

At Maes Ebbw School, we aim to be a **sensory aware school** – a nurturing, inclusive place where we recognise and support the different sensory needs of all our pupils.

We believe in promoting **sensory wellbeing**, which means helping children feel comfortable, calm and balanced in their environment. We do this through **sensory welldoing**: using simple, personalised sensory strategies that help children manage their sensory needs positively and feel ready to learn, play and grow.

As a sensory aware *core standard* school, sensory welldoing is at the heart of everything we do. We understand that every child (and adult) experiences the world differently and has their own sensory profile. By recognising and responding to these differences, we create a calmer, happier and more productive learning environment where “all are challenged to grow and succeed”.

Guided by the twelve principles of sensory aware schools, our approach supports every child to have their sensory needs met. Every child in our school has a sensory one-page profile which details their known sensory preferences and challenges, as well as suggested strategies to support them. This helps children feel supported, regulated and confident in school. Sensory awareness is embedding into our school culture, values and future development plans. We regularly carry out sensory audits to identify areas for improvement and make thoughtful changes, ensuring proactive sensory strategies are part of everyday school life.

What this means for your child

A sensory aware approach means that your child is supported to:

- Feel safe, understood and valued at school
- Develop strategies to manage sensory challenges such as noise, movement, touch, light or busy environments
- Build confidence, independence and emotional regulation
- Be calm, focused and ready to learn and play
- Thrive in an environment that celebrates individual differences

By recognising sensory needs early and responding positively, we help children develop lifelong skills that support both learning and wellbeing.

How parents and carers can support at home

Parents and carers play a vital role in supporting sensory wellbeing. Some simple ways you can help at home include:

- **Notice patterns** – observe what helps your child feel calm and what may cause challenge (for example, noise, busy spaces or changes in routine)
- **Create calm spaces** – a quiet area or predictable routine can help children regulate their emotions and sensory needs
- **Use shared strategies** – if your child uses sensory supports at school (such as movement breaks or calming tools), using similar approaches at home may also be helpful
- **Work with us** – share insights with school staff so we can work together to provide consistent, supportive strategies

We value strong partnerships with families and welcome ongoing conversations about how we can best support your child’s sensory wellbeing both at school and at home.