



SEN & Wellbeing Newsletter

Term 3 – This is Me

What is This is Me?

At Lower Halstow we have begun a new approach to supporting children with neurodivergent needs, such as Autism or ADHD. The programme is called 'This is Me' and has been introduced by Kent and Medway health authorities.

The aim is to build a clearer picture of your child's strengths and needs so we can ensure the right support is in place both at home and in school.

This process can also lead to extra help for families and, where needed, onward referrals for a formal diagnosis.

[This is Me](#)



Understanding Neurodivergence

Every child's brain works differently. A neurodivergent child may:

- Experience sensory differences
- Have trouble sleeping or coping with changes in routine
- Find sitting still or making friends difficult
- Struggle to express how they feel

These challenges can sometimes make school life harder, so understanding them early is important. Together with parents, we will complete a **This is Me Needs Summary**—a tool that looks at nine key areas of development:

- Speech & Language
- Social Communication
- Energy
- Attention & Impulsivity
- Emotional health & wellbeing
- Motor Skills
- Sensory preferences
- Flexibility & Adaptability
- Cognitive abilities



This is Me – Parent Resource Hub



The Resource hub is an excellent source for support strategies and resources. Anyone can register via [This is me resource hub registration form - Kent family](#)

How Will 'This is Me' Help My Child?

Completing the Needs Summary will give you and the school a clearer understanding of your child's individual strengths and needs.

This means we look at helpful adjustments, in addition to what we ordinarily do such as:

- Offering extra movement breaks
- Adapting classroom environments
- Providing Emotional Check ins

Your child can also receive support from the new community team without waiting for a diagnosis, and in many cases a diagnosis may not be needed once support is in place.

If your child is already waiting for an autism or ADHD assessment, they can still take part in 'This is Me'.



Parents can also still approach their GP about a **Right to Choose** assessment if a diagnosis is specifically required.

Lower Halstow School's Universal Offer



At Lower Halstow school we have comprehensive universal and targeted support for neurodiverse needs and we **do not** require a diagnosis for children to access this.

As far as is reasonably and practicably possible we endeavour to make our mainstream classrooms as neurodiverse friendly as we can. Where teachers identify a need we consider all provision available to us to support as necessary.

For more information about our universal/targeted support or the 'This is Me' approach please contact Mrs Hunt via the school office.