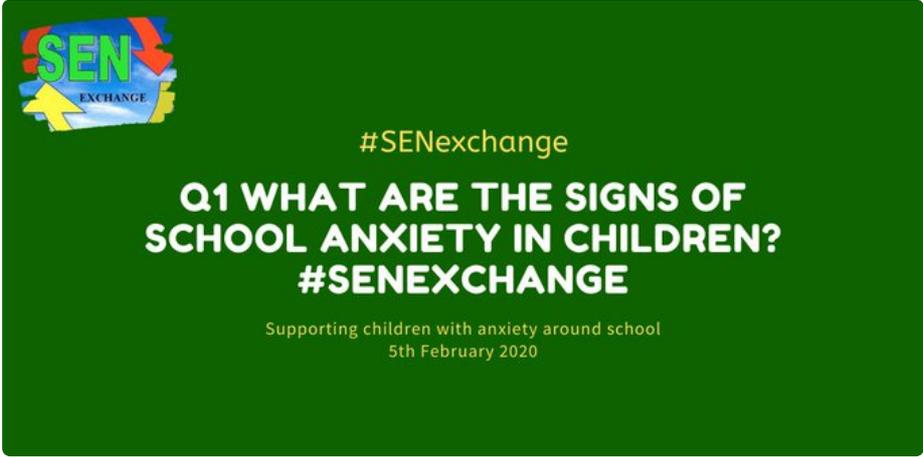




A discussion around school anxiety.

 **#SENexchange**  
@SENexchange

Q1 What are the signs of school anxiety in children?  
[#SENexchange](#)



7 8:00 PM - Feb 5, 2020

26 people are talking about this

 **Joe W**  
@jw\_teach

A1 Anxiety around attending school can show as a range of different behaviours including a child internalising and becoming withdrawn. [#SENexchange](#)

4 8:02 PM - Feb 5, 2020

See Joe W's other Tweets

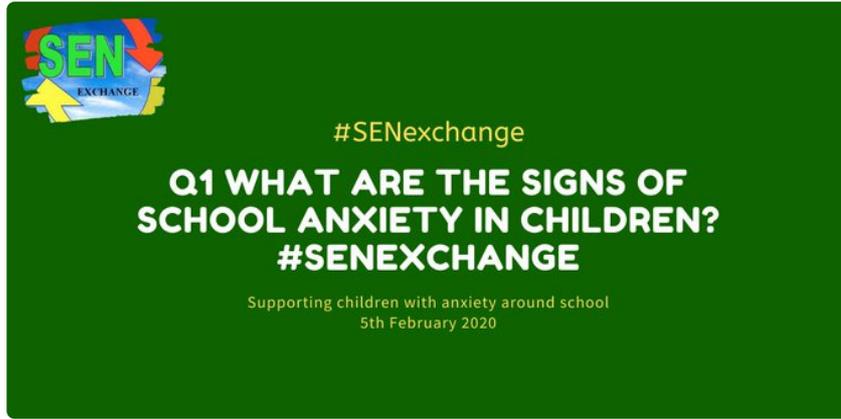


**#SENexchange** @SENexchange · Feb 5, 2020



Q1 What are the signs of school anxiety in children?

#SENexchange



**Ms Barnsley**

@devschsenco

Meltdowns at home. Getting distressed with morning routine, refusals at school, being easily distracted, withdrawing are just a few #SENexchange

♡ 7 8:03 PM - Feb 5, 2020



See Ms Barnsley's other Tweets



**#SENexchange** @SENexchange · Feb 5, 2020



Q1 What are the signs of school anxiety in children?

#SENexchange



**Harry Empsall**

@hazzdingo

With me , it was always a reluctance to talk about things due to the autism, when I was younger I always used to keep things in , still do now sometimes. When I was younger I would never do things I was worried about like school residential #SENexchange

♡ 1 8:03 PM - Feb 5, 2020



See Harry Empsall's other Tweets



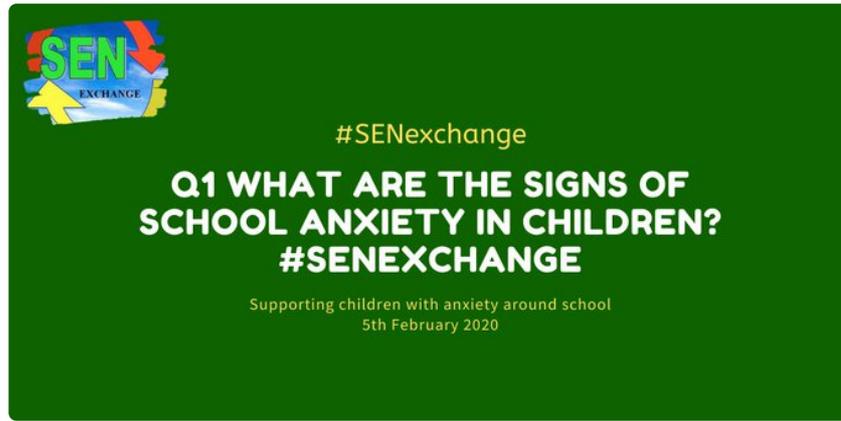


**#SENexchange** @SENexchange · Feb 5, 2020



Q1 What are the signs of school anxiety in children?

#SENexchange



**Adele Bates**

@AdeleBatesZ

A1. To begin with them not managing to get through the door...:( #SENexchange

And in my field of cherubs - the biggest sign is challenging #behaviour - so commonly misinterpreted...

♡ 4 8:03 PM - Feb 5, 2020



[See Adele Bates's other Tweets](#)



**#SENexchange**

@SENexchange



Q2 What can cause anxiety around school?

#SENexchange



♡ 4 8:05 PM - Feb 5, 2020



[22 people are talking about this](#)





**Adele Bates** @AdeleBatesZ · Feb 5, 2020



Replying to @SENexchange

A1. To begin with them not managing to get through the door...:( [#SENexchange](#)

And in my field of cherubs - the biggest sign is challenging [#behaviour](#) - so commonly misinterpreted...



**#SENexchange**

@SENexchange

Is that out of the door at home or making it to school but not in? [#SENexchange](#)

♡ 8:05 PM - Feb 5, 2020



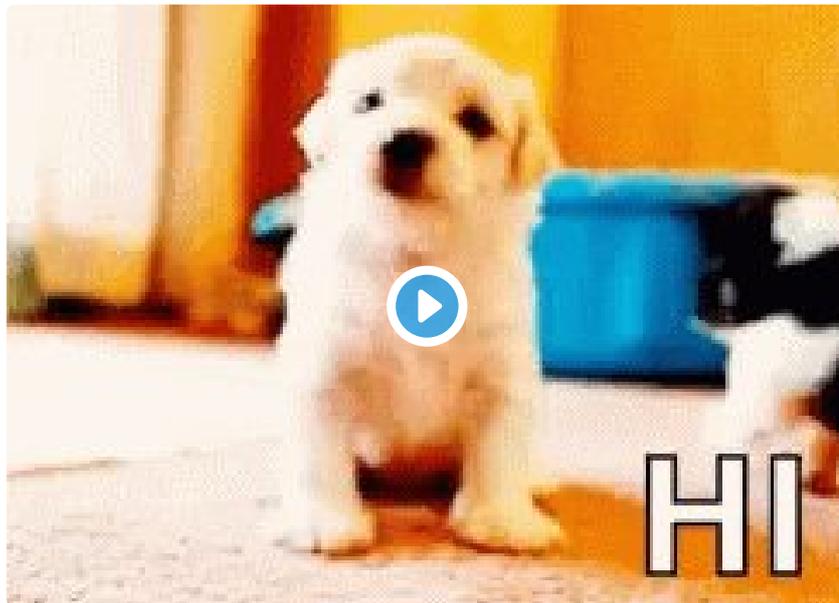
[See #SENexchange's other Tweets](#)



**Steph's Two Girls** @stephstwogirls · Feb 5, 2020



Replying to @SENexchange



**#SENexchange**

@SENexchange

Hi so glad you could make it! [#SENexchange](#)

♡ 8:05 PM - Feb 5, 2020



[See #SENexchange's other Tweets](#)





**#SENexchange** @SENexchange · Feb 5, 2020



Don't forget to use the Hashtag [#SENexchange](#) so we can track your contributions.



[#SENexchange](#)

**DON'T FORGET THE HASHTAG**

**#SENEXCHANGE**

Supporting children with anxiety around school  
5th February 2020



**Frankie Phoenix**

@thisis\_frankie

Hi [#SENexchange](#) - I work with [@PhoenixEdSarah](#) and the [@phoenixgrouphq](#) - I try to provide insight from a child's point of view. We look at behaviour as a form of communication and would look at lateness, non attendance, withdrawal and disruptive behaviour as indicators of anxiety.

♡ 4 8:05 PM - Feb 5, 2020



[See Frankie Phoenix's other Tweets](#)



**#SENexchange** @SENexchange · Feb 5, 2020



Replying to [@devschsenco](#)

Do children often mask these anxieties? [#SENexchange](#)



**Ms Barnsley**

@devschsenco

Absolutely. And often can't be verbalised or explained by the young person. [#SENexchange](#)

♡ 3 8:06 PM - Feb 5, 2020



[See Ms Barnsley's other Tweets](#)





**Harry Empsall** @hazzdingo · Feb 5, 2020



Replying to @SENexchange

With me , it was always a reluctance to talk about things due to the autism, when I was younger I always used to keep things in , still do now sometimes. When I was younger I would never do things I was worried about like school residentials #SENexchange



**#SENexchange**

@SENexchange

Thank you for sharing Harry. So was it school in general or specific things about the day? that caused anxiety #SENexchange

♡ 8:06 PM - Feb 5, 2020



See #SENexchange's other Tweets



**#SENexchange** @SENexchange · Feb 5, 2020



Q1 What are the signs of school anxiety in children? #SENexchange



**Steph's Two Girls**

@stephstwogirls

For some children, there might be no signs at all while they are at school, as they are hoping to go under the radar so work extra hard to keep their emotions and anxiety hidden. #SENexchange

♡ 19 8:06 PM - Feb 5, 2020



See Steph's Two Girls's other Tweets





**Anita Kerwin-Nye**

@anitakntweets



[#senexchange](#) [twitter.com/anitakntweets/...](#)

**Anita Kerwin-Nye** @anitakntweets

Replying to @devschsenco @SENexchange

Physical illness as anxiety hits immune system hard.

Vomiting, temperatures, repeated infections.

And these all to the sense of anxiety. Vicious circle.

♥ 3 8:06 PM - Feb 5, 2020



[See Anita Kerwin-Nye's other Tweets](#)



**Sarah Dove FCCT**

@PhoenixEdSarah



[#SENExchange](#) covering a massively important topic today. [twitter.com/thisis\\_frankie...](#)

**Frankie Phoenix** @thisis\_frankie

Replying to @SENexchange

Hi #SENexchange - I work with @PhoenixEdSarah and the @phoenixgrouphq - I try to provide insight from a childs point of view. We look at behaviour as a form of communication and would look at lateness, non attendance .withdrawl and disruptive behaviour as indicators of anxiety.

♥ 1 8:06 PM - Feb 5, 2020



[See Sarah Dove FCCT's other Tweets](#)





**#SENexchange** @SENexchange · Feb 5, 2020



Q1 What are the signs of school anxiety in children?

#SENexchange



**Frankie Phoenix**

@thisis\_frankie

I think in recognising [#anxiety](#) in [#youngpeople](#) we must start with the belief that children aren't 'bad' or 'naughty' and use disruptive or challenging behaviour as a way of communicating, often complex, needs or difficulties.

[#SENexchange](#)

♡ 12 8:07 PM - Feb 5, 2020



[See Frankie Phoenix's other Tweets](#)



**#SENexchange** @SENexchange · Feb 5, 2020



Replying to @hazzdingo

Thank you for sharing Harry. So was it school in general or specific things about the day? that caused anxiety

[#SENexchange](#)



**Harry Empsall**

@hazzdingo

Big mixture of both largely school stuff though

[#SENexchange](#)

♡ 1 8:07 PM - Feb 5, 2020



[See Harry Empsall's other Tweets](#)





#SENexchange @SENexchange · Feb 5, 2020



Q1 What are the signs of school anxiety in children?

#SENexchange



**Susan Griffiths**

@SusanGriffiths5

Every child is different but in autistic children, blank/neutral facial expressions is often a red flag for me as the child is likely to be masking their anxiety along with meltdowns at home after school #SENexchange

♡ 7 8:07 PM - Feb 5, 2020



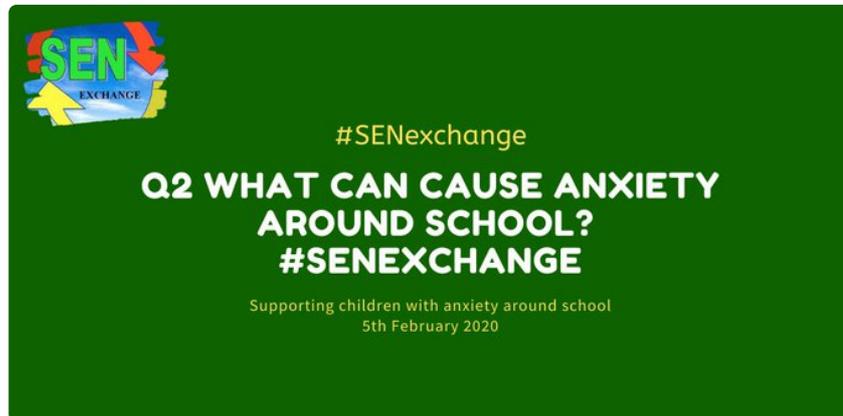
See Susan Griffiths's other Tweets



#SENexchange @SENexchange · Feb 5, 2020



Q2 What can cause anxiety around school? #SENexchange



**Callum** 🏳️‍🌈

@Callum\_SEND

Literally anything!! #SENexchange

♡ 3 8:07 PM - Feb 5, 2020



See Callum 🏳️‍🌈's other Tweets



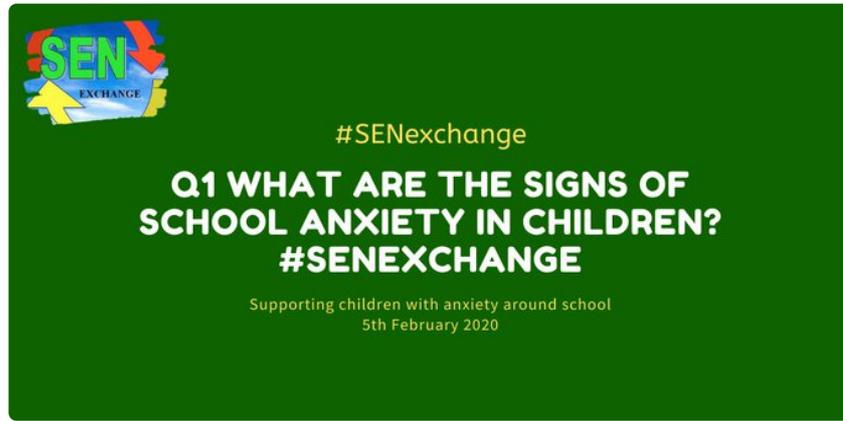


**#SENexchange** @SENexchange · Feb 5, 2020



Q1 What are the signs of school anxiety in children?

[#SENexchange](#)



**JourneysintoHomeEd**

@STEMlovingmum

Complaints of tummy aches, refusal to get dressed for school, hiding, refusal to leave house, challenging behaviour in house before and after school & onway to/from school, violence to staff, ripping school clothes, masking to a degree & exploding at home

[#SENexchange](#)

♡ 7 8:07 PM - Feb 5, 2020



[See JourneysintoHomeEd's other Tweets](#)



**Frankie Phoenix** @thisis\_frankie · Feb 5, 2020



Replying to @SENexchange

I think in recognising [#anxiety](#) in [#youngpeople](#) we must start with the belief that children aren't 'bad' or 'naughty' and use disruptive or challenging behaviour as a way of communicating, often complex, needs or difficulties.

[#SENexchange](#)



**#SENexchange**

@SENexchange

Totally agree [#senexchange](#)

♡ 8:07 PM - Feb 5, 2020



[See #SENexchange's other Tweets](#)



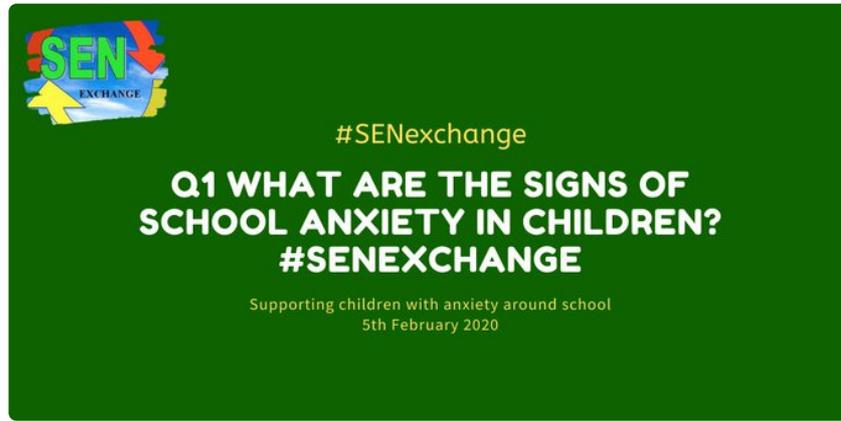


**#SENexchange** @SENexchange · Feb 5, 2020



Q1 What are the signs of school anxiety in children?

[#SENexchange](#)



**Cherry Garden** 🍒 **Branch Maps** 👤👤

@MapsCherry

An autistic child might show self-stimulation behaviours

[#SENexchange](#)

♡ 2 8:08 PM - Feb 5, 2020 · Byker, England



👤 See Cherry Garden 🍒 Branch Maps 👤👤's other Tweets >



**Harry Empsall** @hazzdingo · Feb 5, 2020



Replying to @SENexchange

Big mixture of both largely school stuff though

[#SENexchange](#)



**St Martins & St Andrew's Teaching Schools**

@SMSAteaching

Many thanks for sharing Harry, was there anything school did well re supporting you / or equally could have done better? [#SENexchange](#)

♡ 1 8:08 PM - Feb 5, 2020



👤 See St Martins & St Andrew's Teaching Schools's other Tweets >

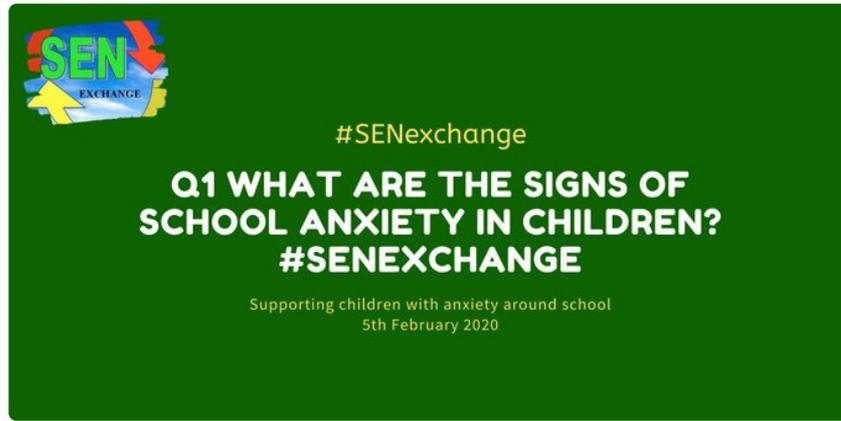


**#SENexchange** @SENexchange · Feb 5, 2020



Q1 What are the signs of school anxiety in children?

#SENexchange



**Sarah Dove FCCT**

@PhoenixEdSarah

#SENexchange; drawing upon my daughter's experience. The anxiety starts the night before. Angry, shouting, grumpy. Not being able to explain how she feels. Tummy ache, headache.

♥ 1 8:08 PM - Feb 5, 2020



 [See Sarah Dove FCCT's other Tweets](#)



**Frankie Phoenix** @thisis\_frankie · Feb 5, 2020



Replying to @SENexchange

Hi #SENexchange - I work with @PhoenixEdSarah and the @phoenixgrouphq - I try to provide insight from a child's point of view. We look at behaviour as a form of communication and would look at lateness, non attendance, withdrawal and disruptive behaviour as indicators of anxiety.



**#SENexchange**

@SENexchange

Hi and welcome. So we are looking for clues.

#SENexchange

♥ 8:08 PM - Feb 5, 2020



 [See #SENexchange's other Tweets](#)

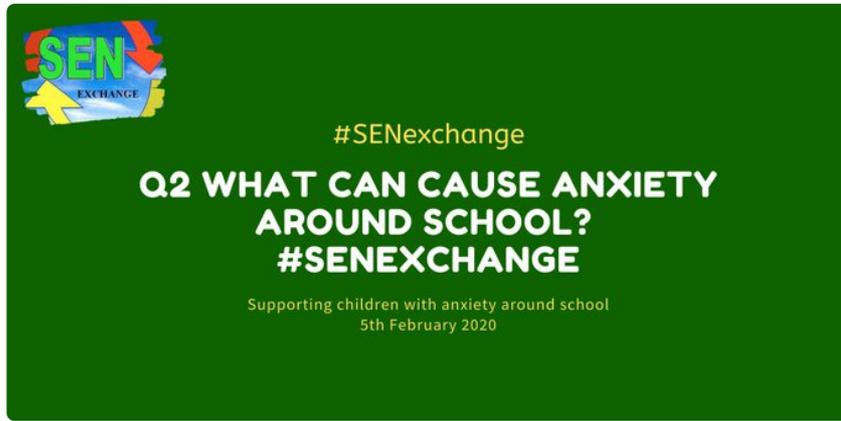




**#SENexchange** @SENexchange · Feb 5, 2020



Q2 What can cause anxiety around school? #SENexchange



**Susan Griffiths**

@SusanGriffiths5

Social demands, cognitive demands, sensory demands, environmental demands including education staff

#SENexchange

♡ 3 8:08 PM - Feb 5, 2020



 [See Susan Griffiths's other Tweets](#)



**Steph's Two Girls** @stephstwogirls · Feb 5, 2020



Replying to @SENexchange

For some children, there might be no signs at all while they are at school, as they are hoping to go under the radar so work extra hard to keep their emotions and anxiety hidden. #SENexchange



**#SENexchange**

@SENexchange

What can we do to identify these children.

#SENexchange

♡ 8:09 PM - Feb 5, 2020



 [See #SENexchange's other Tweets](#)

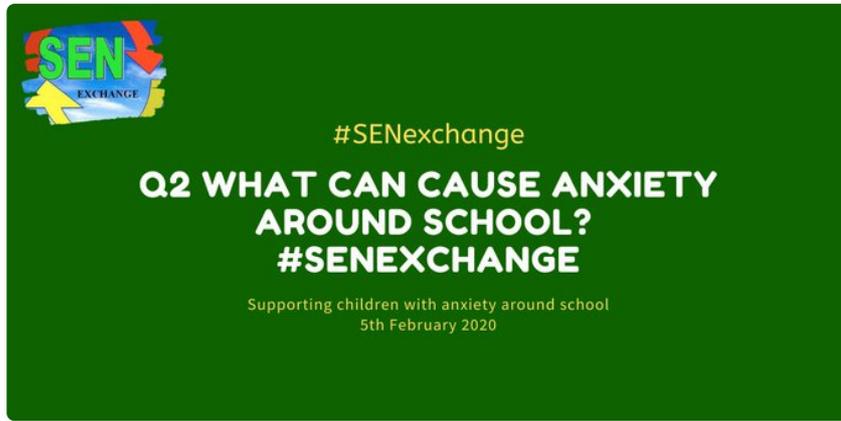




#SENexchange @SENexchange · Feb 5, 2020



Q2 What can cause anxiety around school? #SENexchange



**Steph's Two Girls**

@stephstwogirls

Lots of things. Most often, the environment, or staff or children at school not being right for the child. It could also be driven by an inability to understand what is being worked on during the school day, or a fear of failure #SENexchange

♡ 7 8:09 PM - Feb 5, 2020



See Steph's Two Girls's other Tweets



#SENexchange @SENexchange · Feb 5, 2020



Q2 What can cause anxiety around school? #SENexchange



**Frankie Phoenix**

@thisis\_frankie

I think looking at #anxiety at school in isolation can be misleading - for me, the question should be, what can make a child anxious which leads us to consider historic trauma, troubles at home, conflict within school environment, low self esteem etc etc #senexchange

♡ 4 8:09 PM - Feb 5, 2020



See Frankie Phoenix's other Tweets

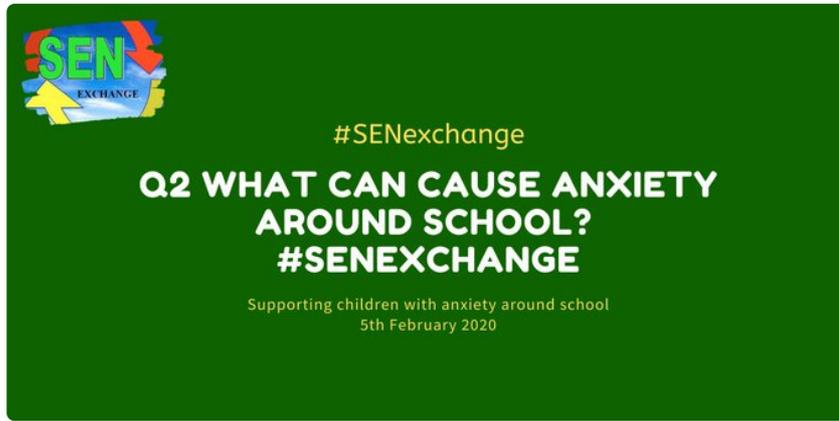




#SENexchange @SENexchange · Feb 5, 2020



Q2 What can cause anxiety around school? #SENexchange



**Ms Barnsley**

@devschsenco

Sensory issues, fear of mistakes/getting things wrong, changes, social demands #SENexchange

♡ 4 8:09 PM - Feb 5, 2020



See Ms Barnsley's other Tweets



#SENexchange @SENexchange · Feb 5, 2020



Q2 What can cause anxiety around school? #SENexchange



**Harry Empsall**

@hazzdingo

Changes to routine that haven't been discussed prior to them happening, and for me again I got bullied so was anxious about seeing those people #SENexchange

♡ 5 8:09 PM - Feb 5, 2020



See Harry Empsall's other Tweets





**#SENexchange**  
@SENexchange



Q3 What can we do to support a child with anxiety around school? #SENexchange



♡ 19 8:10 PM - Feb 5, 2020



💬 30 people are talking about this



**Frankie Phoenix** @thisis\_frankie · Feb 5, 2020



Replying to @SENexchange

I think in recognising #anxiety in #youngpeople we must start with the belief that children aren't 'bad' or 'naughty' and use disruptive or challenging behaviour as a way of communicating, often complex, needs or difficulties.  
#SENexchange



**St Martins & St Andrew's Teaching Schools**  
@SMSAteaching

I saw a great phrase from @hannahmoloney @elly\_chapple on twitter yesterday which I'll shamelessly steal.....curious not furious #SENexchange

♡ 2 8:10 PM - Feb 5, 2020



See St Martins & St Andrew's Teaching Schools's other Tweets





**Anita Kerwin-Nye** @anitakntweets · Feb 5, 2020



[#senexchange](#) [twitter.com/anitakntweets/...](#)

**Anita Kerwin-Nye** @anitakntweets

Replying to @devschsenco @SENexchange

Physical illness as anxiety hits immune system hard.  
Vomiting, temperatures, repeated infections.

And these all to the sense of anxiety. Vicious circle.



**#SENexchange**

@SENexchange

I have worked with children that would become distressed and vomit due to anxieties. Working in a residential school there was home sickness in the mix too [#SENexchange](#)

♡ 1 8:10 PM - Feb 5, 2020



[See #SENexchange's other Tweets](#)



**Adele Bates** @AdeleBatesZ · Feb 5, 2020



Replying to @SENexchange

Oh gosh, for some of ours it's not even making it out of bed...then doors, doors, so many doors to negotiate (real and metaphorical) before they're in the classroom...



**JourneysintoHomeEd**

@STEMlovingmum

Doors were an issue for my son he would either not walk through or walk through then leave, plus unlike most recommendations he was actually worse if met by a TA, [#SENexchange](#) issues with roundabouts/key locations marking proximity to school, issue in school car park!

♡ 2 8:10 PM - Feb 5, 2020



[See JourneysintoHomeEd's other Tweets](#)





**#SENexchange** @SENexchange · Feb 5, 2020



Q2 What can cause anxiety around school? #SENexchange



**mum2jsic**

@mum2jsiandcx4

A2) #senexchange for my boys it was the unpredictability of secondary sch, teachers not being there, no advance warning to change in lesson topics changing daily not really finishing a full topic.

♡ 1 8:10 PM - Feb 5, 2020



See mum2jsic's other Tweets



**Sarah Dove FCCT** @PhoenixEdSarah · Feb 5, 2020



#SENExchange covering a massively important topic today. [twitter.com/thisis\\_frankie...](https://twitter.com/thisis_frankie...)

**Frankie Phoenix** @thisis\_frankie

Replying to @SENexchange

Hi #SENexchange - I work with @PhoenixEdSarah and the @phoenixgrouphq - I try to provide insight from a child's point of view. We look at behaviour as a form of communication and would look at lateness, non attendance, withdrawal and disruptive behaviour as indicators of anxiety.



**#SENexchange**

@SENexchange

Thank you Sarah, so we have you and a colleague!

#SENexchange

♡ 1 8:10 PM - Feb 5, 2020



See #SENexchange's other Tweets





**Steph's Two Girls** @stephstwogirls · Feb 5, 2020



Replying to @SENexchange

For some children, there might be no signs at all while they are at school, as they are hoping to go under the radar so work extra hard to keep their emotions and anxiety hidden. #SENexchange



**Rob Di Spirito**

@RobDiSpirito

I agree. Internalised anxiety is a difficult one

#SENexchange

♡ 2 8:10 PM - Feb 5, 2020



 See Rob Di Spirito's other Tweets



**#SENexchange**

@SENexchange



A3 This advise from @YoungMindsUK is useful around school anxiety. [youngminds.org.uk/find-help/for-...](http://youngminds.org.uk/find-help/for-...)

#SENexchange

## How can I help my child?

At any age, children can find going to school difficult. They may be very unwilling to get up, get ready; they may feel sick, or complain of stomach/headaches; they may get angry or upset. The longer it goes on, the more worrying it can be for the child and their parents.

Some children feel anxious about the thought of school when they are at home, but settle down during the school day, while others only display anxiety while at school. This could be because of what's happening in their environment, such as:

- noisy classes
- unsupervised playgrounds
- problems with friends
- bullying
- peer pressure to be naughty

♡ 2 8:11 PM - Feb 5, 2020



 See #SENexchange's other Tweets





**St Martins & St Andrew's Teaching S...** · Feb 5, 2020

Replying to @hazzdingo @SENexchange

Many thanks for sharing Harry, was there anything school did well re supporting you / or equally could have done better? #SENexchange



**Harry Empsall**  
@hazzdingo

They gave me consistent support as much as possible #SENexchange

♡ 2 8:11 PM - Feb 5, 2020

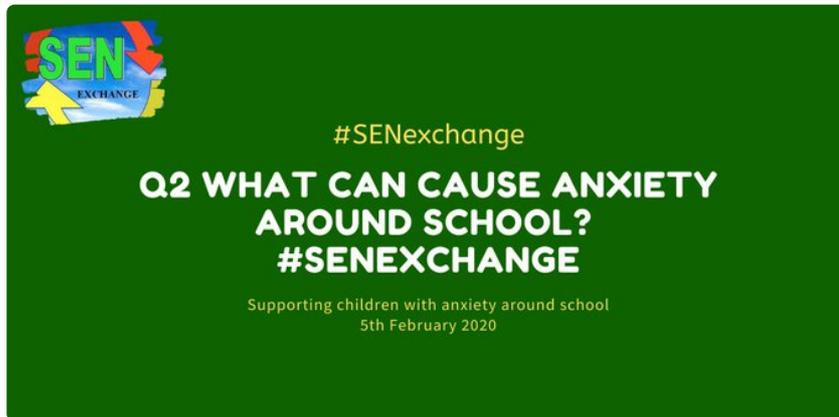


See Harry Empsall's other Tweets



**#SENexchange** @SENexchange · Feb 5, 2020

Q2 What can cause anxiety around school? #SENexchange



**Cherry Garden** 🍒 **Branch Maps** 🧑🏫 🧑🏫  
@MapsCherry

In my experience overly noisy environments are often a trigger for anxiety #SENexchange

♡ 3 8:11 PM - Feb 5, 2020 · Byker, England



See Cherry Garden 🍒 Branch Maps 🧑🏫 🧑🏫's other Tweets



**Callum** 🏳️‍🌈 @Callum\_SEND · Feb 5, 2020

Replying to @SENexchange

Literally anything!! #SENexchange



**#SENexchange**  
@SENexchange

The whole range of human physical and emotional responses! #SENexchange

♡ 1 8:11 PM - Feb 5, 2020



See #SENexchange's other Tweets





**#SENexchange** @SENexchange · Feb 5, 2020



Q3 What can we do to support a child with anxiety around school? [#SENexchange](#)



**Hollie Tarbuck**

@MissTarbuck

A3 - knowing children's trigger points and giving them warning before that happens so that they are prepared [#SENExchange](#)

♡ 3 8:11 PM - Feb 5, 2020



[See Hollie Tarbuck's other Tweets](#)



**#SENexchange** @SENexchange · Feb 5, 2020



Q3 What can we do to support a child with anxiety around school? [#SENexchange](#)



**Frankie Phoenix**

@thisis\_frankie

It's important to consider reasonable adjustments and simple interventions - although ultimately there is a long list of things we could do, the most important thing is to make the child feel safe, to trust in our support and allow them to lead the process. [#SENexchange](#)

♡ 7 8:11 PM - Feb 5, 2020



[See Frankie Phoenix's other Tweets](#)





**#SENexchange** @SENexchange · Feb 5, 2020



Replying to @stephstwogirls

What can we do to identify these children. [#SENexchange](#)



**Steph's Two Girls**

@stephstwogirls

Initiate and keep conversations going, between parent and school. Try to avoid conflict and look for holistic solutions; appreciate that both parties want what is best for the child. [#SENexchange](#)

♥ 5 8:11 PM - Feb 5, 2020



[See Steph's Two Girls's other Tweets](#)



**Steph's Two Girls** @stephstwogirls · Feb 5, 2020



Replying to @SENexchange

For some children, there might be no signs at all while they are at school, as they are hoping to go under the radar so work extra hard to keep their emotions and anxiety hidden. [#SENexchange](#)



**Anita Kerwin-Nye**

@anitakntweets

Yes at last school apparently DS 'not at all anxious' - was dying on inside but masking/school had 'jolly hockeysticks' approach. 50% attendance.

New schools acknowledges and sees anxiety / reduced masking - reduced anxiety. Attendance rising substantially. [#senexchange](#)

♥ 3 8:11 PM - Feb 5, 2020



[See Anita Kerwin-Nye's other Tweets](#)





**#SENexchange** @SENexchange · Feb 5, 2020



Q3 What can we do to support a child with anxiety around school? #SENexchange



**Harry Empsall**

@hazzdingo

I was always provided with a worry diary which could be used between home and school #SENexchange

♡ 6 8:11 PM - Feb 5, 2020



See Harry Empsall's other Tweets



**#SENexchange** @SENexchange · Feb 5, 2020



Q3 What can we do to support a child with anxiety around school? #SENexchange



**Cherry Garden** **Branch Maps**

@MapsCherry

Plan and organise the day to avoid as many potential triggers as possible. Small changes can make a huge impact #SENexchange

♡ 2 8:12 PM - Feb 5, 2020 · Byker, England



See Cherry Garden Branch Maps 's other Tweets





**JourneysintoHomeEd** @STEMlovingmum · Feb 5, 2020



Replying to @SENexchange

Complaints of tummy aches, refusal to get dressed for school, hiding, refusal to leave house, challenging behaviour in house before and after school & onway to/from school, violence to staff, ripping school clothes, masking to a degree & exploding at home #SENexchange



**#SENexchange**

@SENexchange

Thank you for sharing your insight is so important. Did anything help? #SENexchange

♡ 1 8:12 PM - Feb 5, 2020



See #SENexchange's other Tweets



**#SENexchange** @SENexchange · Feb 5, 2020



Replying to @thisis\_frankie and 2 others

Hi and welcome. So we are looking for clues.

#SENexchange



**Sarah Dove FCCT**

@PhoenixEdSarah

It isn't always obvious. Professional curiosity is vital. #SENexchange. I also talk about belief in experiences. We may not see it as teachers because it spills out at home. Especially the quiet ASD girls.



♡ 1 8:12 PM - Feb 5, 2020



See Sarah Dove FCCT's other Tweets

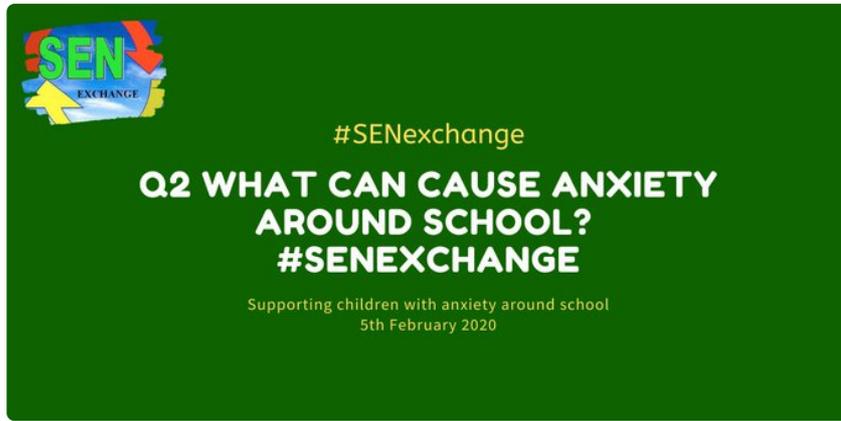




**#SENexchange** @SENexchange · Feb 5, 2020



Q2 What can cause anxiety around school? #SENexchange



**Hollie Tarbuck**

@MissTarbuck

A2 - change is a HUGE one for my class. Anything that is changed from the timetable can cause crippling anxiety #SENEXCHANGE

♡ 1 8:12 PM - Feb 5, 2020



See Hollie Tarbuck's other Tweets



**Cherry Garden Branch Maps** 🍒 🧑🏫 ... · Feb 5, 2020



Replying to @SENexchange

An autistic child might show self-stimulation behaviours #SENexchange



**#SENexchange**

@SENexchange

Can you share any examples? #SENexchange

♡ 2 8:12 PM - Feb 5, 2020



See #SENexchange's other Tweets





**Steph's Two Girls** @stephstwogirls · Feb 5, 2020



Replying to @SENexchange

For some children, there might be no signs at all while they are at school, as they are hoping to go under the radar so work extra hard to keep their emotions and anxiety hidden. #SENexchange



**mum2jsic**  
@mum2jsiandcx4

This is my 13yr old. Model student yet at home shouting swearing and violence it's awful school don't see it so it doesn't happen #senexchange

♡ 1 8:12 PM - Feb 5, 2020



[See mum2jsic's other Tweets](#)



**#SENexchange** @SENexchange · Feb 5, 2020



Replying to @stephstwogirls

What can we do to identify these children. #SENexchange



**Adam Daw**  
@Aadaw

I think listening really carefully to parents and carers is key to understanding the bigger picture. We dismiss their instincts/comments/input at our peril! #SENexchange

♡ 7 8:12 PM - Feb 5, 2020



[See Adam Daw's other Tweets](#)



**Frankie Phoenix**  
@thisis\_frankie



This is a great way of extending our understanding beyond the school gates and identify triggers the cross pollinate home and school environments #anxiety #SENexchange [twitter.com/hazzdingo/stat...](https://twitter.com/hazzdingo/stat...)

**Harry Empsall** @hazzdingo

Replying to @SENexchange

I was always provided with a worry diary which could be used between home and school #SENexchange

♡ 3 8:12 PM - Feb 5, 2020



[See Frankie Phoenix's other Tweets](#)





**#SENexchange** @SENexchange · Feb 5, 2020



Q3 What can we do to support a child with anxiety around school? #SENexchange



**Rob Di Spirito**

@RobDiSpirito

Being aware, proactive in strategies to support and providing self coping opportunities when appropriate. e.g. visuals, timers, social stories, breaks and space. #SENexchange

♡ 6 8:13 PM - Feb 5, 2020



 [See Rob Di Spirito's other Tweets](#)



**Cherry Garden** 🍒 **Branch Maps** 🧑🧒 ... · Feb 5, 2020 

Replying to @SENexchange

In my experience overly noisy environments are often a trigger for anxiety #SENexchange



**Harry Empsall**

@hazzdingo

Yes!!! Like waiting in line for classes to start , I was always the kid with his fingers in his ears #SENexchange

♡ 2 8:13 PM - Feb 5, 2020



 [See Harry Empsall's other Tweets](#)





**#SENexchange** @SENexchange · Feb 5, 2020



Q3 What can we do to support a child with anxiety around school? #SENexchange



**Susan Griffiths**

@SusanGriffiths5

Co-regulation. Recognise that these children are often not able to self-regulate so don't expect them to and instead support them to regulate themselves  
#SENexchange

♡ 12 8:13 PM - Feb 5, 2020



See Susan Griffiths's other Tweets



**Susan Griffiths** @SusanGriffiths5 · Feb 5, 2020



Replying to @SENexchange

Social demands, cognitive demands, sensory demands, environmental demands including education staff  
#SENexchange



**#SENexchange**

@SENexchange

Yes staff demands/interactions can be a real source of stress for a child. Can a familiar member of staff also be a support? #SENexchange

♡ 8:13 PM - Feb 5, 2020



See #SENexchange's other Tweets





**#SENexchange** @SENexchange · Feb 5, 2020



Q3 What can we do to support a child with anxiety around school? #SENexchange



**Ms Barnsley**

@devschsenco

Work with parents. Visual schedules (written/pics), prepare for change, trusted adult, escape routes, favourite activities to look forward to, calming/relaxing activities, reducing demands, sensory support, social support #SENexchange

♡ 7 8:13 PM - Feb 5, 2020



[See Ms Barnsley's other Tweets](#)



**Frankie Phoenix** @thisis\_frankie · Feb 5, 2020



Replying to @SENexchange

I think looking at #anxiety at school in isolation can be misleading - for me, the question should be, what can make a child anxious which leads us to consider historic trauma, troubles at home, conflict within school environment, low self esteem etc etc #senexchange



**#SENexchange**

@SENexchange

so really drilling down into the root causes or drivers of the anxiety? #SENexchange

♡ 8:14 PM - Feb 5, 2020



[See #SENexchange's other Tweets](#)





**#SENexchange** @SENexchange · Feb 5, 2020



Replying to @MapsCherry

Can you share any examples? [#SENexchange](#)



**Cherry Garden** 🍒 **Branch Maps** 👤👤

@MapsCherry

Finger flicking, hand flapping, rocking [#SENexchange](#)

♡ 2 8:14 PM - Feb 5, 2020 · Byker, England



👤 See Cherry Garden 🍒 Branch Maps 👤👤's other Tweets >



**#SENexchange** @SENexchange · Feb 5, 2020



Q3 What can we do to support a child with anxiety around school? [#SENexchange](#)



**Callum** 🏳️‍🌈

@Callum\_SEND

This morning's strategy was to replace the padlock on the gate to the woods before we went in to class 😊

[#SENexchange](#)

♡ 4 8:14 PM - Feb 5, 2020



👤 See Callum 🏳️‍🌈's other Tweets >



**Frankie Phoenix**

@thisis\_frankie



Parent relationships are so important when it comes to managing vulnerable YP - I think its important for teachers to know they can be vulnerable with parents, ask for their expertise & guidance and work collaboratively rather than taking an expert/authority position [#SENexchange](#) [twitter.com/stephstwogirls...](#)

**Steph's Two Girls** @stephstwogirls

Replying to @SENexchange

Initiate and keep conversations going, between parent and school. Try to avoid conflict and look for holistic solutions; appreciate that both parties want what is best for the child. [#SENexchange](#)

♡ 6 8:14 PM - Feb 5, 2020



[See Frankie Phoenix's other Tweets](#)



**Harry Empsall** @hazzdingo · Feb 5, 2020



Replying to @SENexchange

Changes to routine that haven't been discussed prior to them happening, and for me again I got bullied so was anxious about seeing those people [#SENexchange](#)



**#SENexchange**

@SENexchange

Did school put anything in place or were you not in a position to share these concerns with the school staff? [#SENexchange](#)

♡ 8:14 PM - Feb 5, 2020



[See #SENexchange's other Tweets](#)





**#SENexchange**  
@SENexchange



Q4 What adaptations can schools make to reduce anxiety around school? [#SENexchange](#)



♡ 12 8:15 PM - Feb 5, 2020



💬 28 people are talking about this



**#SENexchange** @SENexchange · Feb 5, 2020



Replying to @STEMlovingmum

Thank you for sharing your insight is so important. Did anything help? [#SENexchange](#)



**JourneysintoHomeEd**  
@STEMlovingmum

Home Educating!! [#SENexchange](#)

Occasionally scooting to school, separate entrance so long as receptionist there to greet/open door, me reading before school, chewy sweet before I left, leaving school 10mins early via separate entrance, not talking on way home!

♡ 3 8:15 PM - Feb 5, 2020



👤 [See JourneysintoHomeEd's other Tweets](#)





**#SENexchange** @SENexchange · Feb 5, 2020



Replying to @SusanGriffiths5

Yes staff demands/interactions can be a real source of stress for a child. Can a familiar member of staff also be a support?#SENexchange



**Susan Griffiths**

@SusanGriffiths5

Definitely! So important that they have at least one staff member they trust and feel safe with #SENexchange

♡ 1 8:15 PM - Feb 5, 2020



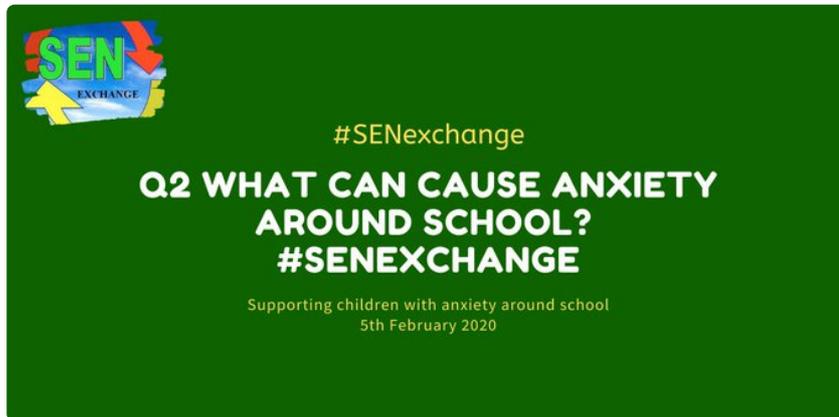
See Susan Griffiths's other Tweets



**#SENexchange** @SENexchange · Feb 5, 2020



Q2 What can cause anxiety around school? #SENexchange



**Ed Psych Insight**

@EPIinsight

If the child's stress-response system is compromised by exposure to adverse experiences, their prefrontal cortex can't keep a lid on their amygdala. When faced with academic, social and sensory demands, they resort to survival habits - fight, flight, freeze or flock

#SENexchange

♡ 8 8:15 PM - Feb 5, 2020



See Ed Psych Insight's other Tweets





**St Martins & St Andrew's Teaching S...** · Feb 5, 2020

Replying to @thisis\_frankie @SENexchange

I saw a great phrase from @hannahmoloney

@elly\_chapple on twitter yesterday which I'll shamelessly steal.....curious not furious #SENexchange



**#SENexchange**

@SENexchange

I am sure they wouldn't mind. I'm also stealing it!

#SENexchange

♡ 2 8:15 PM - Feb 5, 2020



[See #SENexchange's other Tweets](#)



**#SENexchange** @SENexchange · Feb 5, 2020

Replying to @thisis\_frankie

so really drilling down into the root causes or drivers of the anxiety? #SENexchange



**Sarah Dove FCCT**

@PhoenixEdSarah

Yes and including issues such as sensory experiences of school, relationships. So I find that some children may not really understand other children, their mentalisation is quite poor and that affects their experience of school.

#SENexchange

♡ 8:16 PM - Feb 5, 2020



[See Sarah Dove FCCT's other Tweets](#)



**JourneysintoHomeEd** @STEMlovingmum · Feb 5, 2020

Replying to @AdeleBatesZ @SENexchange

Doors were an issue for my son he would either not walk through or walk through then leave, plus unlike most recommendations he was actually worse if met by a TA, #SENexchange issues with roundabouts/key locations marking proximity to school, issue in school car park!



**#SENexchange**

@SENexchange

That is interesting. So he could process the transition without additional input/interactions to process.

#SENexchange

♡ 2 8:16 PM - Feb 5, 2020



[See #SENexchange's other Tweets](#)





**#SENexchange** @SENexchange · Feb 5, 2020



Replying to @hazzdingo

Did school put anything in place or were you not in a position to share these concerns with the school staff?

[#SENexchange](#)



**Harry Empsall**

@hazzdingo

I was never that good at sharing back then even now if I have to talk about anything personal it's usually in an email [#SENexchange](#)

♡ 8:16 PM - Feb 5, 2020



[See Harry Empsall's other Tweets](#)



**Harry Empsall** @hazzdingo · Feb 5, 2020



Replying to @SENexchange

Changes to routine that haven't been discussed prior to them happening, and for me again I got bullied so was anxious about seeing those people [#SENexchange](#)



**Steph's Two Girls**

@stephstwogirls

yes our girl has been able to communicate that changes without prior warning cause huge anxiety spikes for her [#SENexchange](#)

♡ 1 8:16 PM - Feb 5, 2020



[See Steph's Two Girls's other Tweets](#)





**#SENexchange** @SENexchange · Feb 5, 2020



Q4 What adaptations can schools make to reduce anxiety around school? #SENexchange



**Frankie Phoenix**

@thisis\_frankie

I think it's hard to make adaptations, ultimately we need to encourage all schools to embed a proactive approach to managing mental health at the heart of everything they do. The challenge is to get to that place without neglecting any of the pupils we serve. #SENexchange

♡ 1 8:16 PM - Feb 5, 2020



See Frankie Phoenix's other Tweets



**Anita Kerwin-Nye**

@anitakntweets



[#senexchange](#) [twitter.com/jaynedillon1/s...](#)

**Jayne Dillon** @JayneDillon1

Agree with this. Absolutely shameful. Utterly disgusting use of words. [twitter.com/martinbarrow/s...](#)

♡ 1 8:16 PM - Feb 5, 2020



See Anita Kerwin-Nye's other Tweets





**mum2jsic** @mum2jsiandcx4 · Feb 5, 2020



Replying to @SENexchange

A2) #senexchange for my boys it was the unpredictably of secondary sch, teachers not being there, no advance warning to change in lesson topics changing daily not really finishing a full topic.



**#SENexchange**

@SENexchange

Hi, thanks for taking part tonight. These are real issues I have seen before. #SENexchange

♡ 1 8:16 PM - Feb 5, 2020



 [See #SENexchange's other Tweets](#)



**#SENexchange** @SENexchange · Feb 5, 2020



Q4 What adaptations can schools make to reduce anxiety around school? #SENexchange



**JourneysintoHomeEd**

@STEMlovingmum

Allow parents to stay!! Seriously my son said if parents could stay at school that would help him! So slow exposure with a safe adult. #SENexchange

♡ 3 8:17 PM - Feb 5, 2020



 [See JourneysintoHomeEd's other Tweets](#)





**Penny** @penorjen · Feb 5, 2020



Replying to @SENexchange

At home: Constant tummy aches, poor appetite, can't sleep, upset in mornings, v stressed after school (meltdowns or shutdowns), refusal to talk about school, do homework etc

At school: v quiet, unable to speak up & ask for help, reports feeling sick or tummy aches, cries easily



**Penny**  
@penorjen

A lot of the anxiety will be masked, until child can no longer cope and then sudden deterioration in mental health / behaviour / school refusal [#senexchange](#)

♥ 2 8:17 PM - Feb 5, 2020



[See Penny's other Tweets](#)



**#SENexchange** @SENexchange · Feb 5, 2020



Q2 What can cause anxiety around school? [#SENexchange](#)



**Rob Di Spirito**  
@RobDiSpirito

The anticipation of or uncertainty with change seem to be recurring factors at the moment. [#SENexchange](#)

♥ 2 8:17 PM - Feb 5, 2020



[See Rob Di Spirito's other Tweets](#)





**Rob Di Spirito** @RobDiSpirito · Feb 5, 2020



Replying to @stephstwogirls @SENexchange  
I agree. Internalised anxiety is a difficult one  
[#SENexchange](#)



**#SENexchange**

@SENexchange

So true Rob, always needs a curious champion to unpick.  
[#SENexchange](#)

♡ 8:17 PM - Feb 5, 2020



[See #SENexchange's other Tweets](#)



**#SENexchange** @SENexchange · Feb 5, 2020



Q4 What adaptations can schools make to reduce anxiety around school? [#SENexchange](#)



**Cherry Garden** 🍒 **Branch Maps** 🧑🏫 🧑🏫

@MapsCherry

Effective timetabling is hugely important in my experience [#SENexchange](#)

♡ 6 8:17 PM - Feb 5, 2020 · Byker, England



[See Cherry Garden 🍒 Branch Maps 🧑🏫 🧑🏫 's other Tweets](#) >



**#SENexchange** @SENexchange · Feb 5, 2020



Q4 What adaptations can schools make to reduce anxiety around school? #SENexchange



**Frankie Phoenix**

@thisis\_frankie

I know @phoenixgrouphq talk about a process of regeneration rather than redesign - driving towards the big goal through a whole variety of little steps. They have a free mental health toolkit for the classroom if you think it would be useful I will get the link. #SENexchange

♡ 3 8:17 PM - Feb 5, 2020



 [See Frankie Phoenix's other Tweets](#)





**#SENexchange** @SENexchange · Feb 5, 2020



Q3 What can we do to support a child with anxiety around school? #SENexchange



**Adele Bates**

@AdeleBatesZ

A3.

Ask.

Listen.

Believe - (yes, even when it's not what you would have thought)

Adapt

Ask again.

Ad nauseum :)#SENexchange @SENexchange

♡ 3 8:17 PM - Feb 5, 2020



See Adele Bates's other Tweets



**Cherry Garden Branch Maps** 🍒🗺️👤👤 ... · Feb 5, 2020



Replying to @SENexchange

In my experience overly noisy environments are often a trigger for anxiety #SENexchange



**#SENexchange**

@SENexchange

Can make it so hard for a child to process everything and can be mitigated through a few strategies.

#SENexchange

♡ 1 8:18 PM - Feb 5, 2020



See #SENexchange's other Tweets

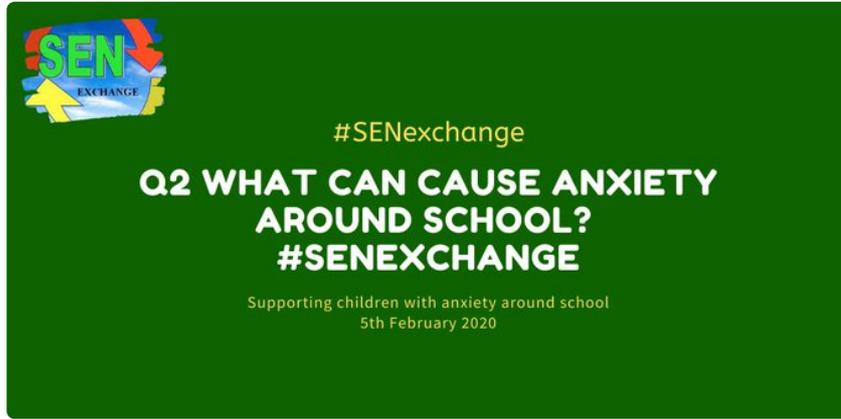




**#SENexchange** @SENexchange · Feb 5, 2020



Q2 What can cause anxiety around school? #SENexchange



**JourneysintoHomeEd**

@STEMlovingmum

Not feeling safe to have your needs met/to say how you feel, not trusting the adults, being triggered by the adults, not knowing you will go home, not being supported, Language difficulties & not understanding work/other children #SENexchange

♡ 2 8:18 PM - Feb 5, 2020



See JourneysintoHomeEd's other Tweets



**Hollie Tarbuck**

@MissTarbuck



Reading about anxiety and home experiences in regards to pupils with SEND... I am so proud of the relationship I have formed with my parents. We talk about the good times and the struggles but most of all we communicate to get the best for the children #SENexchange

♡ 4 8:18 PM - Feb 5, 2020



See Hollie Tarbuck's other Tweets



**#SENexchange**

@SENexchange



So sorry if i'm missing your tweets! things are moving so fast. Loving hearing the new voices as well.  
#SENexchange

♡ 3 8:19 PM - Feb 5, 2020



See #SENexchange's other Tweets





**#SENexchange** @SENexchange · Feb 5, 2020



Q4 What adaptations can schools make to reduce anxiety around school? #SENexchange



**Ed Psych Insight**

@EPIinsight

Emotional regulation support plans, with a focus on preventative strategies (visual scheduling & structure; consistent & predictable table routines; choices; sensory breaks) and a low arousal approach (reducing demands; simplifying language; access to a safe space)

#SENexchange

♡ 6 8:19 PM - Feb 5, 2020



See Ed Psych Insight's other Tweets



**Harry Empsall** @hazzdingo · Feb 5, 2020



Replying to @SENexchange

I was always provided with a worry diary which could be used between home and school #SENexchange



**#SENexchange**

@SENexchange

and did that help? I can think of a use for that.

#SENexchange

♡ 8:19 PM - Feb 5, 2020



See #SENexchange's other Tweets





**#SENexchange** @SENexchange · Feb 5, 2020



Q4 What adaptations can schools make to reduce anxiety around school? #SENexchange



**Susan Griffiths**

@SusanGriffiths5

Before implementing strategies such as the 5 point scale, check that the child is actually able to identify how they feel inside their body. I see so many kids that are not able to recognise they feel anxious, just that they don't feel good #SENexchange

♡ 15 8:19 PM - Feb 5, 2020



See Susan Griffiths's other Tweets



**Cherry Garden Branch Maps** 🍒 🧑🏫 ... · Feb 5, 2020



Replying to @SENexchange

Plan and organise the day to avoid as many potential triggers as possible. Small changes can make a huge impact #SENexchange



**#SENexchange**

@SENexchange

Yes, I did a lot of work around transitions at my previous school #SENexchange

♡ 2 8:19 PM - Feb 5, 2020



See #SENexchange's other Tweets



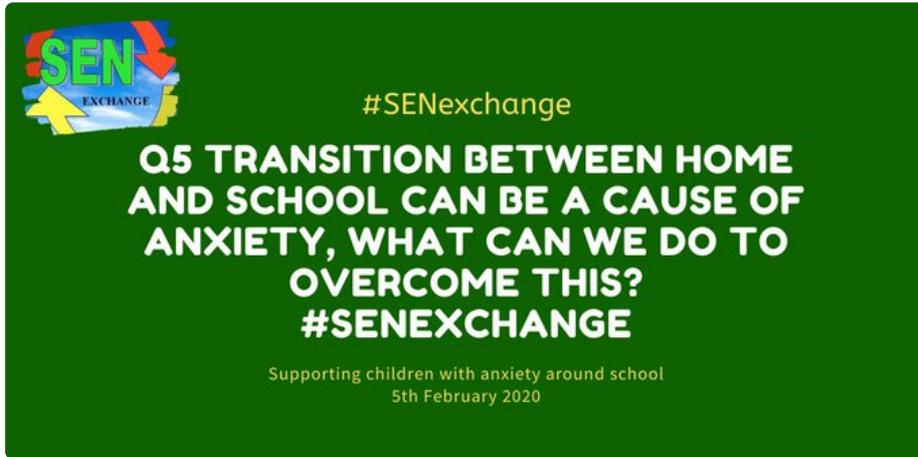


**#SENexchange**  
@SENexchange



Q5 Transition between home and school can be a cause of anxiety, what can we do to overcome this?

[#SENexchange](#)



♡ 8 8:20 PM - Feb 5, 2020



💬 23 people are talking about this





**Jayne Dillon** @JayneDillon1 · Feb 5, 2020



Agree with this. Absolutely shameful. Utterly disgusting use of words. [twitter.com/martinbarrow/s...](https://twitter.com/martinbarrow/s...)

**Martin Barrow** @MartinBarrow

As I mentioned earlier, I'm troubled by the 'Find Your Brave' theme to this year's children's mental health week. Especially when it is supported by messaging like this:

When they say, 'I can't', invite them to say 'I won't', because anxiety or not, they are mighty. They are strong, they are brave, and they are powerful, and it's why the decisions is theirs. 'I can be brave but will I'?



**Frankie Phoenix**

@thisis\_frankie

We have shared some thoughts around the potential risks of using the word brave here - [phoenixgrouphq.com/post/understan...](https://phoenixgrouphq.com/post/understan...) #SENexchange #childrensmentalhealthweek2020



**Understanding what Bravery means**

Each year, the incredible team at Place2Be select a theme for children's mental health week and work incredibly hard to [phoenixgrouphq.com](https://phoenixgrouphq.com)

♡ 3 8:20 PM - Feb 5, 2020



[See Frankie Phoenix's other Tweets](#)





**#SENexchange** @SENexchange · Feb 5, 2020



Q4 What adaptations can schools make to reduce anxiety around school? #SENexchange



**Callum** 🇬🇧  
@Callum\_SEND

Targeted interventions both at home and safe spaces in school; multi-agency working; pupil voice; restorative conversations.. can be very pupil/family specific #SENexchange

♡ 4 8:20 PM - Feb 5, 2020



See Callum 🇬🇧's other Tweets



**#SENexchange** @SENexchange · Feb 5, 2020



Q4 What adaptations can schools make to reduce anxiety around school? #SENexchange



**Adele Bates**  
@AdeleBatesZ

A4.

To begin with inhabit a schoolwide culture that believes it exists and that it is a barrier to learning. Sometimes that's the first step needed to get a community on board. #SENexchange @SENexchange

♡ 1 8:20 PM - Feb 5, 2020



See Adele Bates's other Tweets





**#SENexchange** @SENexchange · Feb 5, 2020



Replying to @MapsCherry

Yes, I did a lot of work around transitions at my previous school #SENexchange



**Cherry Garden** 🍒 **Branch Maps** 👤👤  
@MapsCherry

Avoiding unnecessary or lengthy transitions can be really helpful #SENexchange

♡ 3 8:20 PM - Feb 5, 2020 · Byker, England



👤 See Cherry Garden 🍒 Branch Maps 👤👤's other Tweets >



**mum2jsic** @mum2jsiandcx4 · Feb 5, 2020



Replying to @stephstwogirls @SENexchange

This is my 13yr old. Model student yet at home shouting swearing and violence it's awful school don't see it so it doesn't happen #senexchange



**#SENexchange**  
@SENexchange

It might not be the right approach but when a parent comes to us with concerns we do a joint assessment comparing home and school - part of our job is making sure we are supporting home. We believe all as a starting point. #SENexchange

♡ 1 8:21 PM - Feb 5, 2020



👤 See #SENexchange's other Tweets >



**#SENexchange** @SENexchange · Feb 5, 2020



Q4 What adaptations can schools make to reduce anxiety around school? #SENexchange



**Anita Kerwin-Nye**

@anitakntweets

Acknowledge it exists.  
Stop 100% attendance awards.  
Work with parents.  
Look 4 triggers eg noises, sensory overload etc. Create solutions eg son's school tells us when fire alarm test is. We take him out.  
Support child in techniques they learning at home/elsewhere. #senexchange

♡ 9 8:21 PM - Feb 5, 2020



See Anita Kerwin-Nye's other Tweets



**Adam Daw** @Aadaw · Feb 5, 2020



Replying to @SENexchange @stephstwogirls

I think listening really carefully to parents and carers is key to understanding the bigger picture. We dismiss their instincts/comments/input at our peril! #SENexchange



**#SENexchange**

@SENexchange

It is good advice Adam. Too easy to dismiss but often holds the key to positive change. #SENexchange

♡ 2 8:21 PM - Feb 5, 2020



See #SENexchange's other Tweets





St Martins & St Andrew's Teaching S... · Feb 5, 2020

Replying to @thisis\_frankie @SENexchange  
I saw a great phrase from @hannahmoloney  
@elly\_chapple on twitter yesterday which I'll shamelessly  
steal.....curious not furious #SENexchange

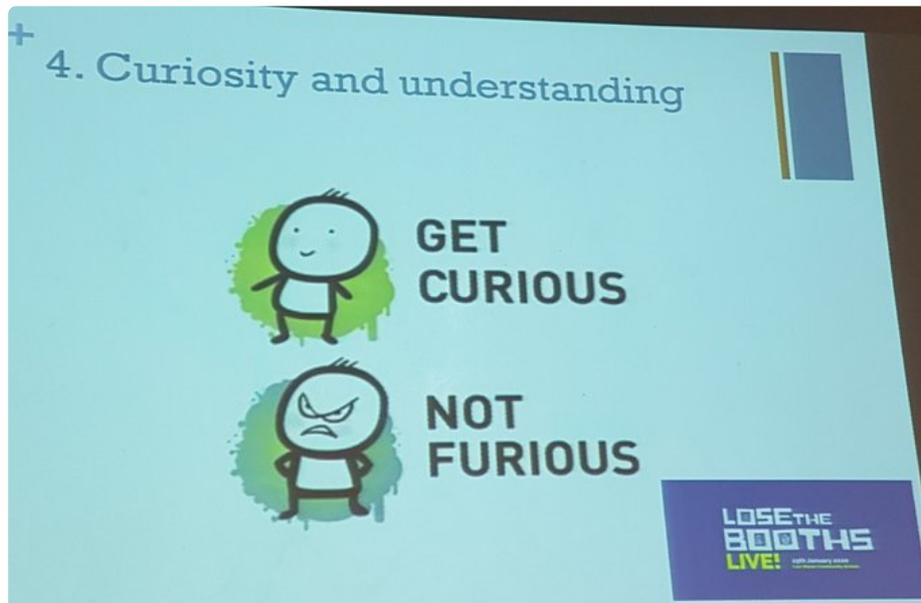


**Elly Chapple Founder #flipthenarrative**

@elly\_chapple

Ha ha! It's @marymered....here's her slide!

#FlipTheNarrative #SENExchange



♡ 5 8:22 PM - Feb 5, 2020



See Elly Chapple Founder #flipthenarrative 's other  
Tweets

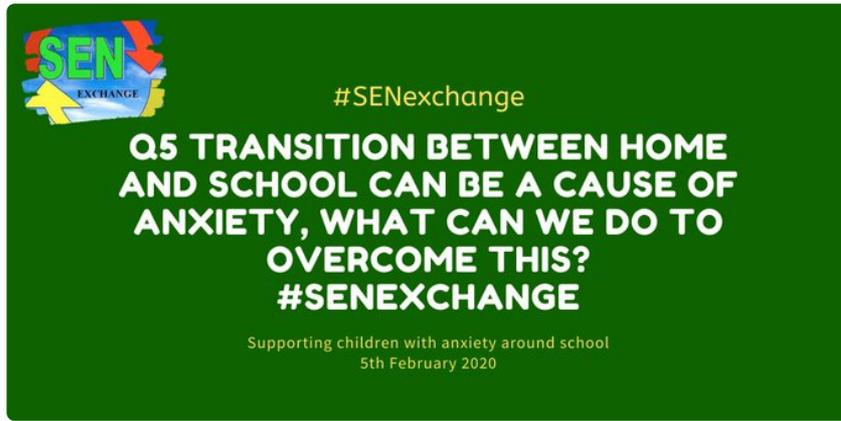




**#SENexchange** @SENexchange · Feb 5, 2020



Q5 Transition between home and school can be a cause of anxiety, what can we do to overcome this? #SENexchange



**Frankie Phoenix**

@thisis\_frankie

I often wonder if it is the physical journey between school and home that causes anxiety or the shift it represents - going from safety, for example or being comfortable or confident or in control or even with your favourite blanket 1/2 #SENexchange

♡ 1 8:22 PM - Feb 5, 2020



See Frankie Phoenix's other Tweets



**#SENexchange**

@SENexchange



Replying to @Albiestar  
and some more routine! on the same page Colin thank you for your contribution. #SENexchange

♡ 1 8:22 PM - Feb 5, 2020



See #SENexchange's other Tweets





**#SENexchange** @SENexchange · Feb 5, 2020



Q5 Transition between home and school can be a cause of anxiety, what can we do to overcome this? [#SENexchange](#)



**Steph's Two Girls**

@stephstwogirls

Flexible start times, allow each child to enter how and when they need to... For our girl, a lot of her anxiety stemmed from being looked at or 'judged' - and she needed to be the first one in the classroom rather than walk into an already busy classroom. [#SENexchange](#)

♡ 10 8:22 PM - Feb 5, 2020



[See Steph's Two Girls's other Tweets](#)



**Rob Di Spirito** @RobDiSpirito · Feb 5, 2020



Replying to @SENexchange

Being aware, proactive in strategies to support and providing self coping opportunities when appropriate. e.g. visuals, timers, social stories, breaks and space.

[#SENexchange](#)



**#SENexchange**

@SENexchange

Yes! Space is so important in allowing a child to process [#SENexchange](#)

♡ 3 8:23 PM - Feb 5, 2020



[See #SENexchange's other Tweets](#)





**#SENexchange** @SENexchange · Feb 5, 2020



Q5 Transition between home and school can be a cause of anxiety, what can we do to overcome this? #SENexchange



**Cherry Garden** 🍒 **Branch Maps** 👤👤  
@MapsCherry

As with any aspect of school life get to know the child as best as you possibly can, what might help their journey be as painless as possible? A favourite toy to hold, singing songs, telling a story #SENexchange

♡ 2 8:23 PM - Feb 5, 2020 · Byker, England



👤 See Cherry Garden 🍒 Branch Maps 👤👤's other Tweets >



**#SENexchange** @SENexchange · Feb 5, 2020



Q5 Transition between home and school can be a cause of anxiety, what can we do to overcome this? #SENexchange



**Frankie Phoenix**  
@thisis\_frankie

2/2 - stepping out of the door can be stepping out of comfort zone and so we might like to think about how we can make school more like the comforts of home to reduce the contrasting environments. #SENexchange - can they have a cuppa? do they have a comfy chair etc.

♡ 1 8:23 PM - Feb 5, 2020



👤 See Frankie Phoenix's other Tweets >



**#SENexchange** @SENexchange · Feb 5, 2020



Q3 What can we do to support a child with anxiety around school? [#SENexchange](#)



**Ed Psych Insight**

@EPIinsight

Does the child need a Key Adult? A familiar and empathetic adult, who can check in with feelings, support transitions and model regulation skills. We are biologically predisposed for relationships - attuned & sensitive interactions are comforting & healing [#SENexchange](#)

♡ 7 8:23 PM - Feb 5, 2020



[See Ed Psych Insight's other Tweets](#)





**Karin Crimmins**  
@CrimminsKM



Ooh lots please add to this question if you can on [#SENExchange](#) esp in Secondary [twitter.com/senexchange/st...](https://twitter.com/senexchange/st...)

**#SENExchange** @SENExchange

Q3 What can we do to support a child with anxiety around school? #SENExchange



8:23 PM - Feb 5, 2020



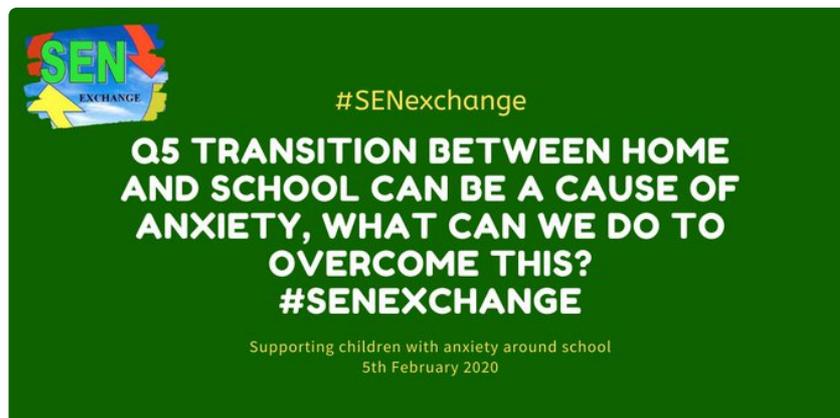
[See Karin Crimmins's other Tweets](#)



**#SENExchange** @SENExchange · Feb 5, 2020



Q5 Transition between home and school can be a cause of anxiety, what can we do to overcome this? #SENExchange



**Ms Barnsley**  
@devschsenco

Visual supports, transitional objects, relaxing/favourite activities when entering, roles when entering, quieter/less crowded entrance [#SENExchange](#)

2 8:23 PM - Feb 5, 2020



[See Ms Barnsley's other Tweets](#)





**Sarah Dove FCCT** @PhoenixEdSarah · Feb 5, 2020



Replying to @SENexchange

Mentalisation and opportunities to understand others

Nurture

Ask, listen, act

Boundaries, routine

School culture

Foster feelings of belonging

Exploit technology

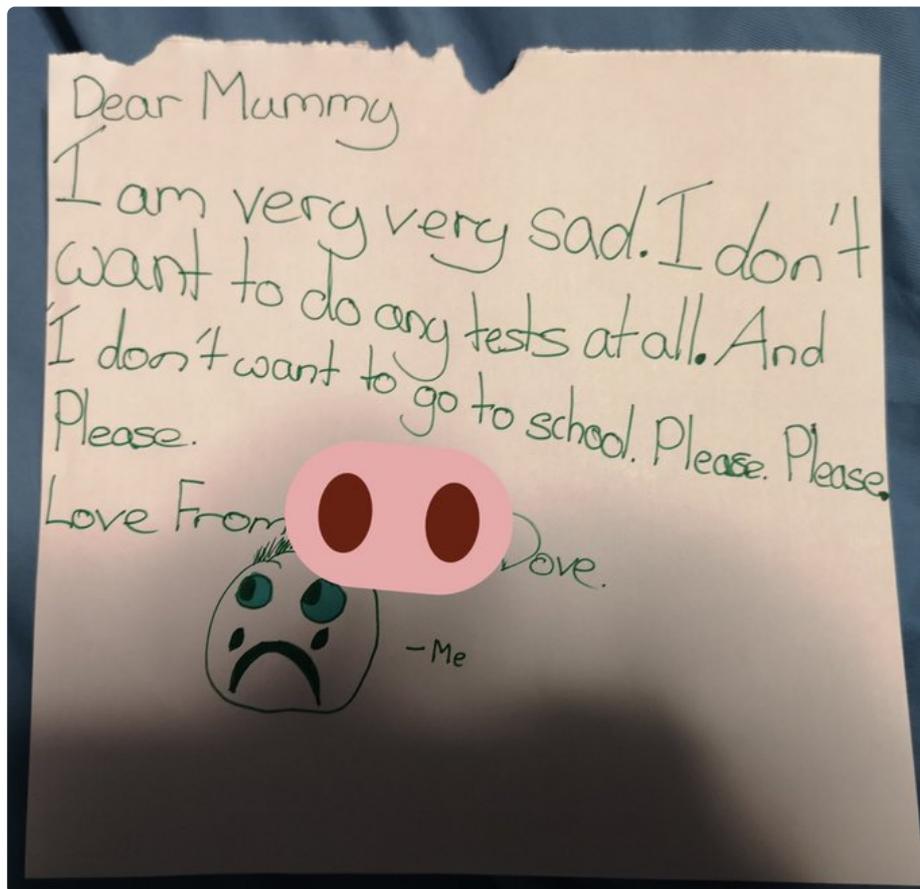
Provide opportunities for children to "say" how they feel without words (scaling, traffic light bands). Key adult



**Sarah Dove FCCT**

@PhoenixEdSarah

And it's worth me saying again. Belief in experience. My little one seems very settled etc at school, how she feels inside, very different [#SENexchange](#)



♡ 8 8:23 PM - Feb 5, 2020



[See Sarah Dove FCCT's other Tweets](#)





**Susan Griffiths** @SusanGriffiths5 · Feb 5, 2020



Replying to @SENexchange

Co-regulation. Recognise that these children are often not able to self-regulate so don't expect them to and instead support them to regulate themselves #SENexchange



**#SENexchange**

@SENexchange

After our last chat I collated a load of co-regulation strategies/studies etc. Slowly working my way through. Makes a a lot of sense. #SENexchange

♡ 5 8:23 PM - Feb 5, 2020



See #SENexchange's other Tweets



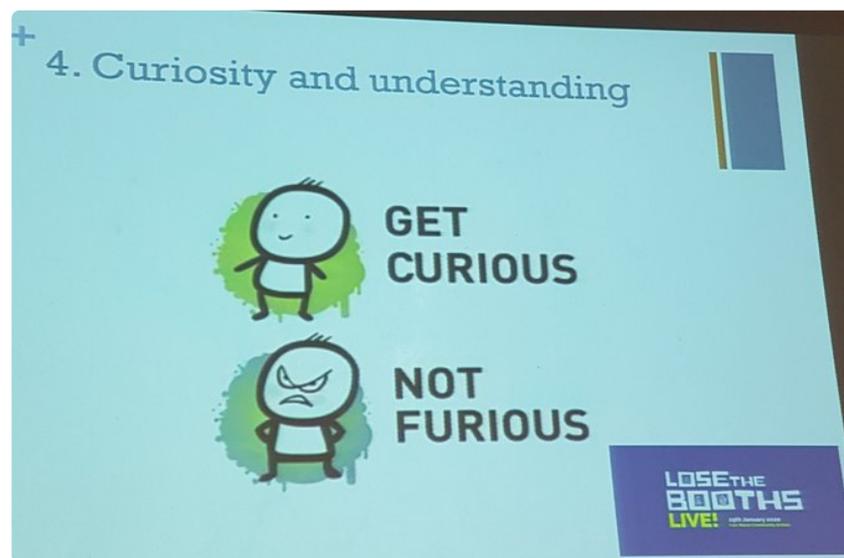
**Elly Chapple Founder #flipthenarrati...** · Feb 5, 2020



Replying to @SMSAteaching and 3 others

Ha ha! It's @marymered....here's her slide!

#FlipTheNarrative 💜 #SENExchange



**Frankie Phoenix**

@thisis\_frankie

Ah YES! From #losethebooths - thought it was great at the time - thanks for sharing, Elly. #SENexchange

♡ 3 8:24 PM - Feb 5, 2020



See Frankie Phoenix's other Tweets





**Callum** 🇬🇧 @Callum\_SEND · Feb 5, 2020



Replying to @SENexchange

This morning's strategy was to replace the padlock on the gate to the woods before we went in to class 😊

[#SENexchange](#)



**#SENexchange**

@SENexchange

So a meaningful task to help distract? [#SENexchange](#)

♡ 2 8:24 PM - Feb 5, 2020



[See #SENexchange's other Tweets](#)



**#SENexchange** @SENexchange · Feb 5, 2020



Replying to @Albiestar

and some more routine! on the same page Colin thank you for your contribution. [#SENexchange](#)



**Steph's Two Girls**

@stephstwogirls

Sometimes for those with [#PDA](#) though, routine can be an extra demand. For these children, novelty and switching things up often can be the winning key...

[#SENexchange](#)

♡ 2 8:24 PM - Feb 5, 2020



[See Steph's Two Girls's other Tweets](#)

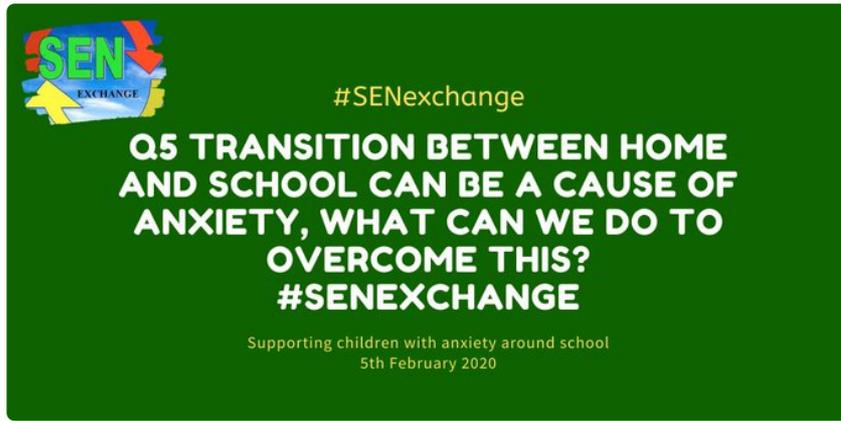




**#SENexchange** @SENexchange · Feb 5, 2020



Q5 Transition between home and school can be a cause of anxiety, what can we do to overcome this? #SENexchange



**Susan Griffiths**

@SusanGriffiths5

Sometimes, it just the transition itself that causes anxiety. Try and make transitions more meaningful and purposeful for the child. Give them something to do during transition #SENexchange

♥ 2 8:24 PM - Feb 5, 2020



[See Susan Griffiths's other Tweets](#)



**Frankie Phoenix** @thisis\_frankie · Feb 5, 2020



Parent relationships are so important when it comes to managing vulnerable YP - I think its important for teachers to know they can be vulnerable with parents, ask for their expertise & guidance and work collaboratively rather than taking an expert/authority position #SENexchange [twitter.com/stephstwogirls...](https://twitter.com/stephstwogirls)

**Steph's Two Girls** @stephstwogirls

Replying to @SENexchange

Initiate and keep conversations going, between parent and school. Try to avoid conflict and look for holistic solutions; appreciate that both parties want what is best for the child. #SENexchange



**#SENexchange**

@SENexchange

This cannot be overstated. #SENexchange

♥ 8:24 PM - Feb 5, 2020



[See #SENexchange's other Tweets](#)





**#SENexchange** @SENexchange · Feb 5, 2020



Q3 What can we do to support a child with anxiety around school? [#SENexchange](#)



**Teen Calm**  
@teencalmbox

The most important thing anyone can do is believe them.  
[#SENexchange](#)

♥ 10 8:24 PM - Feb 5, 2020



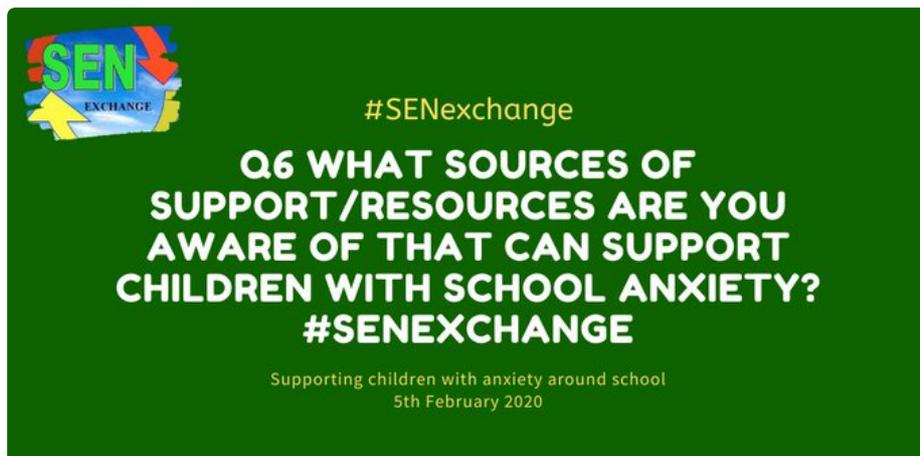
[See Teen Calm's other Tweets](#)



**#SENexchange**  
@SENexchange



Q6 What sources of support/resources are you aware of that can support children with school anxiety?  
[#SENexchange](#)



♥ 7 8:25 PM - Feb 5, 2020



[See #SENexchange's other Tweets](#)





**#SENexchange** @SENexchange · Feb 5, 2020



Q5 Transition between home and school can be a cause of anxiety, what can we do to overcome this? #SENexchange



**Hollie Tarbuck**

@MissTarbuck

A5 - communication, communication, communication... I try my best to ring home to parents who are struggling to offer some support. Keeping the consistency at home and school is paramount to our children. We make visuals for home to help children who are struggling #SENExchange

♡ 6 8:25 PM - Feb 5, 2020



See Hollie Tarbuck's other Tweets



**JourneysintoHomeEd** @STEMlovingmum · Feb 5, 2020



Replying to @SENexchange

Home Educating!! #SENexchange

Occasionally scooting to school, separate entrance so long as receptionist there to greet/open door, me reading before school, chewy sweet before I left, leaving school 10mins early via separate entrance, not talking on way home!



**#SENexchange**

@SENexchange

Some really useful tips. How long have you home educated for? #SENexchange

♡ 1 8:25 PM - Feb 5, 2020



See #SENexchange's other Tweets





**Susan Griffiths** @SusanGriffiths5 · Feb 5, 2020



Replying to @SENexchange

Co-regulation. Recognise that these children are often not able to self-regulate so don't expect them to and instead support them to regulate themselves #SENexchange



**Rob Di Spirito**

@RobDiSpirito

I'd never heard this term until recently completing sensory processing training - a great definition of how we support! #SENexchange

♡ 2 8:26 PM - Feb 5, 2020



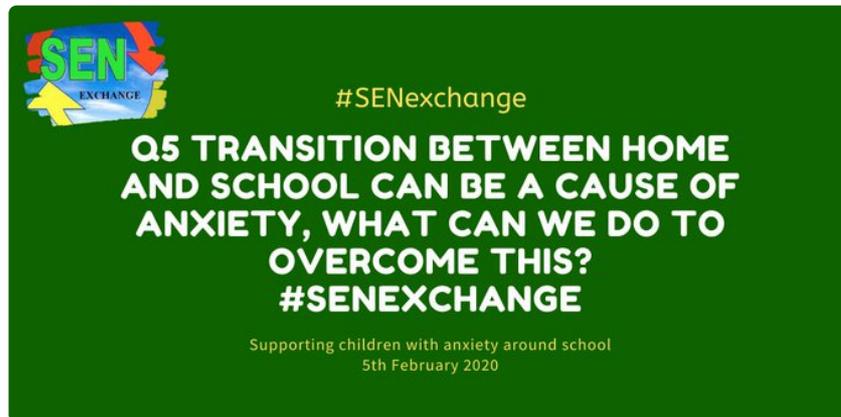
 [See Rob Di Spirito's other Tweets](#)



**#SENexchange** @SENexchange · Feb 5, 2020



Q5 Transition between home and school can be a cause of anxiety, what can we do to overcome this? #SENexchange



**Ed Psych Insight**

@EPIinsight

Visual communication can add structure & predictability. A Social Story about coming to school. A checklist to break down the routines of getting up, having breakfast, brushing teeth, changing clothes, etc. A travel schedule showing landmarks on the route to school #SENexchange

♡ 4 8:26 PM - Feb 5, 2020



 [See Ed Psych Insight's other Tweets](#)





**Susan Griffiths** @SusanGriffiths5 · 23h



Replying to @SENexchange

Sometimes, it just the transition itself that causes anxiety. Try and make transitions more meaningful and purposeful for the child. Give them something to do during transition #SENexchange



**Hollie Tarbuck**  
@MissTarbuck

YES!! I totally agree with this. Transport can be so difficult for our children but providing them with the right tool to succeed is paramount!! #SENExchange

♡ 2 8:26 PM - Feb 5, 2020



[See Hollie Tarbuck's other Tweets](#)



**Rob Di Spirito** @RobDiSpirito · Feb 5, 2020



Replying to @SENexchange

The anticipation of or uncertainty with change seem to be recurring factors at the moment. #SENexchange



**#SENexchange**  
@SENexchange

What kind of changes are causing the most issues?  
#SENexchange

♡ 8:26 PM - Feb 5, 2020



[See #SENexchange's other Tweets](#)



**JourneysintoHomeEd** @STEMlovingmum · 23h



Replying to @SusanGriffiths5 @SENexchange

And don't exclude them for not being able to regulate in the break out/safe space!!



**Susan Griffiths**  
@SusanGriffiths5

Exactly #SENexchange

♡ 1 8:26 PM - Feb 5, 2020



[See Susan Griffiths's other Tweets](#)





**Frankie Phoenix**  
@thisis\_frankie



We should never ever ever question a child's feelings. We don't need to understand why. It doesn't need to make sense to us. It doesn't need to be something you've experienced. It doesn't have to be rational - it just to be realised, to be heard and to be supported.  
[#SENexchange](#) [twitter.com/teencalmbox/st...](#)

**Teen Calm** @teencalmbox  
Replying to @SENexchange

The most important thing anyone can do is believe them.  
[#SENexchange](#)

♡ 52 8:26 PM - Feb 5, 2020



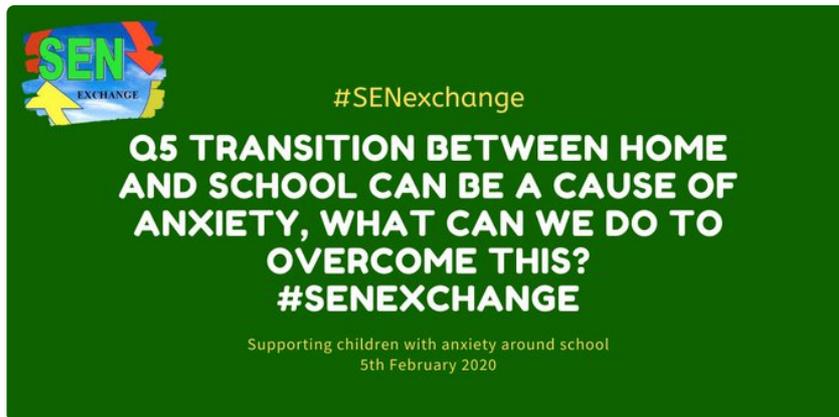
💬 15 people are talking about this



**#SENexchange** @SENexchange · Feb 5, 2020



Q5 Transition between home and school can be a cause of anxiety, what can we do to overcome this? [#SENexchange](#)



**Harry Empsall**  
@hazzdingo

Phased transition, doing odd mornings in the new school, when I moved secondary schools I did occasional visits to my new school, home was the only consistency I had for a bit, it was a while before we knew I could definitely move [#SENexchange](#)

♡ 1 8:27 PM - Feb 5, 2020



👤 [See Harry Empsall's other Tweets](#)





**Adele Bates** @AdeleBatesZ · Feb 5, 2020



Replying to @SENexchange

A3.

Ask.

Listen.

Believe - (yes, even when it's not what you would have thought)

Adapt

Ask again.

Ad nauseum :)#SENexchange @SENexchange



**#SENexchange**

@SENexchange

Yes - believe and never assume. #SENexchange

♡ 2 8:27 PM - Feb 5, 2020



See #SENexchange's other Tweets



**#SENexchange** @SENexchange · Feb 5, 2020



Q3 What can we do to support a child with anxiety around school? #SENexchange



**Elly Chapple Founder #flipthenarrative** ♡

@elly\_chapple

@nfis\_tweets...and @teamsquarepeg will know lots! But I'd add encourage a key person to connect with. One relationship to start. And accept it may take a few goes to see who is a match. Start from there, together. Minute by minute, build the walk back to trust #SENexchange

♡ 6 8:27 PM - Feb 5, 2020



See Elly Chapple Founder #flipthenarrative ♡'s other Tweets





**#SENexchange** @SENexchange · Feb 5, 2020



Q3 What can we do to support a child with anxiety around school? #SENexchange



**Teen Calm**

@teencalmbox

In secondary, make every effort for any plan to be conveyed to all teachers (and supply teachers). Good work can be undone in a second. If you are asking the child to communicate when they find it difficult everyone must listen to what they say. #SENexchange

♡ 6 8:27 PM - Feb 5, 2020



[See Teen Calm's other Tweets](#)



**Steph's Two Girls** @stephstwogirls · 23h



Replying to @PhoenixEdSarah @SENexchange  
Fewer tests would be a great place to start!



**Sarah Dove FCCT**

@PhoenixEdSarah

She asks "why can't they just ask the teacher?" #SENexchange. So question around curriculum and how that is organised as well as individual's self esteem

♡ 8:27 PM - Feb 5, 2020



[See Sarah Dove FCCT's other Tweets](#)





**#SENexchange** @SENexchange · Feb 5, 2020



Q3 What can we do to support a child with anxiety around school? [#SENexchange](#)



**JourneysintoHomeEd**

@STEMlovingmum

Learn to read their body language and subtle signs, regular check ins on how they are feeling, comments on how you think they are feeling especially for those that lack emotional language, give them jobs to do, don't stress about uniform, [#SENexchange](#)

♡ 5 8:27 PM - Feb 5, 2020



[See JourneysintoHomeEd's other Tweets](#)



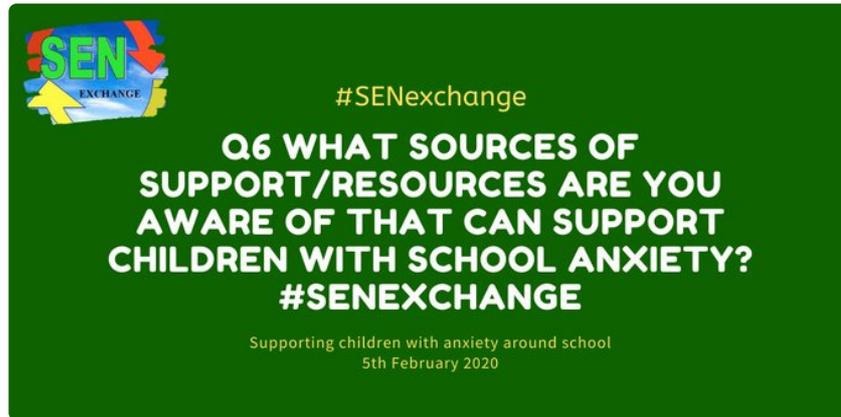


**#SENexchange** @SENexchange · 23h



Q6 What sources of support/resources are you aware of that can support children with school anxiety?

[#SENexchange](#)



**Frankie Phoenix**

@thisis\_frankie

There are an increasing amount of digital tools to help children and young people with anxiety in school and in general. I fear that a very human process can not be replaced by technology and we run a real risk by trying to do so. [#SENexchange](#)

♡ 2 8:28 PM - Feb 5, 2020



[See Frankie Phoenix's other Tweets](#)



**#SENexchange**

@SENexchange



Apologies banned from retweeting for the moment!

[#SENexchange](#)

♡ 1 8:28 PM - Feb 5, 2020



[See #SENexchange's other Tweets](#)



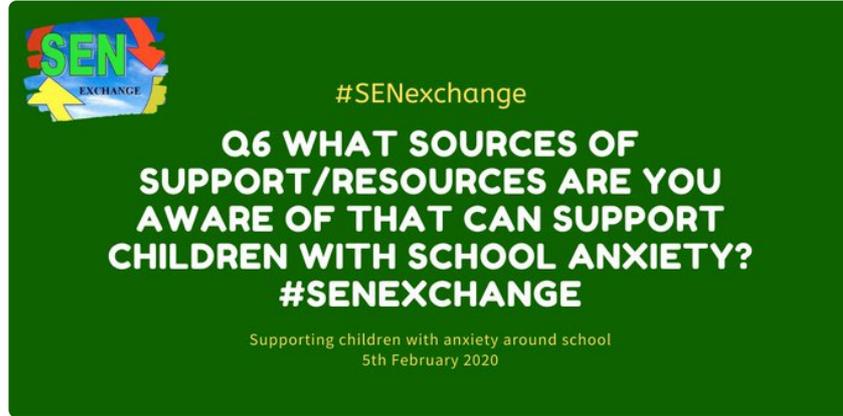


**#SENexchange** @SENexchange · 23h



Q6 What sources of support/resources are you aware of that can support children with school anxiety?

[#SENexchange](#)



**Frankie Phoenix**

@thisis\_frankie

I think it boils down to the basics - giving teachers confidence and support, helping them understand sign posting and resources in wider community, training in the management and delivery of ehcp, knowing the roles and responsibilities of LAs etc. [#SENexchange](#)

♡ 3 8:29 PM - Feb 5, 2020



[See Frankie Phoenix's other Tweets](#)



**Frankie Phoenix** @thisis\_frankie · Feb 5, 2020



Replying to @SENexchange

I often wonder if it is the physical journey between school and home that causes anxiety or the shift it represents - going from safety, for example or being comfortable or confident or in control or even with your favourite blanket  
1/2 [#SENexchange](#)



**#SENexchange**

@SENexchange

This is really worth reflecting on! [#SENexchange](#)

♡ 8:29 PM - Feb 5, 2020



[See #SENexchange's other Tweets](#)





**#SENexchange**  
@SENexchange



Thank you for all your contributions to tonight's  
[#SENexchange](#) chat



♥ 8 8:30 PM - Feb 5, 2020



See [#SENexchange's](#) other Tweets



**Cherry Garden** 🍒 **Branch Maps** 🧑🏫 🧑🏫 @Maps... · 23h

Replying to @SENexchange

As with any aspect of school life get to know the child as best as you possibly can, what might help their journey be as painless as possible? A favourite toy to hold, singing songs, telling a story [#SENexchange](#)



**#SENexchange**  
@SENexchange

oh yes transitional objects. [#SENexchange](#)

♥ 2 8:30 PM - Feb 5, 2020



See [#SENexchange's](#) other Tweets



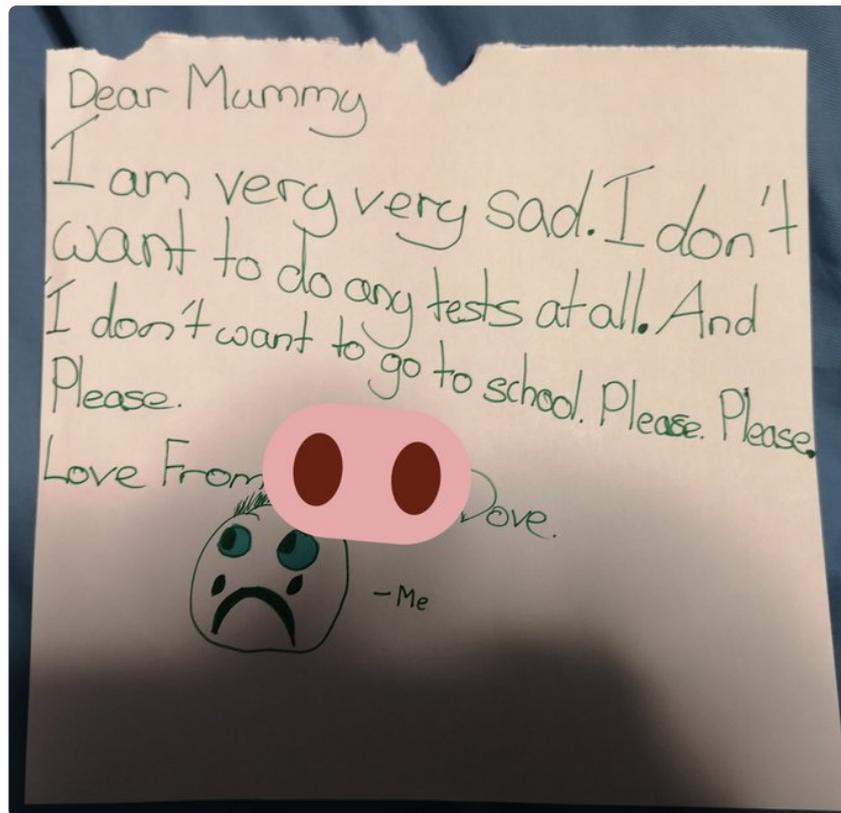


**Sarah Dove FCCT** @PhoenixEdSarah · 23h



Replying to @PhoenixEdSarah @SENexchange

And it's worth me saying again. Belief in experience. My little one seems very settled etc at school, how she feels inside, very different #SENexchange



**#SENexchange**

@SENexchange

Thank you for sharing Sarah #SENexchange

♡ 1 8:30 PM - Feb 5, 2020



See #SENexchange's other Tweets



**Karin Crimmins**

@CrimminsKM



If it matters to them, it matters matters #SENexchange  
[twitter.com/teencalmbox/st...](https://twitter.com/teencalmbox/st...)

**Teen Calm** @teencalmbox

Replying to @SENexchange

The most important thing anyone can do is believe them.  
#SENexchange

♡ 6 8:30 PM - Feb 5, 2020



See Karin Crimmins's other Tweets



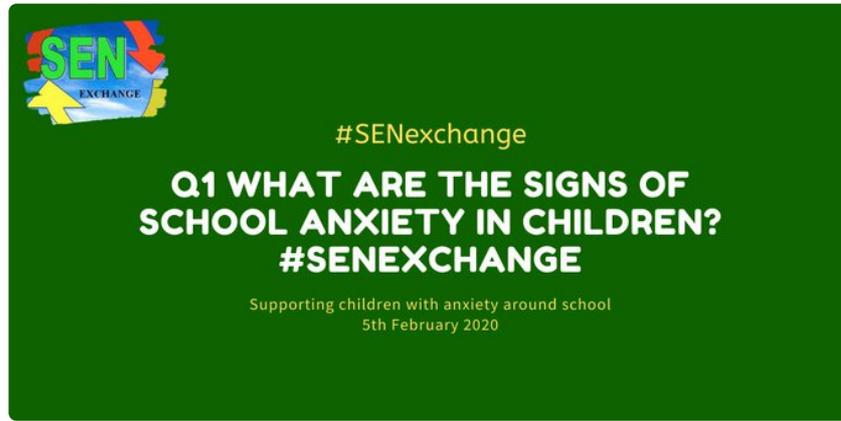


**#SENexchange** @SENexchange · Feb 5, 2020



Q1 What are the signs of school anxiety in children?

#SENexchange



**Elly Chapple Founder #flipthenarrative** ❤️

@elly\_chapple

Depends on the person. It's completely individual. Withdrawal or hidden can be as worrying as displayed stress. For us, she would shake physically, and lie down on the floor, cry a lot, insomnia, self injurious behaviour. 'The language of make it stop' #SENExchange

♡ 13 8:30 PM - Feb 5, 2020



See Elly Chapple Founder #flipthenarrative ❤️'s other Tweets



**Anita Kerwin-Nye** @anitakntweets · Feb 5, 2020



Replying to @devschsenco @SENexchange

Physical illness as anxiety hits immune system hard. Vomiting, temperatures, repeated infections.

And these all to the sense of anxiety. Vicious circle.



**Ms Barnsley**

@devschsenco

Absolutely. Anxiety comes in physical forms too. #SENexchange

♡ 3 8:30 PM - Feb 5, 2020



See Ms Barnsley's other Tweets





**#SENexchange** @SENexchange · 23h



Thank you for all your contributions to tonight's #SENexchange chat



#SENexchange

**THANK YOU FOR ALL YOUR CONTRIBUTIONS TO TONIGHT'S #SENEXCHANGE CHAT**

Supporting children with anxiety around school  
5th February 2020



**Callum** 🇬🇧

@Callum\_SEND

Thank you as always!! #SENexchange

♡ 1 8:31 PM - Feb 5, 2020



See Callum 🇬🇧's other Tweets



**#SENexchange** @SENexchange · Feb 5, 2020



Q5 Transition between home and school can be a cause of anxiety, what can we do to overcome this? #SENexchange



#SENexchange

**Q5 TRANSITION BETWEEN HOME AND SCHOOL CAN BE A CAUSE OF ANXIETY, WHAT CAN WE DO TO OVERCOME THIS? #SENEXCHANGE**

Supporting children with anxiety around school  
5th February 2020



**JourneysintoHomeEd**

@STEMlovingmum

Tell the parent of issues before you collect them at end of day so parent can be emotionally available to the child not being told all the crap at pick up, listen to the parent when they talk about explosions before & after school, #SENexchange

♡ 6 8:31 PM - Feb 5, 2020



See JourneysintoHomeEd's other Tweets





**Steph's Two Girls** @stephstwogirls · 23h



Replying to @SENexchange @Albiestar

Sometimes for those with #PDA though, routine can be an extra demand. For these children, novelty and switching things up often can be the winning key... #SENexchange



**#SENexchange**

@SENexchange

I really enjoy reading your blogs Steph I think most of what I know about PDA is from you. #SENexchange

♡ 2 8:31 PM - Feb 5, 2020



See #SENexchange's other Tweets



**Frankie Phoenix**

@thisis\_frankie



A much more eloquent summary than my prior rambling... #SENexchange

[twitter.com/CrimminsKM/sta...](https://twitter.com/CrimminsKM/status/1218111111)

**Karin Crimmins** @CrimminsKM

If it matters to them, it matters matters #SENExchange  
[twitter.com/teencalmbox/st...](https://twitter.com/teencalmbox/status/1218111111)

♡ 1 8:32 PM - Feb 5, 2020



See Frankie Phoenix's other Tweets



**Callum** 🇬🇧 @Callum\_SEND · 23h



Replying to @SENexchange

Thank you as always!! #SENexchange



**Frankie Phoenix**

@thisis\_frankie

Yes - thanks so much every #SENexchange <3

♡ 1 8:32 PM - Feb 5, 2020



See Frankie Phoenix's other Tweets

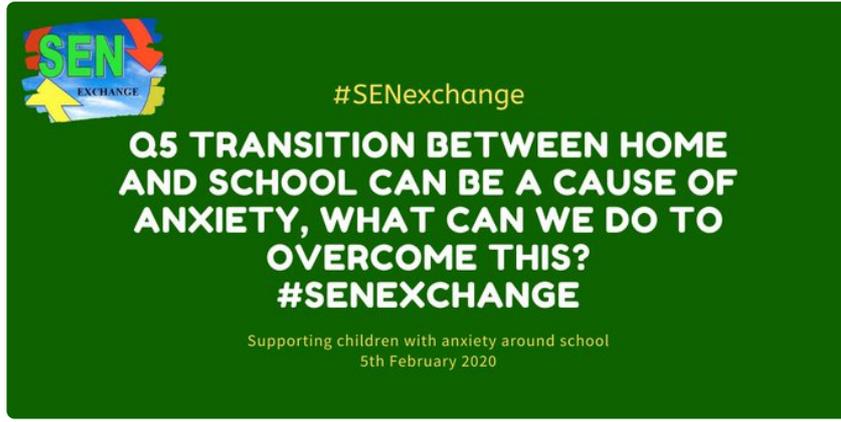




**#SENexchange** @SENexchange · Feb 5, 2020



Q5 Transition between home and school can be a cause of anxiety, what can we do to overcome this? #SENexchange



**Elly Chapple Founder #flipthenarrative** ❤️  
@elly\_chapple

If you have taxi collection, having a strong relationship with the people on the journey is key. Stan and Susan made all our lives better - Ella's in particular. They were #human and stayed with her for years. #SENExchange

♡ 6 8:33 PM - Feb 5, 2020



See Elly Chapple Founder #flipthenarrative ❤️'s other Tweets



**Karin Crimmins** @CrimminsKM · 23h



If it matters to them, it matters matters #SENExchange  
[twitter.com/teencalmbox/st...](https://twitter.com/teencalmbox/st...)

**Teen Calm** @teencalmbox  
Replying to @SENexchange

The most important thing anyone can do is believe them. #SENexchange



**#SENexchange**  
@SENexchange

Yes! #SENexchange

♡ 1 8:33 PM - Feb 5, 2020



See #SENexchange's other Tweets





**Hollie Tarbuck**

@MissTarbuck



#SENexchange just goes too fast!! Thankyou for all your ideas :)

1 8:33 PM - Feb 5, 2020



 See Hollie Tarbuck's other Tweets



**Hollie Tarbuck** @MissTarbuck · 23h



#SENexchange just goes too fast!! Thankyou for all your ideas :)



**#SENexchange**

@SENexchange

Tell me about it I have missed so many tweets!

#SENexchange

1 8:34 PM - Feb 5, 2020



 See #SENexchange's other Tweets



**#SENexchange** @SENexchange · 23h



Replying to @MapsCherry

oh yes transitional objects. #SENexchange



**St Martins & St Andrew's Teaching Schools**

@SMSAteaching

Have seen these be really effective 👍 #SENexchange 👍



1 8:34 PM - Feb 5, 2020



 See St Martins & St Andrew's Teaching Schools's other Tweets





**JourneysintoHomeEd** @STEMlovingmum · 23h



Replying to @SENexchange

Tell the parent of issues before you collect them at end of day so parent can be emotionally available to the child not being told all the crap at pick up, listen to the parent when they talk about explosions before & after school, [#SENexchange](#)



**Teen Calm**

@teencalmbox

YES! They are not 'fine in school' if they get home and explode.

The head at alternative provision told me my daughter had 'a lovely day' last week - she cried as soon as she got in the car. She was selectively mute there, and terrified.

Believe parents. [#SENexchange](#)

♡ 15 8:34 PM - Feb 5, 2020



[See Teen Calm's other Tweets](#)



**Frankie Phoenix**

@thisis\_frankie



For anyone that was engaging in [#SENexchange](#) and would like to utilise the free [#mentalhealth](#) toolkit for [#schools](#) then please feel free to download it here - [3-4e7a-91f3-e70ded17121c.filesusr.com/ugd/bbe3de\\_beb...](#)  
[#education](#) [#mentalhealth](#) [#youngminds](#) [#teachertips](#)  
[#teacherlife](#)

♡ 6 8:35 PM - Feb 5, 2020



[See Frankie Phoenix's other Tweets](#)





**Karin Crimmins**  
@CrimminsKM



A phone call so much easier to get the conversation flowing than an email [#SENExchange](#)  
[twitter.com/misstarbuck/st...](https://twitter.com/misstarbuck/st...)

**Hollie Tarbuck** @MissTarbuck  
Replying to @SENexchange

A5 - communication, communication, communication... I try my best to ring home to parents who are struggling to offer some support. Keeping the consistency at home and school is paramount to our children. We make visuals for home to help children who are struggling [#SENExchange](#)

♡ 3 8:36 PM - Feb 5, 2020



[See Karin Crimmins's other Tweets](#)



**Sarah Dove FCCT** @PhoenixEdSarah · 23h



Replying to @elly\_chapple and 2 others

Insomnia here too. The worries start long before the school day.



**Elly Chapple Founder #flipthenarrative**   
@elly\_chapple

Got some more information relating to the sharp end of this, coming out next week. The resounding connection of shared responses/reactions clearly links the trauma.  
[#SENExchange](#)

♡ 3 8:36 PM - Feb 5, 2020



[See Elly Chapple Founder #flipthenarrative 's other Tweets](#)





**#SENexchange** @SENexchange · 23h



Thank you for all your contributions to tonight's #SENexchange chat



**Sarah Dove FCCT**

@PhoenixEdSarah

I'm exhausted! Thank you for hosting. Really appreciate it. Such an important topic XXX #SENexchange

♡ 2 8:36 PM - Feb 5, 2020



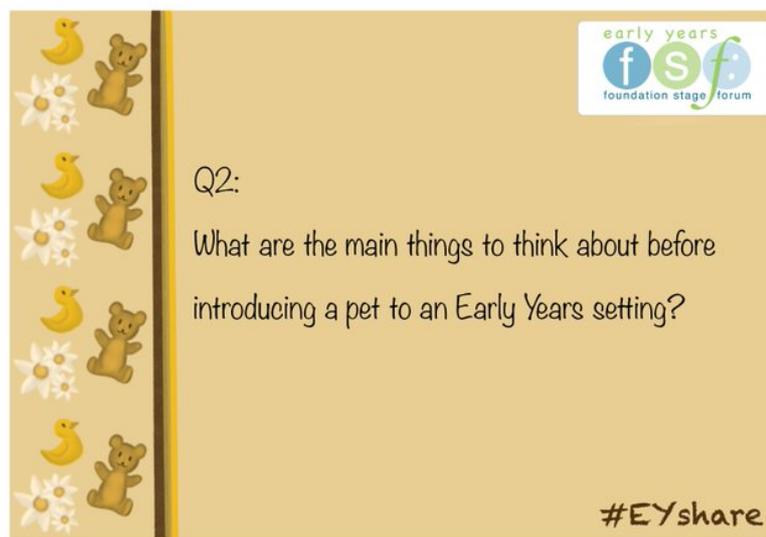
See Sarah Dove FCCT's other Tweets



**Ben** @EYFSBen · 23h



Q2: What are the main things to think about before introducing a pet to an Early Years setting? #EYShare



**Cherry Garden** **Branch Maps**

@MapsCherry

Existing anxieties in children! Can you tell I've just come from #SENexchange where the focus was anxiety?! #EYShare

♡ 3 8:36 PM - Feb 5, 2020 · Byker, England



See Cherry Garden Branch Maps 's other Tweets





**Frankie Phoenix** @thisis\_frankie · 23h



For anyone that was engaging in [#SENexchange](#) and would like to utilise the free [#mentalhealth](#) toolkit for [#schools](#) then please feel free to download it here - [3-4e7a-91f3-e70ded17121c.filesusr.com/ugd/bbe3de\\_beb...](https://3-4e7a-91f3-e70ded17121c.filesusr.com/ugd/bbe3de_beb...)  
[#education](#) [#mentalhealth](#) [#youngminds](#) [#teachertips](#) [#teacherlife](#)



**#SENexchange**  
@SENexchange

Thank you for sharing [#SENexchange](#)

♡ 8:36 PM - Feb 5, 2020



[See #SENexchange's other Tweets](#)



**Teen Calm** @teencalmbox · 23h



Replying to @STEMlovingmum @SENexchange

YES! They are not 'fine in school' if they get home and explode.

The head at alternative provision told me my daughter had 'a lovely day' last week - she cried as soon as she got in the car. She was selectively mute there, and terrified.

Believe parents. [#SENexchange](#)



**#SENexchange**  
@SENexchange

True that! [#SENexchange](#)

♡ 2 8:37 PM - Feb 5, 2020



[See #SENexchange's other Tweets](#)



**Elly Chapple Founder #flipthenarrative** ❤️ ... · 23h

Replying to @SENexchange @stephstwogirls

If you have taxi collection, having a strong relationship with the people on the journey is key. Stan and Susan made all our lives better - Ella's in particular. They were [#human](#) and stayed with her for years. [#SENexchange](#)



**St Martins & St Andrew's Teaching Schools**  
@SMSAteaching

Taxi escorts are such key people in the day of our students...all too often these colleagues get the least input and very little credit for the brilliant work they do [#SENexchange](#)

♡ 5 8:37 PM - Feb 5, 2020



[See St Martins & St Andrew's Teaching Schools's other Tweets](#)

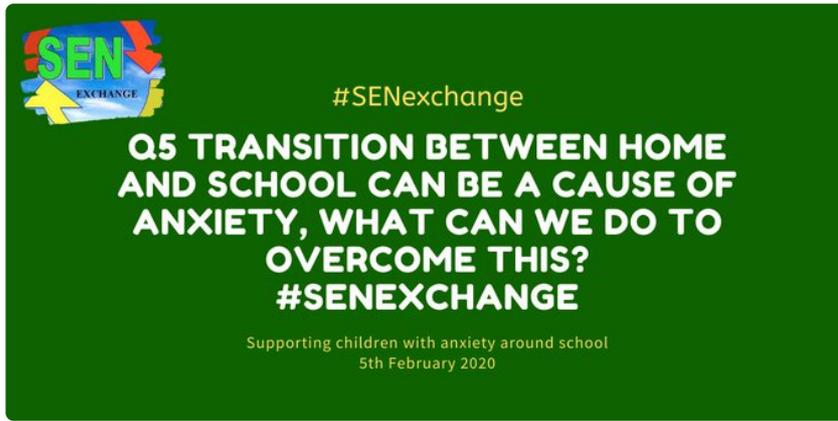




#SENexchange @SENexchange · Feb 5, 2020



Q5 Transition between home and school can be a cause of anxiety, what can we do to overcome this? #SENexchange



**Karin Crimmins**

@CrimminsKM

Make sure everything from the school day can be straightened out before the end of the school day #SENExchange. Don't need a scared child at bedtime when it's too late to know facts or help them feel calm

♡ 3 8:37 PM - Feb 5, 2020



[See Karin Crimmins's other Tweets](#)



#SENexchange @SENexchange · Feb 5, 2020



Q3 What can we do to support a child with anxiety around school? #SENexchange



**Karin Crimmins**

@CrimminsKM

Communication, communication, communication. Take everything seriously and don't dismiss something because it's sounds silly or unreasonable to you #SENExchange

♡ 11 8:38 PM - Feb 5, 2020



[See Karin Crimmins's other Tweets](#)





**#SENexchange** @SENexchange · Feb 5, 2020



Q3 What can we do to support a child with anxiety around school? [#SENexchange](#)



**Karin Crimmins**

@CrimminsKM

Understand their use of language [#SENExchange](#). Have worked with a child who said they 'hate' some staff. Knowing it wasn't true meant listening and being curious as to what they meant. It meant they felt unsafe and that person would cause them high anxiety.

♡ 2 8:40 PM - Feb 5, 2020



[See Karin Crimmins's other Tweets](#)





**#SENexchange**  
@SENexchange



Available here [amzn.to/39avTOF](https://amzn.to/39avTOF) #SENexchange  
[twitter.com/kirstypascall/...](https://twitter.com/kirstypascall/)

**Kirsty Pascall** @kirstypascall  
Replying to @SENexchange

I was recommended this book at a senco forum and have found it very helpful, as a sendco and a parent. Also, strategies like the stairway to bravery from Timid to Tiger.



♥ 5 8:41 PM - Feb 5, 2020



[See #SENexchange's other Tweets](#)





**#SENexchange** @SENexchange · Feb 5, 2020



Q4 What adaptations can schools make to reduce anxiety around school? #SENexchange



**Karin Crimmins**

@CrimminsKM

Although a child might not have a dx of PDA; take a look at the strategies that work for PDA and give them a try for any pupil who is anxious #SENExchange

♡ 2 8:42 PM - Feb 5, 2020



See Karin Crimmins's other Tweets



**Frankie Phoenix**

@thisis\_frankie



Before Xmas I shared my own story of #mentalhealth and #behaviour problems at school - I worked with @PhoenixEdSarah to make some resources for children, #parents and #teachers. - you can see my story and download the information free here - phoenixgrouphq.com/frankie #SENexchange



♡ 2 8:43 PM - Feb 5, 2020



See Frankie Phoenix's other Tweets

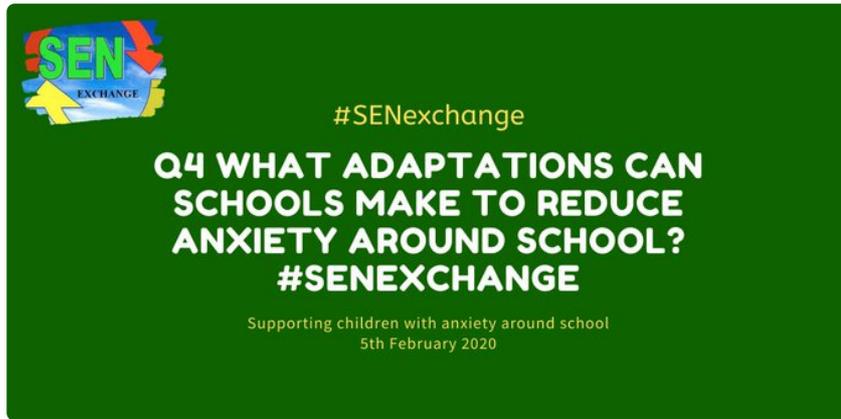




**#SENexchange** @SENexchange · Feb 5, 2020



Q4 What adaptations can schools make to reduce anxiety around school? #SENexchange



**Karin Crimmins**

@CrimminsKM

Ask the family what they think would work and how they manage anxiety at home #SENExchange

♡ 3 8:43 PM - Feb 5, 2020



[See Karin Crimmins's other Tweets](#)



**Square Peg** @teamsquarepeg · 23h



Replying to @thisis\_frankie @SENexchange

my daughter could never answer the question 'why?' which is all anyone ever asked. And it just made her feel stupid, and scared



**Frankie Phoenix**

@thisis\_frankie

I think saying WHY also makes us think there are conditions attached to the answer - if its because X then thats ok but if its Y then it isn't. If it's because of A then you are on your own but B, i'll help you. I think we freeze because we dont know the right answer #SENexchange

♡ 3 8:50 PM - Feb 5, 2020



[See Frankie Phoenix's other Tweets](#)





**Square Peg** @teamsquarepeg · 23h



Replying to @thisis\_frankie @SENexchange  
my daughter could never answer the question 'why?' which is all anyone ever asked. And it just made her feel stupid, and scared



**Frankie Phoenix**

@thisis\_frankie

Or more, don't want to give the wrong answer and be abandoned when we are at our most vulnerable.

[#SENexchange](#)

♡ 2 8:51 PM - Feb 5, 2020



[See Frankie Phoenix's other Tweets](#)



**JourneysintoHomeEd** @STEMlovingmum · Feb 5, 2020



Replying to @SENexchange

Not feeling safe to have your needs met/to say how you feel, not trusting the adults, being triggered by the adults, not knowing you will go home, not being supported, Language difficulties & not understanding work/other children [#SENexchange](#)



**Penny**

@penorjen

Not trusting the adults is a MASSIVE one for my daughter. She's terrified of her teachers/LSAs

[#senexchange](#)

♡ 1 8:51 PM - Feb 5, 2020



[See Penny's other Tweets](#)





**#SENexchange** @SENexchange · Feb 5, 2020



Q3 What can we do to support a child with anxiety around school? #SENexchange



**TheSecondarySENDCo**

@SendcoThe

#SENexchange we run 'The Overcoming Programme' delivered to parents by our EP to develop support in school and home.

9:01 PM - Feb 5, 2020



[See TheSecondarySENDCo's other Tweets](#)



**#SENexchange** @SENexchange · Feb 5, 2020



Q2 What can cause anxiety around school? #SENexchange



**Penny**

@penorjen

Feeling isolated and alone, like you don't belong. Being treated like a problem; like you're wrong, naughty, stupid, a failure #senexchange

2 9:16 PM - Feb 5, 2020



[See Penny's other Tweets](#)





**#SENexchange**  
@SENexchange



[#Senexchange](#) [twitter.com/kirstypascall/...](#)

**Kirsty Pascall** @kirstypascall

Replying to @stephstwogirls @SENexchange

This. One child I taught liked to be in class first. Others last. One wanted to enter wrapped/under a 'security' blanket and go straight to the reading corner before easing his way back into class. I guess it's about knowing the child and their individual needs to feel safe.

♡ 9:38 PM - Feb 5, 2020



[See #SENexchange's other Tweets](#)



**Tim O'Brien** @Doctob · 23h

Replying to @SMSAteaching and 3 others

Well said



**#SENexchange**  
@SENexchange

An oft overlooked yet crucial part of the team. Often the first to see and pick up on how the child feels that day  
[#Senexchange](#)

♡ 4 9:40 PM - Feb 5, 2020



[See #SENexchange's other Tweets](#)



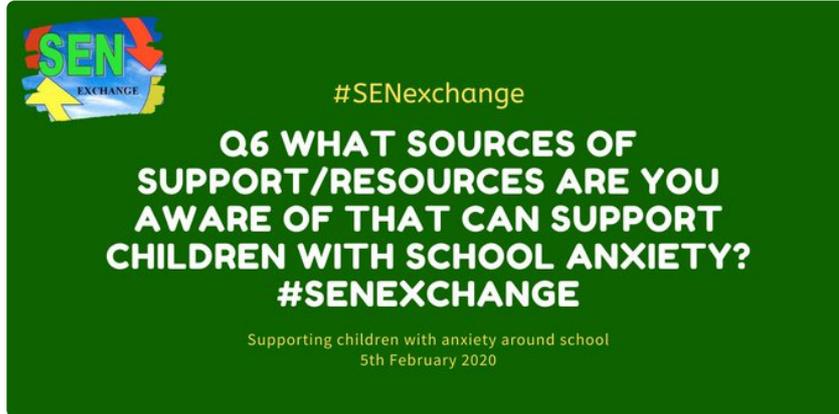


**#SENexchange** @SENexchange · 23h



Q6 What sources of support/resources are you aware of that can support children with school anxiety?

#SENexchange



**Penny**

@penorjen

Parents are biggest source of support in the child's life. I think it's important to remember this. They're probably already v stressed - don't add to this by threatening non-attendance penalties, visiting their home without warning, sending intimidating letters #senexchange

♡ 5 9:41 PM - Feb 5, 2020



See Penny's other Tweets



**#SENexchange**

@SENexchange



Such a positive #SENexchange I really felt I learnt something tonight. I will attempt to collate responses and ideas!

♡ 9 9:42 PM - Feb 5, 2020



See #SENexchange's other Tweets





**Penny** @penorjen · 22h



Replying to @SENexchange

Parents are biggest source of support in the child's life. I think it's important to remember this. They're probably already v stressed - don't add to this by threatening non-attendance penalties, visiting their home without warning, sending intimidating letters #senexchange



**Penny**  
@penorjen

Being supportive to parents = being supportive to child #senexchange

♡ 2 9:42 PM - Feb 5, 2020



[See Penny's other Tweets](#)



**#SENexchange** @SENexchange · Feb 5, 2020



Q4 What adaptations can schools make to reduce anxiety around school? #SENexchange



**StarlightMcKenzie**  
@StarlightMcKenz

Give parents the info they tell you they need to support their children. Then do absolutely what you promised the parents as they are likely to have coached and reassured on those terms. If you don't kid loses faith in parents and disempowers them from supporting. #SENExchange

♡ 3 12:26 PM - Feb 6, 2020



[See StarlightMcKenzie's other Tweets](#)



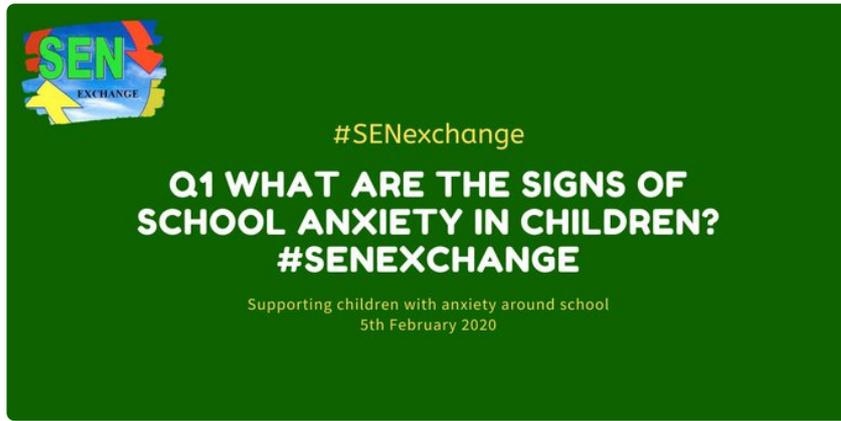


**#SENexchange** @SENexchange · Feb 5, 2020



Q1 What are the signs of school anxiety in children?

#SENexchange



**StarlightMcKenzie**

@StarlightMcKenz

The first sign of anxiety in children is when their parents approach you to tell you of anxiety you can't yet see.

#SENExchange.

♡ 12 1:19 PM - Feb 6, 2020



 [See StarlightMcKenzie's other Tweets](#)



**Mrs Potts** @MrsAPotts · 21h



Replying to @SENexchange

Engage parents so they are part of the plan



**StarlightMcKenzie**

@StarlightMcKenz

And, be a willing party of the plan when parents try and engage you #SENExchange

♡ 1 2:01 PM - Feb 6, 2020



 [See StarlightMcKenzie's other Tweets](#)





**JourneysintoHomeEd** @STEMlovingmum · 23h



Replying to @EPInsight @SENexchange

I think that's really important is that children aren't a one size fits all approach each one needs something that works well for them



**StarlightMcKenzie**

@StarlightMcKenz

Had to very forcibly insist there was no play therapist provision for my son before hospital operation, & no numbing cream before his injection. Treated suspiciously but autistic son trusted me and I knew how to time explanations and host sensory preferences.

[#SENExchange](#)

♡ 2:11 PM - Feb 6, 2020



[See StarlightMcKenzie's other Tweets](#)



**Positive Eye.**

@PositiveEyeLtd



Weekly news on the latest courses, resources and products from Positive Eye [#qtvi](#) [#SEND](#) [#ALN](#) [#SenExchange](#) [youtu.be/Ury6sNUNIQc](https://youtu.be/Ury6sNUNIQc)

 **YouTube** @YouTube



♡ 5:09 PM - Feb 6, 2020



[See Positive Eye.'s other Tweets](#)



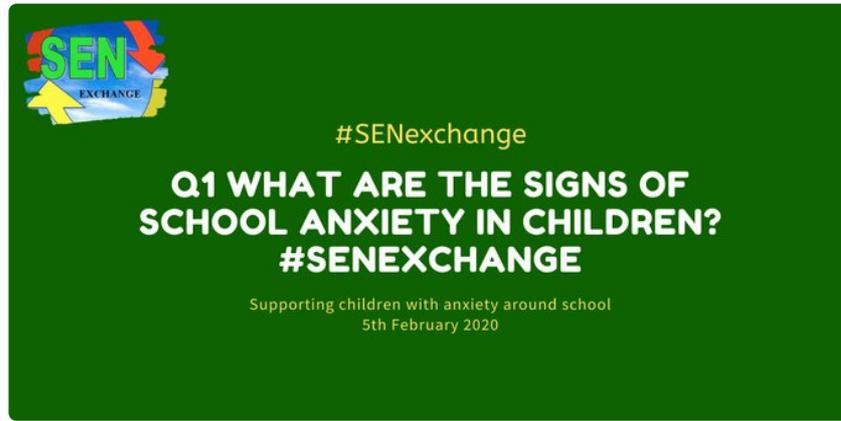


**#SENexchange** @SENexchange · Feb 5, 2020



Q1 What are the signs of school anxiety in children?

#SENexchange



**Dr Lucy Dix**

@Lucydix

Thanks everyone who replied to Q1. Has confirmed/reaffirmed what I felt my daughter's displayed behaviours have been about. School has been slipping since pneumonia in November, it's taken me 3 hrs to get her to school at times. Many tears. But we're finding a way. #SENexchange

♡ 1 6:03 PM - Feb 6, 2020



See Dr Lucy Dix's other Tweets



**Cherry Garden Branch Maps**

@MapsCherry



Next week's #EYShare is going to be all about messy play! Join us straight after #SENexchange at 8.30pm next Wednesday where we'll be discussing the benefits, challenges and most importantly sharing ideas!

@EarlyYearsIdeas @EYFSBen #EYtwittertagteam

#EYMatters #EYTalking



♡ 11 6:14 PM - Feb 6, 2020 · Byker, England



See Cherry Garden Branch Maps 's other Tweets





**MissR**  
@Miss\_\_R\_



I have a child in my class, who loves buttons including the fire alarm! We've worked on comic strips etc to help but I need an activity that will allow her to press buttons in a managed way. Any ideas/ equipment would be appreciated. #SENexchange #Autism #Primary #sencochat

3 7:30 PM - Feb 6, 2020



[See MissR's other Tweets](#)



**Dr Lucy Dix** @Lucydix · 2h



Replying to @SENexchange

Thanks everyone who replied to Q1. Has confirmed/reaffirmed what I felt my daughter's displayed behaviours have been about. School has been slipping since pneumonia in November, it's taken me 3 hrs to get her to school at times. Many tears. But we're finding a way. #SENexchange



**#SENexchange**  
@SENexchange

Happy to hear things are getting better Lucy. If you need anything just ask these are a supportive bunch #SENexchange

8:12 PM - Feb 6, 2020



[See #SENexchange's other Tweets](#)



**Ready, steady, Communicate!** @readysteadyc... · 13h



Replying to @SENexchange

Providing a space for children to self regulate but teaching skills for good self regulation alongside this is essential. Having tools etc close by to communicate what they need is a must



**#SENexchange**  
@SENexchange

Yes I agree, what tools do you recommend? #SENexchange

8:16 PM - Feb 6, 2020



[See #SENexchange's other Tweets](#)

