



SUMMER TERM 2026 SEND NEWSLETTER



1. WELCOME

Dear Parents and Carers,

As we move through the summer term, many of our students are preparing for assessments, internal exams, and public examinations. This can be a challenging time for young people, particularly for students with SEND who may experience additional pressures around organisation, anxiety, revision, and confidence.

At school, we are continuing to focus on ensuring that every student feels supported, prepared, and able to access their learning successfully. Alongside academic preparation, placing a strong emphasis on wellbeing, we are emotional regulation, and developing independent study habits that students can use both now and in the future.

We know that the strongest outcomes happen when school and home work together. In this newsletter, we are sharing practical ways families can support revision and wellbeing at home, alongside updates about the support students are receiving in school.

Thank you for your continued support throughout the year.

Rachel Martin – Assistant Headteacher, SENDCO

2. WHAT'S HAPPENING AT DENBIGH?

This term, our SEND and pastoral teams have been working closely with staff to support students during the exam period through a range of strategies.

Exam Preparation Support

- Revision resources and structured revision sessions.
- Support with planning, organisation, and managing workload.
- Access arrangement preparation and familiarisation for eligible students.

Emotional Wellbeing

- Tutor and pastoral check-ins for students experiencing anxiety.
- Support strategies for managing stress and maintaining routines.
- Quiet spaces and regulation support available throughout the school day.

Our aim is not only to support students through exams, but also to help them build confidence and resilience as learners.

3. LOCAL SUPPORT FOR FAMILIES:

Families looking for additional SEND support, advice, or workshops may find the MK SEND Local Offer particularly helpful. The Local Offer provides information about services, support groups, activities, mental health resources, and guidance for families of children and young people with SEND across Milton Keynes.

The Local Offer also runs a range of free parent and carer programmes, including workshops on:

- Autism and social communication
- Anxiety and emotional regulation
- EHCP processes and annual reviews
- Sleep, sensory needs, and behaviour support
- Supporting independence and transitions

Many sessions are delivered online and are designed to provide practical strategies that families can use at home.



4. SPOTLIGHT ON SUPPORT: ACCESS ARRANGEMENTS

Exam season often raises questions about access arrangements and how students are supported during assessments.

Access arrangements are adjustments which help students with identified needs access exams fairly and independently. These arrangements follow guidance set by the Joint Council for Qualifications (JCQ) and must reflect a student's normal way of working in school.

Examples of access arrangements may include:

- Extra time
- Rest breaks
- Use of a word processor
- A reader or prompt
- A smaller exam room



Joint Council for
Qualifications

Students may use these supports regularly in lessons, classroom assessments, and internal exams where appropriate. This helps build familiarity, confidence, and independence over time.

Access arrangements are not automatically linked to a diagnosis or level of exam stress. Schools are required to gather evidence of need and demonstrate that any arrangement is appropriate and routinely used as part of a student's everyday support in school.

If you would like to discuss your child's support or have questions about the process, please contact the SEND team.

5. SUPPORTING REVISION AND WELLBEING AT HOME

Families play an important role in helping young people feel calm, organised, and supported during exam season. Small routines and simple strategies can make a significant difference.

How can parents support at home?

1. **Create predictable routines** - Having a regular routine for revision, breaks, meals, and sleep helps reduce anxiety and supports focus.
2. **Break revision into smaller chunks** - Short, focused revision sessions are often more effective than long periods of study. Encourage students to set small, achievable goals.
3. **Focus on effort, not perfection** - Praise persistence and positive habits rather than only outcomes or grades. This helps build confidence and reduces pressure.
4. **Encourage breaks and downtime** - Rest, movement, hobbies, and social time are important for emotional wellbeing and concentration.
5. **Help students talk through worries** - Sometimes students simply need reassurance and someone to listen. Encourage open conversations about how they are feeling.
6. **Reduce overload** - Too many revision resources can feel overwhelming. Encourage students to focus on one task at a time and use the strategies recommended by teachers.

