Oxted School

INCLUSION BULLETIN

#teamOxted 7 October 2026

Dear Parents and Carers

We are still full steam ahead here at Oxted, trying to pack everything in before the half term break! I am sure everyone will be ready for a well-earned rest by next Friday, but until then, I am pleased to say that school continues to feel busy, positive and productive.

There has been plenty happening across the school, from House competitions and parent tours to our Sixth Form art exhibition, showcasing the creativity and talents of our students. In lessons, students have been working hard, engaging in their learning, developing new skills and demonstrating resilience and determination. It has been lovely to see so many students getting involved in the wider life of the school, making the most of the opportunities available to them.

As we approach the October half term break, we also recognise that this can be a busy and sometimes challenging time for young people and their families. Changes in routine, social expectations, homework and upcoming assessments can all create additional pressures, particularly for students with additional needs. With this in mind, this edition of our Inclusion Bulletin shares some practical tips and advice to help support your child's wellbeing, manage exam-related worries and make the most of the half term break.

Thank you for your continued support and partnership. We wish all our students and families a restful and enjoyable half term break.

Mrs P Waller
Assistant Principal

Supporting with Exams and Assessments

We know that upcoming assessments, mock examinations and revision can create additional anxiety for some students. For young people with SEND, difficulties with memory, organisation, processing speed, concentration or emotional regulation can make revision particularly challenging.

Five ways to help at home:

1. Encourage short revision sessions of around 15–20 minutes, followed by a break. Smaller, achievable tasks can be more effective than lengthy sessions
2. Mind maps, flashcards, colour coding and diagrams can help organise information and support recall
3. Praise effort, persistence and progress rather than focusing solely on grades
4. Help your child break revision into manageable steps. A simple checklist or weekly planner can reduce feelings of being overwhelmed
5. Sleep, regular meals, movement and opportunities to relax are all important for learning and emotional regulation

ADHD Awareness Month

October is ADHD Awareness Month, which is an opportunity to celebrate neurodiversity, challenge misconceptions and develop a better understanding. ADHD can affect attention, organisation, emotional regulation, impulsivity and executive functioning. However, every young person with ADHD is different, and many demonstrate strengths in creativity, problem-solving, enthusiasm and thinking outside the box.

Our top ADHD friendly tips for home:

- **Keep instructions short:** Break tasks into small, manageable steps
- **Use visual reminders:** Checklists, calendars and timers can support organisation
- **Encourage movement:** Regular breaks can help with attention and regulation
- **Focus on strengths:** Celebrate creativity, interests and achievements
- **Be patient:** Difficulties with organisation, memory or emotional regulation are not simply a lack of effort

Find out more: Visit ADHD UK for helpful information, practical resources and advice for families.

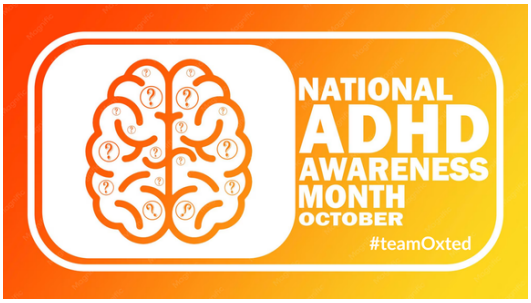
Emotional Wellbeing: after school and holiday regulation

Some young people work incredibly hard to manage their emotions throughout the school day. Once home, where they feel safe, they may appear withdrawn, irritable or emotionally overwhelmed. This is sometimes described as after school restraint collapse.

If your child finds the end of the school day particularly challenging, consider:

- Allowing quiet time before asking questions about their day
- Offering a snack, drink or preferred calming activity
- Reducing immediate demands after school
- Giving them space to talk when they feel ready
- Recognising that emotional regulation takes energy

For some young people, the most helpful response is simply time, understanding and a predictable environment.



Useful Resources for Families - select the icons below to access these vaulable resources.

- Surrey Local Offer
  - Information about SEND services, advice and support for children and families

- YoungMinds
  - Practical advice for supporting children's mental health and managing anxiety.

- National Autistic Society
  - Guidance on autism, routines, sensory differences and family support.

- SENDIASS Surrey
  - Impartial information, advice and support for families navigating SEND processes.

- Anna Freud
  - Resources for parents and carers supporting children's emotional wellbeing.