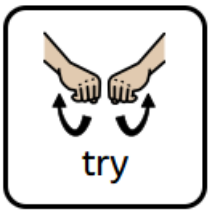
Monday 11th May 2026

# Wigley and Penny Acres Neurodiversity Newsletter

Thought of the month: Different ways of learning aren't barriers - they're bridges to new perspectives.

Welcome back 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. Thanks for reading!




Celebrate your mistakes! Try an activity which you know you might find hard, make mistakes, then celebrate! When we make mistakes we make new neural pathways in our brains to help us with future decision making. So what's to lose?

**Why making mistakes is good for your brain…**

Making mistakes is a natural part of learning and can be a valuable opportunity for growth. It helps the brain to work harder to find solutions, which is essential for developing problem solving skills and resilience. For pupils with SEND, making mistakes can be particularly challenging. However, by embracing mistakes and viewing them as learning opportunities, SEND pupils can develop a growth mindset and overcome the fear of failure.

Ideas of activities to try:

Baking – break a few eggs, if they go on the floor it's only a bit of mess!

Science – find an experiment to try. Science is all about making mistakes and often the best discoveries are made when experiments don't go as 'planned'.

Try a new sport – practise makes progress. If you can't hit the ball in tennis, or get the ball in the net in netball, you will learn from your mistakes and make more progress than if you hadn't tried at at all.

More information about mistakes and growth mindset: KS2 PSHE: A growth mindset - What is a good mistake? - BBC Teach

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This week it is Mental Health Awareness Week. The theme set by the Mental Health Foundation is to: Take Action

At both Penny Acres and Wigley all of the children have been taking action by taking part in the Daily Mile – Children Fit For Life. This involves 15 minutes of continuous movement every day.

The Daily Mile is a simple, inclusive school initiative where children run, jog, or walk outdoors daily to improve health, focus, and well-being. The children have really been feeling the benefit!

Children with SEND are significantly more likely to experience mental health issues such as anxiety, depression, and social isolation compared to their neurotypical peers. Taking action to support mental health at home, in school, and at work, we help remove the barriers that hold people back. This supports our own wellbeing and improves attitudes across society so that everyone can access the support they deserve.

Please follow the link to find out more about Mental Health Awareness Week and some activities and resources you can use at home.

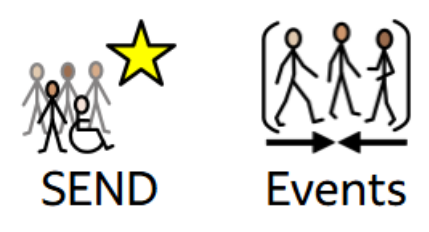
Mental Health Awareness Week 2026 - Mental Health UK




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.




13th May – ADHD Workshop

20th May – Dronfield Parent Carer Support Group

26th May – Matlock Parent Carer Support Group

3rd June – Emotional Regulation – DPCV

9th June – EBSA – DPCV

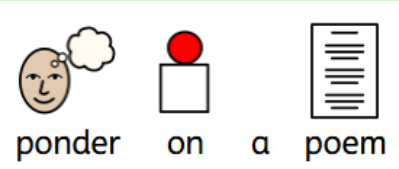
8th July – Emotion Coaching – DPCV

DPCV: Derbyshire Parent Carer Voice

EBSA: Emotion Based School Avoidance

ADHD: Attention Deficit Hyperactivity Disorder

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***The Garden Inside You***

*There's a garden inside you,*

*where bright thoughts grow tall,*

*where kindness is sunlight*

*that warms one and all.*

*Your laughter's the rainfall,*

*your dreams are the seeds,*

*your care is the water*

*that answers all needs.*

*When worries blow in*

*like a cold, restless breeze,*

*you can breathe slow and steady*

*like whispering trees.*

*For the garden inside you*

*is strong, brave, and true—*

*and the more that you tend it,*

*the more it tends you.*

**Gardening Club Request**

Over the last few weeks, we have been testing out our green fingers at both schools. Gardening is another activity which promotes well-being and encourages communication and social interaction. Currently we have focused on tidying up our outdoor environment, but we are excited to plan and start some growing projects. To do this, we really need your help. We would appreciate any donations of a variety of gardening tools and resources. Please see the list below and if there is anything you can donate to either school, we would be very, very grateful.

Tools: secateurs, hand trowels, hand forks, weeding tools.

Children's gardening gloves

Buckets or trugs

Seeds

Plants

Flowers

Rooted cuttings

Compost

Plant pots

Watering cans