Wednesday 15th April 2026

Wigley and Penny Acres Neurodiversity Newsletter

Thought of the month:
What is crucial for some, is beneficial for all.

Welcome to our Wigley and Penny Acres Neurodiversity Newsletter, which is dedicated to Special Educational Needs and Disabilities. In every Newsletter I will provide something to try and something to think about. Please feel free to come and discuss anything with me which you would like to see included in future newsletters.

I hope you enjoy our first newsletter! *Mrs Simpson*





When children come home from school, they will be mentally maxed out. The **first hour** after school is an important one to help all children, particularly those with neurodiversity, to regulate and relax in a healthy way. In fact, this isn't only true for children, but adults too! All day they have been following rules, concentrating, masking impulses and managing big emotions. Try to embed one, two or as many of these things as you can to help:





Foods which are high in protein and carbohydrates help to stabilise mood and focus. Water is also very important for regulation.





Instead of asking questions about their day, start a more general conversation, such as talking about an event from your day or a shared experience from your weekend.





A quiet corner, blankets, lego, head phones for listening to music or a story, playdough. The first hour after school is not the best time for screens if you want to support their nervous system.



Jump, swing, climb, dance. Movement regulates the brain, and just 10-20 minutes of this can prevent chaos later.

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World Autism Awareness Day 2026 was observed on Thursday, April 2, 2026.

World Autism Awareness Day is an international observance established by the United Nations General Assembly in 2007 to raise awareness about **autism spectrum disorder (ASD)** and encourage inclusion for individuals with autism.

The day highlights the challenges faced by people with autism, including difficulties in social interaction, communication, and repetitive behaviors, while also celebrating their unique strengths and contributions.

At Wigley and Penny Acres Primary Schools, we pride ourselves on striving to be equipped with the knowledge and skills to meet the needs of all of our learners. We hope that by sharing our knowledge and understanding of ASD, and celebrating the strengths of our pupils with ASD, we can promote acceptance and encourage inclusion.

For more information about ASD please visit these BBC links:

Autism: What is it? - BBC Newsround

Is my child autistic? How can I support them? - BBC Bitesize

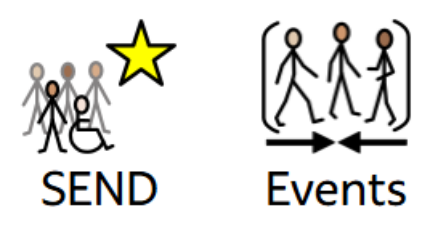
Jessi's story: Starting secondary school with autism - BBC Bitesize



We are here to help. If you wish to discuss any concerns you can contact Mrs Simpson, our SENDCo, by email at:

SENDCO@pennyacres.derbyshire.sch.uk

SENDCO@wigley.derbyshire.sch.uk



There are lots of online workshops available over the next few months with CAMHS, ISAS (Inclusion Support Advisory Service), Derbyshire Parent Carer Voice, which can be accessed on the Neuro Hub Facebook and Instagram Social Media pages.



15th April – Managing self-injurious behaviour – Learning Disability Support CAMHS - 9:30am – 12pm

11th May – ADHD – DPCV – 1:30pm

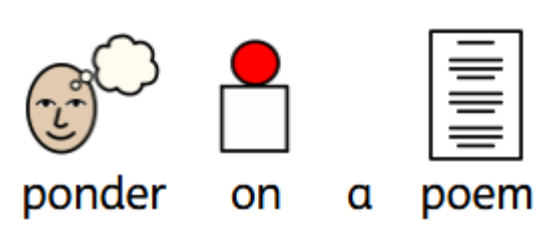
3rd June – Emotional Regulation – DPCV – 1:30pm

9th June – EBSA – DPCV – 1:30pm

8th July – Emotion Coaching – DPCV – 1:30pm

DPCV: Derbyshire Parent Carer Voice EBSA: Emotion Based School Avoidance

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Chocolate

It's hard to be someone
Whom everyone likes
I am not even sure
It is possible

For example, I heard
That some people
Don't like chocolate

And if chocolate itself
Cannot please the whole world
Then I think perhaps
Neither can we

But when people do like chocolate
They really like it an awful lot
They save their money to buy it
And share it with their best friends
And favourite family
(but never pets!)

And when they eat it they close their eyes
Smile, as though they're thinking
Lovely thoughts

And feel very wonderful
For just a short moment in time
In this busy, crazy life

So, I suppose
What I'm trying to say is
You can't be liked by everyone

But to some

You can be chocolate.