ST ANNE'S R.C. PRIMARY SCHOOL · DECEMBER 2026

Family Inclusion Newsletter

Helping your child when plans change



THIS MONTH'S FOCUS · Knowing what comes next

December can be exciting, and changes to familiar routines can feel unsettling. A quick heads-up, a familiar activity or a chance to take a quiet break can help your child feel more comfortable.

Our trip to see The Wizard of Oz

On the morning of 16 December, Reception to Year 6 will walk to King George's Hall, watch the show and walk back to school. You could look at a photo of the theatre together and talk through those three steps.

Three things you can try at home

01 SHOW THE PLAN

Use photos, pictures or two simple steps to show what's happening. If plans change, tell your child what will still be familiar.

02 KEEP ONE ROUTINE

A familiar part of the day, like the usual bedtime story, can help when the rest of the day feels different.

03 AGREE A QUIET BREAK

Before a busy outing, agree how your child can let you know they need a break and where you could go together.

Words you could use

"First we'll put our coats on. Then we'll walk to the theatre."
"We're going somewhere different today. We'll still have our story at bedtime."
"If it feels too loud, you can tell me or show me our signal."

Before school starts again in January, remind your child who they'll see and what they usually do first. Getting their bag ready together can help make the morning feel familiar.

Talk to us

If you're worried about a change or an upcoming event, please speak to your child's class teacher. We'd love to hear what helps your child at home so we can plan together.

ASK YOUR CHILD What would help you feel ready?

Ideas adapted from Blackburn with Darwen's High Quality Inclusive Teaching Framework (September 2025).