look a lot like Christmas...

Here are some useful links for Neurodivergent children and their families:

The Christmas season is a joyful but often overwhelming time, especially for autistic individuals. Changes in routine, sensory challenges, and social expectations can add stress to this festive period. To help make the season more enjoyable and inclusive, we've compiled a list of resources offering guidance, advice, and ideas.

### Helpful Resources for an Autism-Friendly Christmas

- [Preparing for Christmas: National Autistic Society](#)  
Practical tips and real-life stories from autistic individuals and families on preparing for Christmas.
- [Preparing for the Festive Period: Scottish Autism](#)  
Insights on navigating the holidays, from Christmas to the New Year, with autistic-friendly advice.
- [3 Tips for an Autism-Friendly Christmas: Jamie Knight](#)  
Jamie, an autistic adult, shares how he ensures quiet spaces, sensory accommodations, and other strategies.
- [Coping with Anxiety at Christmas: Emma Louise Bridge](#)  
A blog offering thoughtful advice on managing holiday-related anxiety.
- [An Autistic Person's Guide to Christmas: AutisticNotWeird](#)  
Chris Bonnello discusses handling sensory overload, maintaining routines, and setting realistic expectations.
- [Autism Christmas Tips and Tricks: Purple Ella](#)  
A video packed with advice for navigating challenges like gifts, meals, and social events.
- [Christmas Sensory Survival Kit: Sensory Integration Education](#)  
A comprehensive guide created with input from autistic individuals, caregivers, and professionals.
- [Autism Tips for the Festive Season: Becoming Autism](#)  
Savannah shares tips on communicating needs and creating a supportive holiday environment.
- [An Autistic Friendly Christmas: Cathy Wassell](#)  
Cathy provides personal insights into the challenges autistic individuals face and offers practical suggestions.
- [Autism and Christmas: Neuroclastic](#)  
Emma explores sensory challenges during the holidays and suggests autism-friendly traditions.

## Making Christmas Inclusive

We hope these resources help foster a more inclusive, stress-free, and joyful festive season for everyone. Remember, the key to a meaningful Christmas is understanding, communication, and respect for individual needs.

# KCC SEND newsletter

Our SEND newsletter is published once a term.

The newsletter has the latest updates and improvements, support and guidance, and events happening in Kent. You'll also get news from the NHS, Kent PACT, IASK, and local charities.

[Sign up for the SEND newsletter](#)

## Current edition

[Read our latest SEND newsletter](#)

## Past editions

All [past editions of our SEND newsletter](#) are available to read at any time.

## Other newsletters

Alternatively:

- subscribe to receive Kent PACT's newsletter by emailing [info@kentpact.org.uk](mailto:info@kentpact.org.uk)
- [read the latest from IASK](#).