Friday 6th November 2026

Wigley and Penny Acres Neurodiversity Newsletter

A thought to think about: Maybe the roads you never planned to walk; reveal the strength you never knew you had.

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.

I hope you enjoy our newsletter! *Mrs Simpson*





Sensory Processing Disorder

Sensory Processing Disorder (SPD) affects approximately 5% to 16% of the general population, with higher prevalence rates among children and individuals with autism or ADHD. Sensory Processing Disorder is a neurological condition in children that can affect the way the brain processes information from the senses. People with Sensory Processing Disorder may be extra sensitive to or not react to sensory input, depending on how they are affected.



Friday 6th November 2026



Sensory processing is typically divided into eight main types. One of these is proprioception. Proprioception is the internal sense of awareness you have for your body. It's what helps you maintain posture and motor control. It also tells you about how you're moving and occupying space.

Children who are showing signs of proprioceptive disorder might do some of these things:

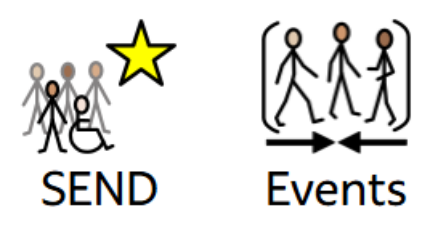
- Appear clumsy
- Fidget when asked to sit quietly
- Show an increased activity level or arousal level
- Seek intense proprioceptive input by "crashing and bashing" into anything
- Slap their feet when walking or walk on their tip-toes
- Use too much or too little force on pencils, scissors, objects, and people
- "No fear" when jumping or walking down stairs or, are overly fearful of walking down steps/jumping
- Fall out of their seat
- Fluctuates between over-reacting and under-reacting in response to stimulation
- Constantly on the move

What you could try at home:



Other proprioceptive activities:

- Squeezing therapy putty or stress balls
- Using clothes pegs or tongs
- Hole punching thick paper
- Kneading dough or rolling clay
- Colouring on vertical surfaces with firm pressure
- Crumpling newspaper into tight balls



There are lots of workshops available over the next month, details of which can be accessed on the Neuro Hub Facebook and Instagram Social Media pages. Below are just a few of the things available during November which parents may find helpful.

You can also book at 1:1 appointment so that you can receive tailored advice and guidance for yourself and your family. Please email the Neurohub on neurohub@fair-play.co.uk.

Tuesday	Wednesday	Thursday	Friday
10th November - Chesterfield Parent/Carer support group 10am-12pm	18th November - Dronfield parent/carer support group 1pm-3pm	12th November - Alfreton parent/carer support group 9.30am-11am	20th November - Social drop-in @ Fairplay, Alexandra Road West 10am-12pm
24th November - Matlock Parent/Carer support group 10am-12pm	18th November - Matlock soft play 4pm - 5pm	12th November Creswell Heritage and Wellbeing Centre Play Session 4pm-5pm	27th November - Creative Connections, DCAS, Springbank Road 5.30pm - 7pm



Please follow this link to some useful videos for parents and carers: Videos to help you understand and support your child - Derbyshire Local Offer

Friday 6th November 2026

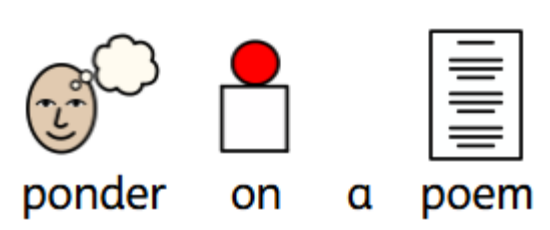


We are here to help. If you wish to discuss any concerns you can contact your child's class teacher or Mrs Simpson, our SENDCo, by email at:

SENDCO@pennyacres.derbyshire.sch.uk

SENDCO@wigley.derbyshire.sch.uk

Friday 6th November 2026



This month please choose your favourite poem from the two below and come and let Mrs Simpson know which one you enjoyed the most and why – maybe you will win a house point if you can remember the name of the poem!!

Fall

She loved to catch

the falling leaves

in autumn

she

would

sit

and wait

under trees

until

she'd

cautumn

Brian Bilston

Autumn Gilt

The late September sunshine,
Lime green on the linden leaves,
Burns bronze on the slated rooftops,
Yellow on the farmer's last sheaves.
It flares flame-like on the fire hydrant,
Is ebony on the blackbird's wing,
Blue beryl on the face of the ocean,
Glints gold on the bride's wedding ring.
A sparkling rainbow on the stained-glass window,
It's a silver sheen on the kitchen sink,
The late September sunshine,
Is a chameleon, I think.

Valerie Bloom