



# JUDGEMEADOW COMMUNITY COLLEGE

Lionheart Educational Trust

# Autism

## Information for Parents and Carers

### LIONHEART ACADEMIES TRUST

Lionheart Academies Trust is an exempt charity and company limited by guarantee.  
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# What is Autism?

Autism is lifelong developmental disorder that affects how people perceive the world and interact with others.

Autistic (neuro-diverse) individuals see, hear and feel the world differently to other (neuro-typical) people. If you are autistic, you are autistic for life; autism is not an illness or disease and cannot be cured. Often people feel being autistic is a fundamental aspect of their identity.

Autism is a spectrum condition. All autistic people share certain difficulties, but being autistic will affect them in different ways. Some autistic people will also have learning difficulties, mental health issues or other conditions, meaning people need different levels of support. All people on the autism spectrum learn and develop. With the right sort of support, all can be helped to live a more fulfilling life of their own choosing.

*Adapted from an extract from [autism.org.uk/about/what-is/asd.aspx](http://autism.org.uk/about/what-is/asd.aspx) accessed May 2017*

If a student has Autism (ASD/Asperger's) or a social communication and social interaction difficulty they will have difficulties in these four key areas:

## **Social Understanding**

Interacting with others. Understanding that other people have different feelings.  
Understanding social behaviour.

## **Sensory Processing**

Low (hypo) or high (hyper) sensitivity to sensory stimuli such as touch, hearing, taste, smell. This can also affect proprioception (body awareness).

## **Interests and information processing**

Planning, time-keeping, thinking time, prediction, abstract concepts, generalising. Also, a higher passion for their interests. Difficulty taking in spoken information.

## **Communication and interaction**

Wide variety of possible differences in verbal ability and speech from non-verbal to high spoken ability. Differences in understanding spoken word and may struggle to understand common expressions (non-literal/idioms).

## How to help your child develop self-help skills

- Use task lists to help your child plan how to approach a task; breaking it down into individual steps.
- Support your child to complete homework on time by using Classcharts and to prepare their bag the night before by using their timetable
- Use timers and time-warnings to help your child adjust to a change of activity
- Offer opportunities for structured social time with others; preferably in a supportive group of like-minded peers or people who share an interest with your child
- Promote healthy sleep patterns by limiting screen-time and encouraging
- calming activities such as reading or mindfulness
- Help your child to learn self-care skills – brushing teeth, tying laces, washing carefully, using deodorant etc.

## How Judgemeadow can support your child

As with many other special educational needs, many of the teaching methods used at Judgemeadow to support students on the autism spectrum have been shown to benefit ALL students.

### **At Judgemeadow we aim to:**

- Ensure lesson objectives and expectations are explicit
- Ensure tasks are broken down into clear chunks
- Ensure instructions are clear, precise and are reinforced with visuals
- Avoid use of jargon or expressions which are not easily understood (such as unnecessary metaphors or idioms)

### **The Learning Support department will also:**

- Have a dedicated Autism Champion\* to support students and staff
- Provide teaching and associate staff with timely advice, training and strategies to support individual students
- Act on advice from outside agencies for students already identified as having an autism spectrum disorder
- Provide additional social communication skills sessions or other targeted interventions for identified students

Further information is available from the Support for Learning department and;

Gov.uk advice <https://www.leicestershire.gov.uk/education-and-children/special-educational-needs-and-disability/education-and-childcare/autism-extra-help-for-your-child>

National Autistic Society <https://www.autism.org.uk/>

Leicestershire Autistic Society <https://www.leicestershireautisticsociety.org.uk/>

Autism Research Centre <https://www.autismresearchcentre.com/>

Parent & Carer Council <http://www.parentcarercouncil.co.uk/>

Autism Education Trust <https://www.autismeducationtrust.org.uk/>

NHS advice <https://www.nhs.uk/conditions/autism/>

Menphys <http://www.menphys.org.uk/>

CLASP Carers Centre <https://claspthecarerscentre.org.uk/>

Statutory guidance

### **SEND code of practice: 0 to 25 years**

Guidance on the special educational needs and disability (SEND) system for children and young people aged 0 to 25, from 1 September 2014.

<https://www.gov.uk/government/publications/send-code-of-practice-0-to-25>

### **The Special Educational Needs and Disability Regulations 2014**

<http://www.legislation.gov.uk/uksi/2014/1530/contents/made>