Thomas Bullock Church of England Primary and Nursery Academy
"Let your light shine" Matthew 5:14-16
Headteacher: Mrs Shannon O'Sullivan
Pound Green Lane, Shipdham, Norfolk, IP25 7LF • T: 01362 820300 • E: office@thomasbullock.dneat.org • W: www.thomasbullock.dneat.org

SEND Newsletter
22nd May 2026

THE ZONES OF REGULATION

Thank you to the families who attend our recent Zones of Regulation parent sessions. We have an information page on our website which explains how we use The Zones of Regulation to support children to recognise, communicate and regulate their feelings in school.

Further information can be found here:

https://www.thomasbullock.dneat.org/The-Zones-of-Regulation/

Young Carers

We are pleased to share that we have recently completed Young Carers training across the federation. We will be launching our first Young Carer groups in both schools next half term. If you would like further information about the groups, please contact Mrs Smith via the school office. See flyer below.

ASD Helping Hands Support Group

ASD Helping Hands are reopening their Family Support Group along with a NEW Parent and Carer Group. The groups offer relaxed, welcoming and understanding spaces for families, parents and carers. Further details including dates and times of the groups can be found on the links below.

https://www.asdhelpinghands.org.uk/support-and-social-groups/family/

https://www.asdhelpinghands.org.uk/support-and-social-groups/parents-and-carers/

The Benjamin Foundation

ACTIVITIES

FOR YOUNG CARERS

SUMMER 2026

29 JULY — 10am to 1.30pm — For ages 5-17yrs

CARLTON MARSHES
Including pond dipping, den building, woodland activities & children's play area.

12 AUG — 10am to 1.30pm — For ages 5-17yrs

NORWICH CASTLE
A tour of the castle exploring the exhibitions

19 AUG — 10am to 3pm — For ages 8-17yrs

SAILING @ LUDHAM
A day split between being out on the water sailing and exploring the boat yard at Hunter's Yard, Ludham

SCAN QR CODE TO REGISTER

COMPLETING THE FORM IS NOT A GUARANTEE OF A SPACE. YOU WILL BE CONTACTED BY WEDS 8TH JULY CONFIRMING WHETHER YOU HAVE RECEIVED A SPACE OR NOT. TRANSPORT IS NOT PROVIDED.

For more information please email youngcarers@benjaminfoundation.co.uk

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Norfolk Parent Carer Service

Summer Term Online Workshops

Eating Challenges Sunday 17th May 2pm - 4pm

Neurodivergent Teen Monday 1st June 10.30am - 12.30pm

Eating Challenges Friday 5th June 11am - 1pm

Neurodivergent Teen Sunday 7th June 2pm - 4pm

Sleep Challenges Wednesday 10th June 10.30am - 12.30pm

Parental Resilience Sunday 21st June 2pm - 4pm

Parental Resilience Wednesday 24th June 11am - 1pm

Managing Challenging Behaviours Friday 3rd July 11am - 1pm

Sleep Challenges Sunday 5th July 2pm -4pm

Managing Challenging Behaviours Sunday 19th July 2pm - 4pm

Scan here for booking form:

Join us online - just scan the code and choose your dates!

Email sally.macgregor@kids.org.uk for more info

Kids Disabled children say we can

Registered Charity No. 275936

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Norfolk Parent Carer Service

Free Parental Resilience Online Workshop

Join us online to discuss ways to recognise and build resilience:

Sunday 21st June 2pm-4pm

or

Wednesday 24th June 11am - 1pm

Email sally.macgregor@kids.org.uk for more info

Scan here for Booking Form:

Kids Disabled children say we can

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All About Our Workshops

We run a series of online workshops through the year and more workshops are being designed and added - join our Facebook page to keep up to date!

Behaviours that Challenge

Workshop for parent/carers of children/young people with a disability and/or SEND
This workshop explores an introductory strategy to understand behaviour that challenges.

Resilience

Workshop for parent/carers of children/young people with a disability and/or SEND. Join us online to discuss ways to recognise and build resilience and self care.

Intro to Neurodiversity

Workshop for parent/carers of children/young people with a disability and/or SEND.
This is a bespoke workshop for parent/carers that builds understanding on autism, ADHD and PDA.

Teens

Support for parents and carers in navigating the teenage years and the challenges of puberty, and supporting independence. We provide a safe space to allow you to share any concerns associated with puberty that you may have and look at strategies to support these.