



Welcome to the Spring Term 2026 Edition of the SEN Bulletin.



Freman SEN Coffee Morning
26th January 9am to 10am



On 26th January we are holding our first SEN coffee morning. This will be hosted by our Autism lead Mrs Ellis and our Social, Emotional and Mental Health lead Mrs Coles. During the morning there will be a short video on being a parent of an SEN child, we will be sharing information on support and services available in Herts, we will share strategies used at Freman and most importantly this will be an opportunity to share experiences and advice with other parents. Coffee, tea and biscuits will be provided, a parent mail will be sent out soon, so please come along!

SEN Coffee Morning



Hertfordshire Health and Wellbeing Survey



Developmental Language Disorder



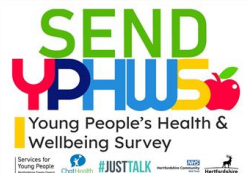
Upcoming APDRs



Book Suggestions



Have Your Say!



The 2025 Hertfordshire Health and Wellbeing Survey for young people aged 11 to 25 with special educational needs and disabilities is live and open till 6th February 2026. The survey gives the opportunity for young people with SEND the chance to share their views on health and wellbeing topics that affect their lives. The results will help schools, commissioners and a range of agencies and service providers to shape their support and understanding of young people with SEND. Here is the link: [Young People's Health & Wellbeing Survey \(SEND\)](#)

Developmental Language Disorder

In each termly bulletin, we focus on a need, looking at how that presents and strategies for support.



WHAT IS IT?

Developmental Language Disorder (DLD) is a condition where children and young people have long term challenges talking and/or understanding words. This makes transferring ideas onto paper difficult, it can also be challenging to understand what people are saying to them. These difficulties can be hard to spot and can remain 'hidden' for a long time.

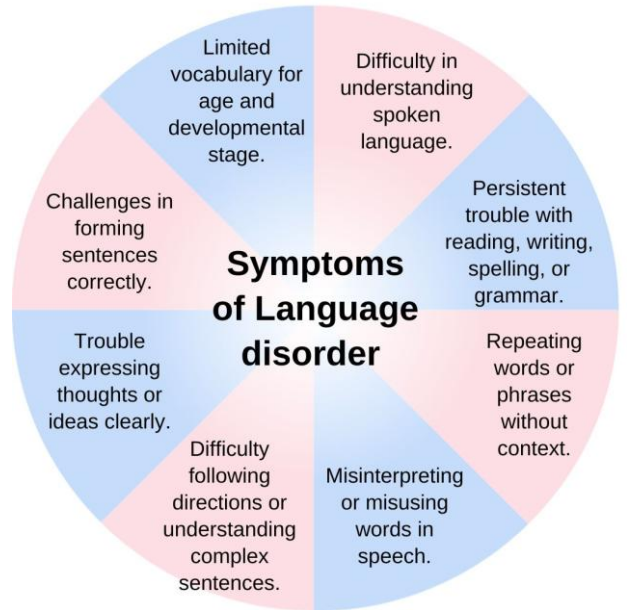
There is no known cause of DLD. It is not caused by emotional difficulties, bilingualism or limited exposure to language. DLD is not part of a complex disorder like autism or intellectual disability.

It can occur with ADHD and reading comprehension difficulties. It affects approximately 2 children in every classroom.

HOW DOES IT AFFECT A YOUNG PERSON?

Every child/young person with DLD is unique which means DLD will present differently in the individual. However, you may see the following:

- Not talk as much and find it difficult to express themselves using words.
- Find it harder to remember certain words or use a limited range of vocabulary.
- Have language that may sound immature for their age.
- Not understand information or remember what someone has said.
- Struggle with reading and written language.
- Can struggle to make friends and maintain meaningful relationships.



WHAT STRATEGIES ARE USED TO SUPPORT DLD IN THE CLASSROOM?

- Instructions to be clear and concise, one at a time and repeated when needed.
- Instructions and information should be in simple language both verbal and written, broken down into small, manageable chunks.
- Think/Pair/Share.
- Key terminology explained.
- Use of visual resources.
- Allow time to process instructions and information.



For more information on DLD here is the link to The DLD Project.

[The DLD Project | Developmental Language Disorder Information & Training](#)



APDRs - Assess Plan Do Review

The next round of APDRs will be on 27th January 2026 Year 9 and 10. This is a chance for a Teams meeting with a member of the SEN Department to review current support and plan additional support if needed. A parent mail will be sent out shortly for you to book a 20-minute appointment.

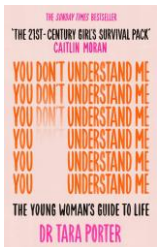
The Reading Room

The following are some suggested books on the topic of Neurodivergence and Autism with a focus on girls and young women.



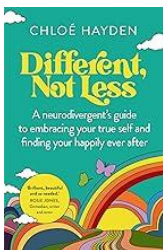
Unmasked - The Ultimate Guide to ADHD, Autism and neurodivergence by Ellie Middleton

This book is for is for anyone who is neurodivergent, suspects they might be or supporting a person who is. Unmasked will help make sense of it all.



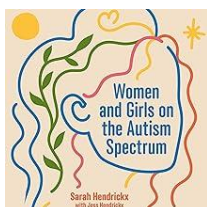
You Don't Understand Me - The Young Woman's Guide to Life by Dr Tara Porter

Written for girls and young women, Dr Tara Porter draws on decades of experience to offer insight into their own psychology.



Different Not Less - A Neurodivergent's Guide to Embracing Your True Self and Finding Your Happily Ever After by Chloe Hayden.

This is a moving and sometimes humorous story of how it feels to be neurodivergent as well as a practical guide with plenty of advice and tips.



Women and Girls on the Autism Spectrum by Sarah Hendrix, Jess Hendrix and Judith Gould.

This outlines the likely impact throughout their lifespan, for autistic women and girls.

Just a Reminder!

As the SEN Department we are unable to do any screening for dyslexia, dyscalculia and any neurodivergent conditions. If you have any concerns about your child, please book an appointment with your GP.

If you have any feedback or queries on any information in the SEN bulletin, please contact l.coles@freman.org.uk

