

# The Buzz

Written in Co-production with the voice of The SEND Children and Young  
Persons Council



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(It makes you feel better)!

In this edition we have two students writing their blogs. They are both from different schools and different year groups. We hope that you read each of their blogs and know that whatever your SEND or additional need that you are not alone.



## Happy December !

Welcome to the 3rd, and winter edition of The Buzz newsletter, co-produced by the North Somerset SEND children and young peoples council.

So far its been a very busy school year. Winter has crept up and suddenly the days are shorter and night time sneaks in really quickly every evening.

The SEND council meetings started again in October and we welcomed several new students attending, who are representing their schools. At the last SEND children's and young persons council meeting

We started the meeting by telling everyone which superpower we would like to have - invisibility was the most wanted.



VISION  
ORGANISE  
INFLUENCE  
COPRODUCE  
EMPOWER

# SEND Student Blog:

## I AM NEURO-DIVERSE. MY JOURNEY

Hi! everyone. I am a student at a secondary school in North Somerset. I have AuDHD- short for Autism and ADHD. I am going to tell you a bit about me and how I found out I was neurodiverse, and how moving to secondary school and finding good friends helped me understand myself. I first found out I was neurodivergent in the Christmas holidays of 2022. For about a year after I struggled a lot with my mental health. I would have regular meltdowns. I was late to school nearly every day then (I would have been in year six - I am in year eight now) and I sometimes even had to have days off school.



**Then.... at first I thought I only had ADHD but then we found out that I also had Autism.**

My family was incredibly kind and helpful, but in school I struggled with my friend group as they began to act more grown. I felt left behind. My family told me that this was normal for girls who were neurotypical ! I felt different.



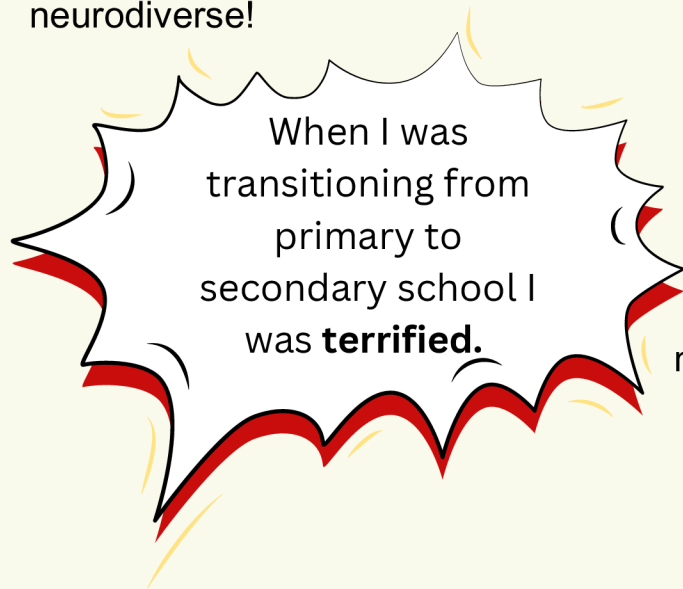
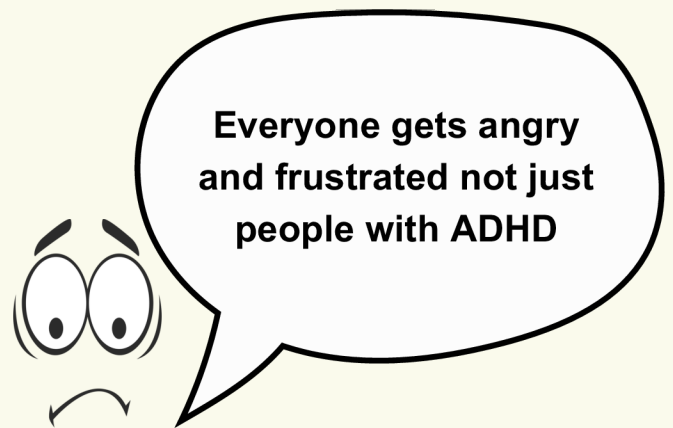
Once I knew this, I started to understand myself better.

I noticed lots of things around me; that people at school believed and used a lot of negative stereotyping words about neurodiverse people.

There was a boy in my class who also had ADHD and once when he was upset, he hit another student. When I asked a friend what had happened, and she said “he can’t help it! He’s got ADHD!”

She had forgotten that I also had ADHD. I explained to her that ADHD doesn’t make you automatically hit people - although we may have impulsive thoughts sometimes. There would have been other reasons for him doing what he did.

I also heard a lot of other negative labels from students, like them using the word ‘autism’ as an insult, or one girl in my year group at the time saying that a student in her old school “he **must** have ADHD because of his behaviour”. Thankfully - even though I still hear these comments a lot in my class and school - my new friends never say anything like this. A lot of my friends at secondary school are either neurodiverse or questioning whether they could be neurodiverse!



But looking back, even though I struggled at first it was one of the best things that could have happened to me at the time. When I first came in to secondary school I worried about making friends, but I slowly made friends with lovely people. I ended year seven with a close friend group of four, and now I have a close friend group of seven. My friends are so kind, understand and help me if I’m struggling. They respect my hyper-fixations which I know can be annoying if I go on about it for too long !

One of my hyper-fixations is an amazing book series called Warrior Cats. Some people in primary school used to make fun of it without ever reading a single page. My friends now listen when I’m talking about my hyper-fixations and encourage me to talk about them now. Two of my friends have even tried the book series- one of them didn’t enjoy it, but the other loves it! Even though I still mask around my friends quite a lot, they are very supportive and kind.

# Test your skills!



## Winter Wellbeing

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hot chocolate

fresh air

walking

blanket

reading

colouring

warm bath

friends

cooking

sleep

family

board games

crafts

movies

baking

singing

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## Winter Crossword

**Across**

- Keeps your head warm in the cold.
- A warm piece of clothing to wear inside and outside.
- A sign of a very cold night left on the pavements and windows.
- Dangling thin piece of ice.
- A fun way to ride down a hill on a snowy day.

**Down**

- Very cold flakes which fall from the sky.
- Huge snowstorm.
- Your body's reaction to a very cold chill.
- Perfect to keep your hands cozy in the cold.
- Icy sport which needs you to be super balanced.

# SEND Student Blog HELLO! I AM A STUDENT REP

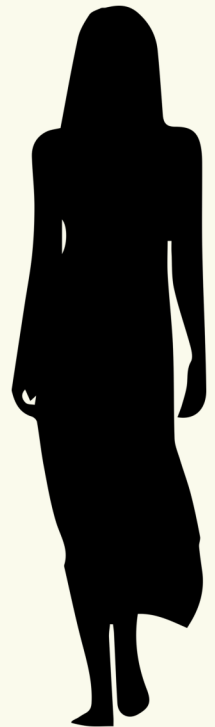
Hello 🙋

I go to Weston College, and I am on the Pathway into College course. This is also helping me build my confidence and be more independent.

I love to dance and am part of a community dance club called Twist'o'Flex. The group has helped me build my confidence and meet new people who also love dancing. I love fashion, especially goth clothes.

I decided to become a student rep because I am kind, helpful, and I think am a good person to my friends. I am responsible and listen to others.

As a rep I go to meetings, and help parents at parent meetings. We also stay at college if there's anything we need to help with.



I will ask them what they like about the college and how it could be improved. We listen to the students when they need something. We let our teachers know how we are feeling and the Vice Principal. We meet with people outside of college who talk to us about how we can get more involved in the college community.

We meet with people outside of college who talk to us about how we can get more involved in the college community. When we get involved, we can earn points and the more points we get means we can get amazon vouchers – which is awesome! I love my badge and my hoodie is awesome!

One of my favourite things recently is meeting Shelly the Engagement and Participation officer on Zoom because she is very nice, and she is really communicative.

I am really looking forward to getting my Amazon voucher so I can buy new shoes and oversize **black** hoodies!



## HELP AND INFORMATION



### [The Off The Record website](#)

Mental Health social movement by and for young people aged 11-25.



### [The YoungMinds website](#)

We are here for you. From practical advice to helping you find support



### [Wellspring Counselling](#)

Donation based counselling for children and Young people aged 11 - 18



### [Sirona Care and Health Chat Health](#)

Please note this is not an emergency service.

The service is open on Mondays to Fridays from 9am-5pm, excluding bank holidays. It is available during term times and school holidays.

## HINTS AND TIPS From Sirona Care and Health

Christmas can bring change. For some children and young people, change or uncertainty can cause anxiety. So here useful hints and tips to help navigate the season:

Make yourself a Christmas calendar/timetable, with any different events that will be coming up. Also, add all the things that you usually do. Check with your family what is happening at home over this time too, so you have a full picture of Christmas events

[Free calendar downloads](#)  
[Microsoft 365](#)



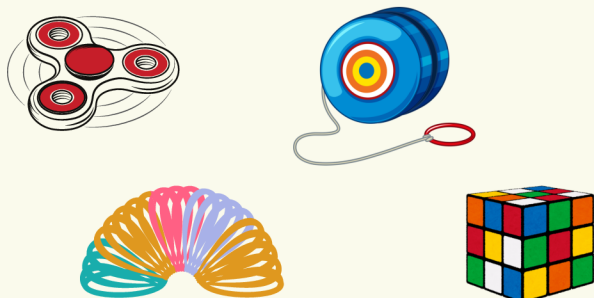
If your class are going to watch a school concert or show, ask teachers or parents to let you know in advance where it will take place, how long it lasts, and how many people will be there. Ask if you can sit somewhere you prefer, for example, near an exit

It helps to know in advance what food, activities, and people will be at an event you can ask parents, teacher, or friends to let you know before the event

If the change to how the house looks with all the Christmas decorations is stressful for you, ask your family if there can be at least one room with no decorations, or maybe they could put up the decorations gradually so its not an instant change

If you are feeling overwhelmed, talk to someone at school or at home. They can help you to decide what you can do or what strategies you can use to cope

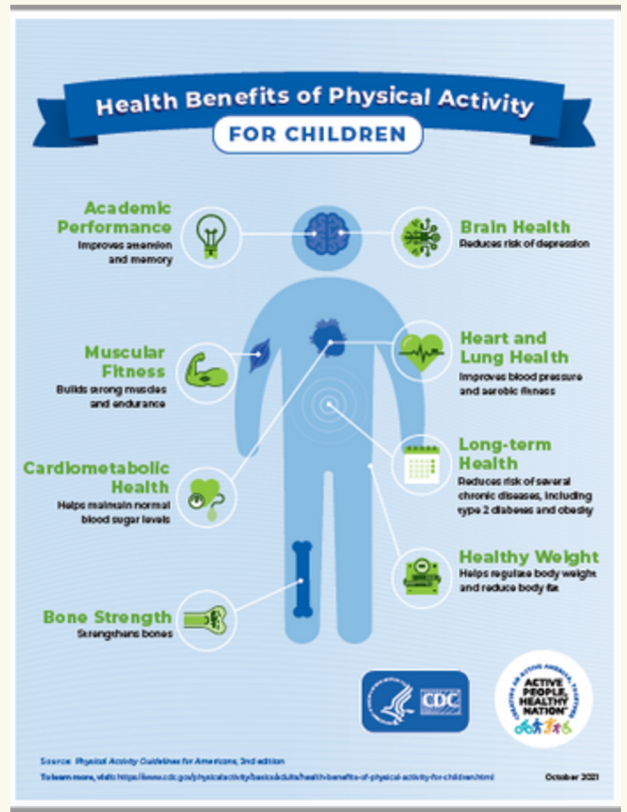
Shops are often busy, noisier, arranged differently. Check if any localshops have quiet hours or Autistic Spectrum Disorder (ASD) friendly hours



And dont forget keep something that will help to occupy you in your bag or pocket

# GET ACTIVE IN 2025

Physical activity is good for children in many ways. Benefits include improved academic performance, brain health, muscular fitness, heart and lung health, cardiometabolic health, long-term health, bone strength, and measures of a healthy weight.



[Bristol Bears Community Foundation](#) is the club's award-winning charity, delivering programmes that are proven to change the lives of people across the region



Weston Ability is a Pan Disability Football Club for ages 7 to adults with disabilities and/or additional needs. They play in the Somerset Ability Count's League.

We've partnered with them so they can access our facilities and resources allowing the club to continue their growth. Contact us to find out more [enquiries@seagullsitc.org](mailto:enquiries@seagullsitc.org)

- [HUTTON MOORE](#)
  - [BACKWELL LEISURE CENTRE](#)
  - [SCOTCH HORN LEISURE CENTRE](#)
- Working in Partnership with your Local Authority







**HAF Winter Activities now available to book**



**Strode Leisure Centre - Clevedon**



**Re:Act Dance and Drama**



**The Academy of Gymnastics  
Harbourmead Road Portishead**



**The Hangar Gym  
1 - 2 Rectors Way Weston super Mare**

**Project Inc.** is Bristol City Robins Foundation pan-disability football programme which provides an opportunity for both young people and adults with disabilities the opportunity to make friends, get active and have fun. **[For further information](#)**

**WE WISH EVERYONE A VERY LOVELY WINTER BREAK AND A  
HAPPY NEW YEAR**



We hope that you have found this newsletter helpful. If you would like anything added which you think would be useful for the children and young people in North Somerset please contact Shelly Smith Engagement and Participation Officer [shelly.smith@n-somerset.gov.uk](mailto:shelly.smith@n-somerset.gov.uk)