

# Highfield Primary School

## SEND Coffee Morning

### 4<sup>th</sup> February 2026



Address: Sandringham Green, Moortown, Leeds, LS17 8DJ

Telephone: 0113 2930155

## Who are the Inclusion Team members at Highfield Primary School?

- **Mrs Lucy Dalglish** – SENCO
- **Mrs Joanna Shelley** – Deputy SENCO
- **Mrs Helen Calvert** – Learning Mentor
- **Mrs Dawn Booth** – Speech and Language key worker
- **Every member of staff at Highfield Primary School** – *“Every teacher is a teacher of SEND.”*

## What is meant by SEMH needs?

**Social** – socialising and managing social situations

**Emotional**- difficulties around regulating emotions in situations

**Mental Health** – responding to every- day situations disproportionately

## How might SEMH needs present?

**All behaviour is communication – listen and tune in.**

**Freeze. Flight. Fight**

**Freeze** – body goes still, no response, not listening or looking, appearing not to be “there”

**Flight** – leaving the situation physically and/ or mentally

**Fight** – physical behaviour, arguing, violence

## How can Highfield support with SEMH needs?

For those who require support above what is offered within the classroom:

- **Pupil passport** - identifying SEMH needs, sometimes including individual targets.
- **Tracking of progress** in SEMH.
- **IBP – Individual Behaviour Plan** for higher levels of SEMH needs, where a risk assessment is required for safety for the child and others.
- **Check ins** - to discuss emotions
- **Emotional wellbeing sessions**
- **Zones of Regulation and 5 Point Scale of emotions**
- **Lego Therapy**
- **Social communication groups**
- **Accessing the Nurture Room and/ or Sensory room**
- **Therapeutic Story Writing**

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- **Therapeutic Story Writing**

## Referrals for outside of school professionals if needed:

- Early Help Referral
- City Wide Consultation with an Educational Psychologist
- SEMH team Referral
- SENCO meetings with Link Education Psychologist

## Strategies to support at home:

### Listen and Tune in



### Safe space



### Sensory objects



### Breathing exercises



### Zones of Regulation and 5 point scale



### Sensory circuits

#### Sensory Circuit Process



**Further support can be found for general SEND in the following places:**

- **SEND provision at Highfield** [Special Educational Needs and Disabilities | \(highfield-primary.co.uk\)](http://highfield-primary.co.uk)
- **Leeds SEND Local Offer** [Directory \(leedslocaloffer.org.uk\)](http://leedslocaloffer.org.uk)
- **Leeds SENDIASS** [Leeds SENDIASS](#)
- **Leeds NHS SALT** [Leeds Community Healthcare NHS Trust - Speech and Language Therapy Toolkit](#)
- **Leeds for Learning (for parent video clips, workshops, parent drop ins etc)** <https://www.leedsforlearning.co.uk/parent-videos> for support around Autism.
- **Leeds Mindmate Team** [MindMate - Emotional wellbeing and mental health](#)
- **Leeds CAMHS Team** [CAMHS – MindMate](#)
- **SEND Code of Practice (2015)** [SEND Code of Practice January 2015.pdf \(publishing.service.gov.uk\)](#)
- **Children’s and Families Act (Part 3)** [Children and Families Act 2014 \(legislation.gov.uk\)](http://legislation.gov.uk)

**For specific SEMH support related to the information shared today, please visit the following websites:**

- Zones of Regulation - [Self-Regulation Curriculum | The Zones of Regulation](#)
  - Sensory Circuits - [Sensory Circuits - Childrens Choice Therapy](#)
- Mindfulness - [What is mindfulness and why is your child learning about it at school? - BBC Bitesize](#)

**Highfield SENCO contact information:**

**Lucy Dalgliesh/ Jo Shelley** [SENCO@highfield.leeds.sch.uk](mailto:SENCO@highfield.leeds.sch.uk)

**SEN days Monday – Wednesday and Thursday morning**

Thank you for your support. Please don't hesitate to get in touch if you have any questions or concerns.