



SEND Newsletter

Sensory processing



Dear Parent/Carer

Welcome to our SEND newsletter.

In this edition, we focus on **sensory processing differences** and how these can affect children's everyday experiences.

Sensory processing is how the brain makes sense of information from our senses (what we see, hear, feel, smell and taste). Some children experience this differently, meaning they may be more or less sensitive to things like noise, light, texture or movement.

This is not due to a problem with the senses themselves, but how the brain organises and responds to sensory information. For example, a child may have typical vision but still find bright lights overwhelming.

Sensory differences can affect a child's feelings, behaviour and learning. Understanding this helps us create environments that are calm, predictable and supportive, so children feel safe and ready to learn.

I hope you find something useful in this edition. All information shared has been carefully researched from trusted educational and child-development sources.

Best wishes

Mrs Anscombe

Assistant Head of School and SENDCO

We Know Our Five Familiar Senses of...

Sight



Visual Sense

Allows us to see and interpret the world through our eyes.

Hearing



Auditory Sense

Allows us to hear and understand sounds, including speech.

Smell



Olfactory Sense

Allows us to detect and recognise odours.

Taste



Gustatory Sense

Allows us to detect flavours.

Touch



Tactile Sense

Allows us to sense texture, temperature, vibration, pressure and pain.

... Now Meet Three More Senses



Our Body Position Sense:
Proprioception

Tells us where our body parts are and how they are moving. Plays a key role in calming the other senses.



Our Sense of Balance:
Vestibular

Tells us the speed and direction of our movements. Crucial for balance. Plays a role in keeping us alert.



Our Internal Sense:
Interoception

Helps us feel what's going on inside our bodies, eg, when we need to loo, are thirsty, hungry or too hot.



Sensory Processing Affects Us All!

Sensory processing is how our brain receives, organises, and interprets information from our senses. It's our brain's way of understanding the world around us and what's happening inside us - and whether to react to or ignore that information. **Everyone experiences sensory processing differently.**



We Process Input From Our 8 Senses

Our brain is constantly processing input from our 8 sensory systems: sight, sound, touch, smell, taste, movement, body awareness, and internal sensations.

We All Process Sensory Information Differently

- Some people are sensitive to sounds, lights, or textures
- Others seek extra movement, touch, or sensory input
- It affects how we plan and carry out our movements
- These differences can influence behaviours like fidgeting, avoiding crowds, or needing quiet spaces

Be Sensory Aware

We can all help to make our world more sensory inclusive for everyone. Small changes can make big difference including:

- Being patient and understanding
- Creating calm, sensory-inclusive environments
- Offering space to move and sensory tools
- Learning more about behaviours based in sensory processing differences



Where to find more help and support

NHS England - <https://www.england.nhs.uk/long-read/sensory-friendly-resource-pack/>

Child Mind Institute - <https://childmind.org/article/treating-sensory-processing-issues/>

National Autistic Society - <https://www.autism.org.uk/learn/knowledge-hub/professional-practice/sensory-strategies>

Parent talk -

<https://parents.actionforchildren.org.uk/neurodiversity/understanding-needs/sensory-sensitivity/>