

The Buzz



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

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Spring has sprung !!



Hello everyone. Get ready for a season of growth and inspiration! 🌱☀️

In this edition, we bring you the latest updates, key events, and insightful information.

Plus, don't miss the incredible blog's by our North Somerset SEND Children and Young Persons Council, sharing their voices and experiences.

There is an opportunity to be creative and tell us what its like growing up in North Somerset. You can write, rap, sketch or sing, the best creations judged by panel will receive an Amazon gift card.

Let's do it. Let's dive into spring with fresh ideas and positivity! 🌸🌟

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.

The writers the blog's all have additional needs. While The Buzz is subject to editing to a certain extent, we try to alter as little as possible. This means when our authors read it, they can expect to read exactly what they gave to us and feel completely free in expressing themselves



SEND Student Blog's:

THIS IS US!

Hello. We are two students from a fairly large secondary school in North Somerset, We are going to tell you about our day's

HEY

I'm the first student writing this blog this is some stuff about my day and about me.

I'm in year 8 and I have sensory needs and possibly communication needs.

I normally start my day by cycling to school, I then lock my bike up, go into breakfast club for some toast because



Im always hungry!

I then go to tutor time. On Wednesday's period two I have personalized learning for my SEND needs.

We talk about self-esteem, and resilience and it helps with my social and communication needs.

I have a uniform pass because I have sensory and physical needs. I find some of the fabrics uncomfortable and restrictive and this impacts on my concentration, learning and engagement in class. I also have a student passport, which lets teachers know what my strengths are, what works well to support me in lessons including, how I can support myself and the things I find difficult such as a noisy classroom. We review this a couple of times a year.

'At my next passport review I am going to discuss how a movement break would help my physical and sensory needs'.

At break time and lunch times I go to student support, I meet with other students, who, like me, prefer to have somewhere to go instead of outside. We play games. I also attend guitar club every Monday after school, and I enjoy working with other guitarists. Sometimes I go to Table Tennis after school, and I enjoy being with others with the same interests.

I also enjoy woodwork, and I might take it as an option for my GCSE's.

Recently I have noticed that double lessons are becoming hard, they are very long and **I feel overwhelmed!**

I find standing in the canteen queue also quite overwhelming because people are always pushing and shoving,

I aim to get there early or I wait until the queue has reduced this just makes it easier for me.

At the end of the day, I enjoy my cycle home because it's relaxing after a hard day at school.

We will soon have a big half term and I can't wait to have some time off!



hello

I'm the second student writing this blog and this is some stuff about me and my day.



I'm in year 9. I have a stutter (speech disorder), anxiety/social anxiety, OCD, ADHD, and Dyslexia.

I start my day by going to Student Support to get a laptop and often say hi to the member of staff on the desk and then I go to tutor time.

I don't have personalized learning yet but I'm going to talk about taking part in the ADHD intervention offered at Student Support

To help me in school I have a reset card, medical pass and a technology pass. My technology pass helps me because of my stutter, I can't speak properly so having headphones and listening to music helps my spoken fluency.

Tuesday mornings I go to Drum Line early morning music club with my two best friends, where we learn to play drums. I am also going to join guitar club on Mondays after school as I really enjoy learning music.

As part of my day I am able to leave a couple of my lessons early to enable me to have a sensory break in Student Support.

We are lucky to have Student Support, its good for us to know that we have it and that there are people there that we can talk to about how we feel. Student support is not available to everyone but at least it's there for people who need it.

I enjoy music and art: these are my strongest GCSE subjects, and I love learning all the different styles and techniques in art and music. Singing is an important part of music for me



“

I am stutter free when I sing and this makes me feel like I am normal and that I can actually talk.

”

I check in with my Assistant Head of House every break because it makes me feel good

'We have a good chat about stuff'!

We are about to have a big half term . I will miss the routine of school and can't wait to be back.

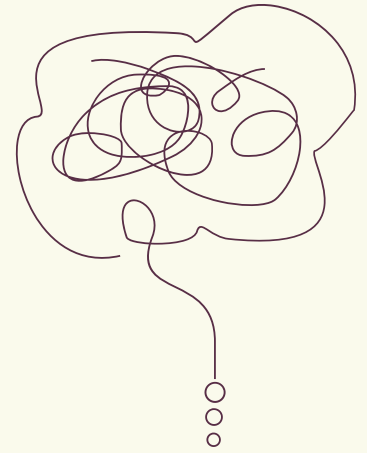
At the end of the day, I enjoy walking home with my friends, and we have a great laugh.



ADHD

A different ability !

Ever felt like your brain works differently from everyone else's? For many young people with ADHD (Attention Deficit Hyperactivity Disorder), that's exactly the case – but it's not necessarily a bad thing.



What's ADHD Really About?

ADHD is a neurodevelopmental condition that affects how your brain develops and functions. It's not about intelligence – people with ADHD can be brilliantly smart! It primarily impacts:

- How you manage attention
- How you control impulses
- Sometimes, your activity levels

Everyone with ADHD experiences it differently. Some might be constantly on the move (the hyperactive type), while others might struggle more with staying focused (the inattentive type). Many experience a mix of both.

Hidden Power of ADHD

While ADHD presents challenges, it often comes with some pretty impressive strengths:



- **Hyperfocus:** When something truly interests you, you can concentrate with incredible intensity – completely absorbed in what you're doing, whether it's creating art, coding, or mastering a game.
- **Creativity:** ADHD brains often make unique connections and come up with original solutions. Many successful artists, designers, and entrepreneurs have ADHD!

- Energy and Enthusiasm: That "hyperactivity" can translate into passionate dedication to your interests and an infectious energy that draws others in.
- Resilience: Navigating the challenges of ADHD builds remarkable strength. Many people with ADHD develop excellent problem-solving skills and a determined "never give up" attitude.
- Adaptability: Thinking on your feet and handling unexpected changes? ADHD minds often excel at this.

Working With Your ADHD Brain



Understanding how your brain works is key to managing the challenges while making the most of your strengths. Here are some research-backed approaches that might help:

- Connect with Support: Talk to someone you trust – a parent, teacher, doctor or counsellor. They can help you understand your ADHD and find appropriate support. YoungMinds ([youngminds.org.uk](https://www.youngminds.org.uk)) offers specific information on ADHD and can help you locate services in your area.
- Learn from Others: ADHD UK ([adhduk.co.uk](https://www.adhduk.co.uk)) is a UK charity with resources specifically about ADHD, including stories and podcasts from others who share your experiences. Hearing how other young people navigate similar challenges can provide both practical tips and emotional support.

Discover your own toolkit!

Experiment with different techniques that research has shown to help:

- Using planners and visual reminders
- Breaking tasks into smaller, manageable steps
- Finding the right fidget tools for focus
- Creating a quiet workspace with fewer distractions
- Trying different learning styles (visual, hands-on, etc.)
- Setting timers for tasks to help with time management
- Using colour-coding systems for organisation

Celebrate your strengths

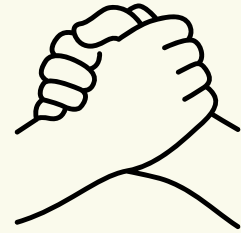
Focus on what you're good at and what you enjoy. Use your unique way of thinking to your advantage in creative projects, problem-solving situations, or high-energy activities.

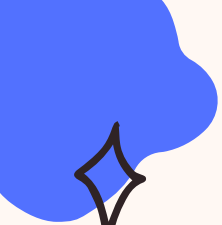
The bottom line:

ADHD isn't a flaw – it's simply a different way of experiencing the world. By understanding your ADHD, developing strategies for the challenging bits, and embracing your natural strengths, you can unlock your full potential.

Your uniquely-wired brain gives you perspectives and abilities that others might not have. That's something worth celebrating!


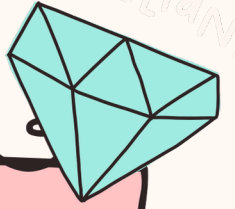
Remember: you're not alone, and there are resources and people ready to support you on your journey.





WHAT'S IT LIKE TO GROW UP IN NORTH SOMERSET?

BRILLIANT




If you are between 5 and 19 years old, we want to hear from you. You have until June 1 2025, you can send us a creative response to the question, "What's it like to grow up in North Somerset?" for a chance to win an Amazon voucher!
Tell us your story — your way!

We love a bit of creativity



- 
- You can send us your letters, poems, music videos, paintings, drawings, posters, podcasts, animations, or any other way you can think of to tell us your thoughts, sign, rap or perform it
 - BUT!!! don't forget to record it, draw it or write it!! and send it to:
 - Engagement.Participation@n-somerset.gov.uk

Closing date 1st
June 2025
masterpiece
winners announced
30th June.



We want to hear it all
— your thoughts, your
vibes, your take on
everything happening
around you!
What's on your mind?

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](#)

Free 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.

YOU'RE INVITED!

North Somerset SEND Children's and Young Person's Council

Would you like to have a say in decisions that affect you and your friends?

Join the North Somerset Children's and Young Persons Council!

- Share your ideas to help make things better for young people.
- Learn new skills and meet important leaders at North Somerset Council.
- Work as a team to support children and young people of all abilities.

Meetings are once a month during term time. No matter your school or education setting—even if you're waiting for a place—you are welcome to join us! For more information:

Email shelly.smith@n-somerset.gov.uk

HINTS AND TIPS - SLEEP ..zZZz

a selection of online resources available

[Teen Sleep Hub](#) - Sirona Care

The one stop shop for all you need to know about sleep.

If you're looking for advice on how to sleep better, would like tips on tweaking your routine or help to understand the science behind your sleep patterns, you'll find it all here.

[The Sleep Charity](#)

Sleep is essential for our health and wellbeing yet it is estimated that 40% of the population suffer with sleep issues and many do not get the support that they need.

[HappyMaps](#)

Guidance for parents/carers children and young people

[ADHD Foundation](#)

Helpful hints and tips for sleeping if you live with ADHD

[Centre for ADHD and Autism support](#)

Sleep resources

Glossary:

what is:

ADHD: [Information above](#)

Stammering/Stutter <https://www.nhs.uk/conditions/stammering/>

Sensory Needs: <https://sirona-cic.org.uk/children-services/resources/sensory/>

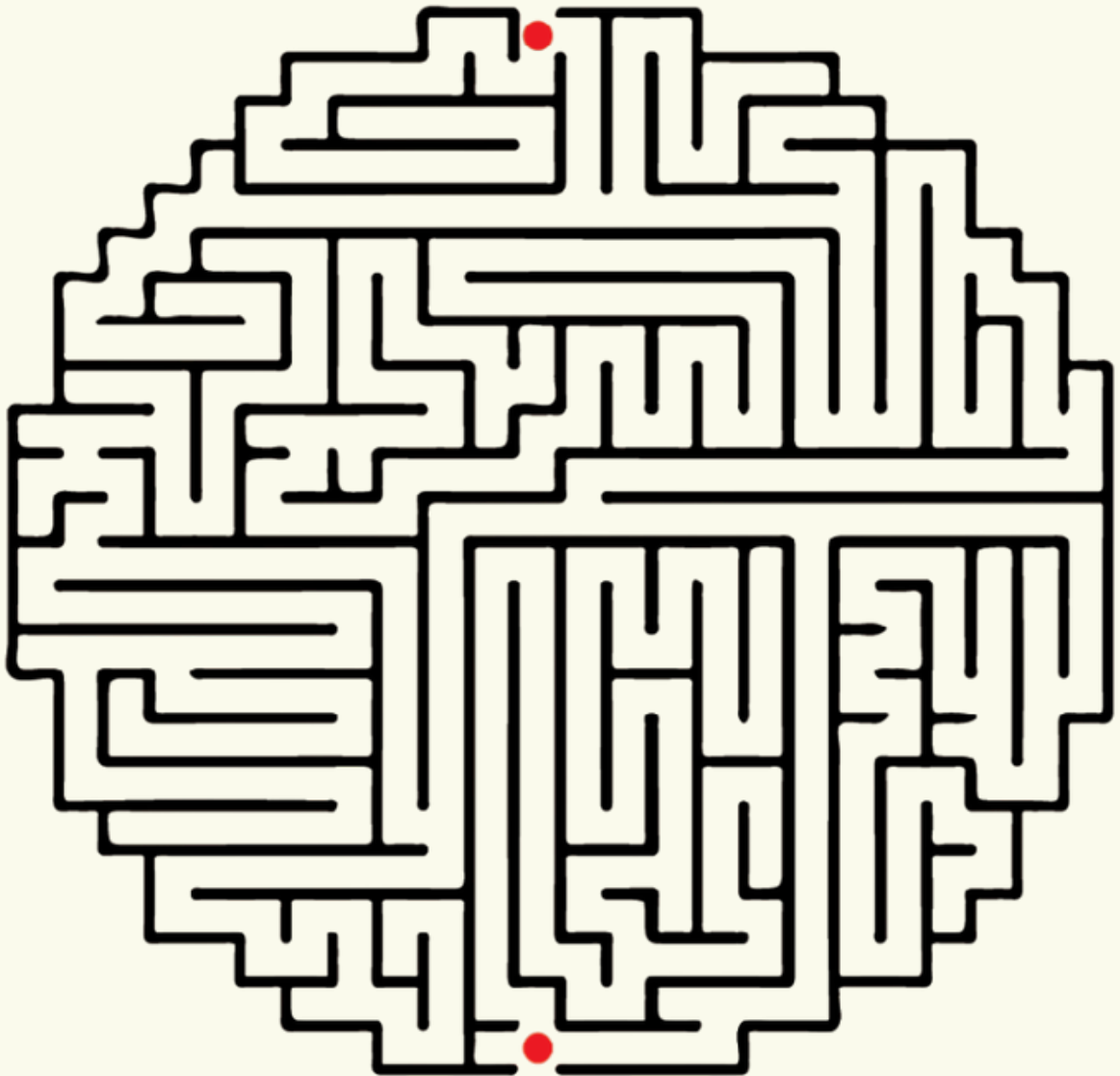
Social Anxiety: <https://www.nhs.uk/mental-health/conditions/social-anxiety/>

Dyslexia: <https://www.nhs.uk/conditions/dyslexia/>

OCD: <https://www.youngminds.org.uk/professional/resources/a-quick-guide-to-ocd-in-young-people/>

Skills Test!

Can you find your way
through the Maze!!



April 2025

GET ACTIVE IN 2025



[The Avon Centre open day.](#)

At Winterstoke Hundred Academy -
Tuesdays 5.00pm - 6.00pm

[Further information](#)



SEN Dance and
Activities at YMCA
Clevedon
for further information
please contact

Allfor1.25@outlook.com



For further information please email
Huttoncomets@gmail.com

**ROBINS
FOUNDATION**

PAN-DISABILITY FOOTBALL

[Robins Foundation](#)

JOIN A FREE SHORT COURSE WITH BOOMSATSUMA

Limited spots are up for grabs for 11-15 year olds - register now to claim your fully-funded place this Easter.



MUSIC VIDEO CREATION

Location: The Bottle Yard Studios, Bristol
Duration: 4 days
Dates: April 14th - April 17th
Time: 9:30am to 4:30pm



MUSICIAN AND ARTIST PHOTOGRAPHY

Location: Tobacco Factory, Bristol
Duration: 2 days
Dates: April 15th - April 16th
Time: 9:30am to 4:30pm



INTRODUCTION TO 3D MODELLING

Location: Tobacco Factory, Bristol
Duration: 3 days
Dates: April 14th - April 16th
Time: 9:30am to 4:30pm

Book your spot today



Any questions? Send an email to shortcourses@boomsatsuma.com

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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 or have any feedback please contact Shelly Smith Engagement and Participation Officer shelly.smith@n-somerset.gov.uk

Skills Test - Answer

