

Freman
COLLEGE

Autumn Term

SEND Newsletter



SEND COFFEE MORNING

12th OCTOBER 2026

On Monday 12th October we are holding our SEND coffee morning. This will be hosted by our Autism lead Mrs Ellis and our Social, Emotional and Mental Health lead Mrs Coles. It will be a drop-in session from 9 to 10am. In the first instance this session will be for the Year 9 parents which will provide an opportunity to come and ask any questions you may have on any SEND issues.

Coffee, tea and biscuits will be provided, a parent mail will be sent out soon, so please come along!

APDR – ASSESS PLAN
DO REVIEW

The next round of APDRs will be on 7th October for Year 9 and 17th November for Year 10. This is a chance for a School Cloud meeting online with a member of the SEND Department to review current support and plan additional support if needed.

A parent mail will be sent out for you to book your 20-minute appointment shortly before these dates.



FREMAN COLLEGE WEBSITE

Whether your child is new to Freman or an existing student, our website offers a whole range of useful information from term dates, our curriculum, uniform, policies and more!



We also have a Wellbeing Hub included on our website for both students and parents/carers packed with links to services and a description of what they offer. There is a wide scope of services included, from mental health support, family services, NHS services, eating disorder support, mental health services for students with learning disabilities and autism, counselling provision and financial support resources. Here is the link for you to take a look: [Freman College | Upper School & Sixth Form with Academy Status](#)



Q: How will teachers know my child's individual needs?

A: Each student on our SEND register will have an 'Info for Staff' outlining their needs and strategies to support them.

Q: When can I first meet with a member of the SEND team once my child has started?

A: You will have multiple opportunities to meet with us throughout the year including our SEND coffee morning and an invitation to book an APDR appointment which is a chance to review SEND strategies for your child.

Q: Will a member of the SEND team check-in with my child once they have started Freman?

A: A member of the SEND team will meet with your child within the first 3 weeks of them starting Year 9. We will then talk about how they have settled in and review their support, making any changes needed.

Q: Who does my child see if they have any issues or are struggling?

A: They can speak to their tutor or alternatively if they have a key worker in the SEND department, they can also speak to them.

Q: My child struggles with change, how would you support them with this?

A: If a student struggles with changes to the college routine, a member of the SEND team will give them the 'heads-up' explaining what will happen and answering any questions they may have.

Q: My child has never done French before, how will they cope with these lessons?

A: French in Year 9 starts at a basic level and is designed to be accessible to everyone. Lessons are taught through games and interaction so a student with no prior knowledge will not be disadvantaged.

Q: During their first few weeks at Freman, what happens if my child gets lost?

A: As well as their new timetable detailing the subject teacher and classroom each student is provided with a map of the college to help them navigate their way around. On hand during these first few weeks are our SLT (Senior Leadership Team), teachers and support staff who are always happy to show a student where a classroom is. In those first few weeks, students are not penalised for arriving a little late to lessons if they have got lost.

Q: What clubs are available at Freman?

A: There are a variety of clubs catering to a wide range of interests, from sports such as football, hockey and netball to arts, anime drawing, Lego and Dungeons and Dragons. Students are notified when clubs are happening on tutor notices. The full list is on display in each tutor room and around college.

Q: My child has always struggled with homework and I'm worried how they will cope with this at Freman, is there any support available?

A: We have homework club on a Tuesday in the Redgrave. This is run by a Teaching Assistant to give support as and when needed.

Q: Is there a safe space my child can use at lunch and break times?

A: Students can use the Redgrave for their lunch and break times. There is no need to let us know in advance they can just turn up. The Redgrave is always manned by a member of the SEND team.



WHAT TO EXPECT AT FREMAN COLLEGE

Q&As

ADHD, HOW DOES IT DIFFER IN BOYS AND GIRLS?

TYPICAL ADHD SYMPTOMS FOR BOYS

- Weak listening and concentration skills
- Inability to sit still/remain quiet
- Weak short/long-term memory
- Weak organisational skills

TYPICAL ADHD SYMPTOMS FOR GIRLS

Symptoms in girls can often be more subtle which means they are easier to miss. Hyperactivity is less likely to be a feature for girls. However, the following can be present:

- Limited attention span
- Overlooking attention to detail
- Forgetfulness
- Easily distracted in daily activities
- Struggle to finish tasks
- Appearance of daydreaming when dealing with multiple thoughts.
- More likely to have anxiety and mood disorders.
- Less disruptive
- Procrastination, which can affect doing homework.
- Strive for perfection but struggle to start and complete tasks and the focus required.
- Poor working memory and need time to process information.
- Masking is common.

HERTS SEND LEISURE AND ACTIVITIES

Did you know that Herts has a section for SEND activities and leisure on Hertfordshire Directory?

There are a host of activities which also include welcome sessions. If you have something else in mind which is not included in the directory you can make suggestions of activities, you would like to see via email on

SENDCommissioning@hertfordshire.gov.uk and for the website: [Activities and leisure | Hertfordshire Directory](#)

SEND Inclusive
Parks/Open Spaces

SEND Inclusive
Sports Activities

SEND Inclusive
Performing Arts -
Dance, Drama and
Music

SEND Inclusive Days
Out

SEND Inclusive
Indoor Leisure and
Active Play

SEND Inclusive
Interest based
Activities and Clubs

SEND Inclusive
Holidays, Holiday
clubs and Short
breaks

SEND Inclusive
Community
Supported Activities

SEND Inclusive
Shopping

SEND Inclusive
Museums

SEND Accessible
Libraries

SEND: Activities
recommended by
families

DSPL3 Delivering Special
Provision Locally

DSPL 3 (Delivering Special Provision Locally 3) forms part of a county-wide initiative which provides tailored support for children and young people with SEND, aged 0–25. DSPL3 operates as a partnership between parents, schools, early years settings, further education colleges, local authority officers, and other agencies, working together to assess local needs and develop appropriate services.

 **SEND**
0-25 years
Hertfordshire's Local Offer

The Hert's SEND Local Offer lets parents and young people with SEND know what services are available in the county and who can access them. This ranges from advice on support in education to advice, preparing for adulthood to financial support. Here is the link: [The Hertfordshire SEND Local Offer](#)