

Percy Hedley School's

Whole School Blog

News, Stars, Bike Club, Swallow Awareness Day & Eid Mubarak! - from John & the PHS Team

20th March 2026

Hello all,

Happy Friday, from a lovely warm Killingworth! I hope it's good where you are, and that you get the benefit of it this weekend in whatever way works for you. As a person who's only been up here for a few years, it's so lovely to get out & about in this area. Anyway, I do hope you like this very full blog today – there are some great things, from the usuals, to Eid, Bike Club, Gardening Club returning, Swallow Awareness, and some both silly & serious stuff too

Hopefully it gives you a sense of what it's like to be at the school, and a sense of our vibes

I'm going to always start the blog with the School Council from now on too, so do have a catch up with what they've been doing from Amanda

We also had a governor's meeting this week, which was lovely, with OTs presenting – and we're lucky & grateful to have our two parent governors too, Ollie and Ros

OK, well I'm going to go off and do Red Nose Day things. All the best for a lovely Friday night & weekend. See you soon and thanks for you support & partnership

Cheers!

😊 *from John & the PHS Team* 😊

OUR SCHOOL VALUES:

Respect,
Teamwork
& Resilience

HOW THE CURRICULUM WORKS & WHAT'S IMPORTANT TO US:

3 Super-Steering Groups deliver our Key Drivers through our curriculum.

The Key Drivers are Communication, Wellbeing and Independence

The Groups are Literacy, Physical Development & Personal Development

School Council!

We meet every two weeks & discuss all sorts of important projects. We listen to what the students want & try our best to make this happen.



Let's hear from Amanda about what's been happening with the School Council!

The Student Council had a busy week last week, at our meeting we discussed the School Menu and planned the first 'taster' session and then made the final arrangements for our Mother's Day Sale.

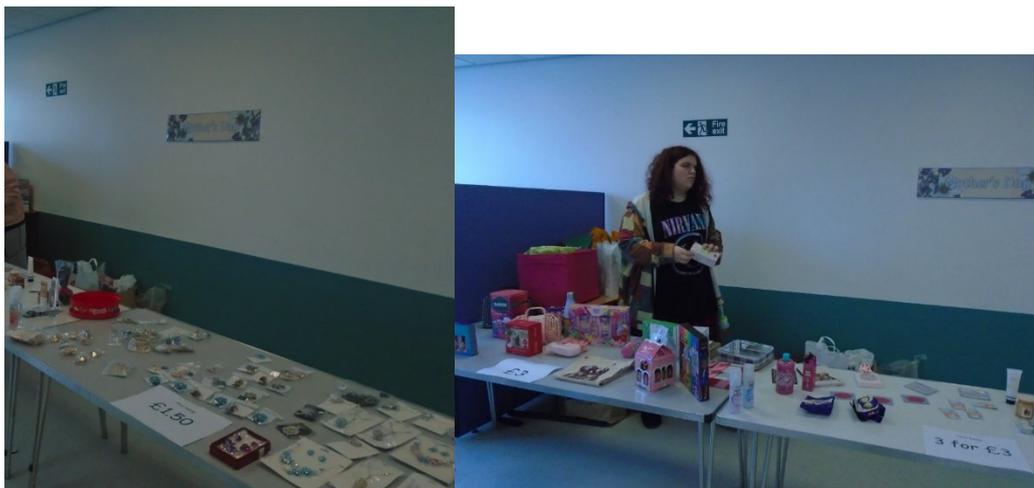
The Catering team made tuna pasta, the Student Council then collected feedback from the students and will be passing this back to the catering team. It may become a favourite on the menu soon!





The Mothers Day sale went very well and we raised lots of money which will be used for the whole school. At our future meetings we will be discussing what to spend the money on and have been looking for some ideas. Pupil Voice is very important to us so we will be asking the students for ideas.

Thank you to everyone who supported us by sending in gifts or buying a gift, this means we can have some extra treats. We will let you know what the students choose and have some photos to show you. Here are a few pictures from our sale. It was very busy and all the Student Council did a great job, from rounding up the classes, to arranging the gifts and dealing with the money and working out the change. We will do it all again soon for the Father's Day Sale. We all hope you enjoyed your gifts.





Literacy

Becky, our Literacy Specialist Lead, leads a team that improve all aspects of literacy, including writing, oracy, reading, phonics, books & the library! Here's Becky!

THE YEAR OF READING!



We had a pleasant surprise this week, as our school library was featured as a case study by BookSpace (the company we used). It was lovely to be able to see the project from an outside perspective, and it gives us another chance to geek out about how much difference the library has made to our school.

If you haven't been able to come and see it for yourself, you can see the case study here: <https://www.bookspaceforschools.co.uk/case-studies/percy-hedley-school/> featuring some familiar faces of students and staff!



Creating inclusive reading spaces at Percy Hedley School in Newcastle.

In other news for the Literacy Team, we were doing the final checks of the library tablets this week, ready for students to access them next week. It's been a bit of a longer journey than we had expected with these, but it's going to be so worth it. Being able to give our students more choice in how they read and what they read is so important to us- and using technology to do so is important too.

The National Literacy Trust recently published a paper called 'The Future of Literacy: Multimodal Reading', which aims to 'redefine literacy for the next generation'. Essentially, they recognise the vital role technology plays in our world and call for a change in how we view reading - that e-books, audio books and visual resources are not less important than physical books, and don't need to be discouraged, but all have their own place and value. This very much fits the approach to reading we take at Percy Hedley, and it's great to have more resources to do that with!

Over the next few weeks on the blog we'll look more into what 'multimodal reading' is, and what your child or young person can access in school or at home, in addition to physical books! Until then....

Happy Reading!



Healthy Living



Everything that is in the world of Healthy Living: physical development, including physio, hydro, MOVE, PE, HI, VI, OT & other key areas for us, including Outdoor Learning & many other aspects. Steph oversees this & one of our priorities this year.

This week, it's Ash again with a cool thing!

BIKE CLUB!

Finally, with the brighter days and warmer weather arriving, it's the perfect time to get outdoors, get active, and enjoy the many benefits of fresh air and movement. Here at PHS, we're always looking for ways to support our students' physical health and wellbeing in ways that are inclusive, engaging, and most importantly FUN!!

This half term we are excited to share our weekly bike club is now back up and running. Bike Club is all about promoting healthy living, building confidence, and giving our students the opportunity to experience the joy of cycling in a way that suits their individual needs.

Our Bike Club features a wide range of adaptable bikes, ensuring that all students can take part comfortably and safely. These include:

- Mountain bikes and balance bikes for those who enjoy a more traditional cycling experience
 - Trikes for added stability and confidence
 - Trikes with thoracic support to provide extra postural assistance
- Adapted bikes such as the VeloPlus, specially designed to accommodate our wheelchair users

This variety allows us to tailor the experience to each student, making cycling accessible and enjoyable for everyone, regardless of ability.

Taking part in Bike Club offers so many benefits:

Physically: it helps to improve strength, coordination, and cardiovascular fitness such as here we see Andrew T zooming around on Mountain bike!



Emotionally: it can boost confidence, independence, and overall wellbeing such as Danny who is loving his time on the trike!



Socially: it provides a wonderful opportunity for students to connect, share experiences, and celebrate achievements together, just look at how excited Teddy is to get his physiotherapist Elliot joining in on the experience with him too!



Most importantly, Bike Club is about having fun by exploring the outdoors and enjoying movement in a supportive and inclusive environment. As we make the most of the improved weather, we look forward to seeing more of our PHS students thrive, try something new and embrace healthy, active lifestyles



Personal Development & Wellbeing

One of the best things about the school and one of the most important for our pupils, PDW covers PSHE, Careers, Social Moral Spiritual & Cultural Issues, Online Safety, Behaviour, Wellbeing(!) & similar areas. Jo pulls it all together – let's hear what's been happening this week around the place

Sign Language Week 17-23 March



We have had so much fun celebrating British Sign Language (BSL) Week in 2CC. We know that our family and friends communicate in lots of different ways, and BSL is one of those amazing ways to share thoughts, feelings, and ideas. So, we decided to learn a little bit ourselves!



We started by practising finger spelling our names, which was great fun (and a bit tricky at first!). Then we learned some basic greetings, like how to say hello and ask how someone is feeling.

Once we felt more confident, we put our new skills into action by having simple conversations with our friends. It was brilliant to see everyone joining in, supporting each other, and trying something new.





Why not have a go at learning some BSL yourself? It's a wonderful way to communicate and connect with others. There are lots of great resources to help you get started:

👉 www.british-sign.co.uk

Our Week in 5AH

What a busy week we've had!

We started all our mornings by saying "hello" to our friends - most days John our Headteacher comes in to say hello too! Some of us used our VOCA, some of us used our voices, and some of us used big smiles (which count just as much 😊). We have songs, join in with signs and speak at the right times.

Communication

We've been practising using our voices in lots of different ways. There were some brilliant "go!" moments this week—especially when we wanted *more* of our favourite activities! In our Sensory Storytelling Session based on the story 'You Can't Take an Elephant on the Bus', we threw paper aeroplanes and let go of balloons, but only after 'ready, steady... GO!).

Exploring and Playing

We got stuck into lots of sensory fun—squishing Playdoh, tapping on the drum, shaking the maracas, and exploring sand and making ice-cream. Some of us kept going back to the same activity again and again (we know what we like!), showing fantastic persistence.

Time Together

We spent lots of time learning and playing alongside our friends. There were some lovely moments of reaching out, asking to be with each other, looking, noticing, and even a bit of shared laughter! Some of us are asking to be together lots now – great friendships in Post-16.

Welcoming Visitors

We have a class doorbell installed so that when people visit our classroom, we can greet them at the door with a helpful ‘how can we help?’ We have lots of visitors to our classroom and it’s a great way to chat to others around school and realising we need to stop to say “hi” each time when someone comes in (which is loads!).

What We Noticed

We’re getting really good at knowing what’s coming next and anticipating things that are coming. When our favourite parts of sessions or the day itself were about to happen, we showed it—by getting excited, focusing our attention and communicating in our own way.

Proud Moments

Trying something new (especially choosing a new piece of music).

Asking for “more” or “stop” more often.

Staying with an activity for longer.

Noticing our friends and chatting to them.





St Patrick's Day with Lori!

Brandon was very proud to achieve a sell-out at his St. Patrick's Day sale where he was selling some shamrock popcorn and a competition to 'guess the teddy's name'!

The winning name was 'Shannon' so congratulations to the person who won Shannon and a box of popcorn!



Well done, Brandon!



PE with Nathan!

PE is great here and very important for a lot of the students – in fact all sort of movement is. It's always good to hear from Nathan! What's been happening this week then?



PE This Term for Lower School: Dance, Movement & Building Skills

Since returning from the half-term break, PE lessons have focused on developing movement skills through dance in the lower school. Dance has provided a fun and inclusive way for pupils to build confidence, coordination, and creativity.

Pupils have been creating & performing movement sequences with increasing control, while also learning to evaluate and improve their performances. This has supported the development of resilience and understanding of progress.

Nathan has been guiding pupils using Danny Go videos, which have been a fun and engaging way to build movement skills. Evie, Harper, Zac, Archie, and Elfie have shown great enthusiasm, particularly when choosing which dances to perform, fostering ownership and motivation in lessons.

Overall, sessions have been energetic and imaginative, with pupils expressing themselves both independently and collaboratively.



Excellent dance routines with Nathan – part of PE!



Therapy Star of the Week!

Teddy!

For Therapy Star of the Week, Jaimee would like to nominate Teddy for the fantastic work he has done this week

He has worked really hard to complete communication challenges around school, and even harder to articulate his emotions regarding these challenges. Teddy has been able to voice his nerves and talk through them in order to complete these challenges and has highlighted his increased confidence afterwards, saying he was proud of himself for going through with it. Well done to Teddy!



Teddy – Therapy STAR!!!



Chris Carr's Class!

Well, Chris' class are settled into their new place now, and have a lovely new person in their class too. I'm always excited to see what they've been doing – let's have a look! It's always good, and it is today too!



Dentistry and St. Patrick's Day!



For our people who help up topic we took a virtual trip to the dentist and learnt about the different equipment they use to look after our teeth. We also talked about how we can help keep our teeth healthy. We practiced brushing our teeth and sequenced pictures before writing some key words. It was lovely to see some of the children role playing as dentists in our puppet theatre area.

In science we used musical instruments to explore different sounds. We made loud sounds, quiet sounds, and everything in between. We even made and copied our own sound patterns.



We celebrated St. Patrick's Day by finding out about St. Patrick. We enjoyed the traditional Irish music, Irish stew for lunch, and made some of our very own lucky shamrocks!

We are developing our dance skills in P.E. We love Danny Go with Nathan!





Early Years – The Ducklings!

It's so nice to hear about what the Ducklings have been doing each week, and to share in some of their experiences. The photos are always great too. Kate is going to give us the news, as well as some fabulous pictures!

This week, we have been exploring the story 'Say Hello to the Animals!', which introduces us to different animals you might find on a farm. The children have really enjoyed listening to a variety of animal sounds and trying to identify which farm animal they belong to. We also explored different props linked to the animals in the story. The children loved blowing up a rubber glove and wiggling it to represent a hen, playing cowbells to make musical “moo” sounds, and twirling pink pipe cleaners to create curly pig tails.

In ELS, we have been recognising, finding, and forming the letter m. We have seen some fantastic examples of letter formation, and we were really impressed with the focus the children showed during their practice.

In maths, we have been exploring shapes. We focused on recognising and naming a circle, triangle, and square. The children practised matching shapes and have been learning simple rhymes to help them remember each one.

Well done to everyone for a fantastic week of learning!





Lauren's Class!

They always seem to be having a great time in Luren's class! What a lovely bunch all round! I love popping in there and I love hearing about what they've been doing.....what is it this week I wonder...? Lots of lovely pictures in any case!



For the past few weeks we have been talking about Ramadan and exploring stories related to Ramadan. To mark the end of Ramadan and the celebration of Eid, we have enjoyed a sensory story together. Through our 5 senses we explored when Muslims celebrate Eid and how they celebrate with food, the giving of gifts and decorating their homes. We looked at bright lanterns, felt beautiful fabrics, smelled some delicious spices and listened to some lovely poems. The students had a brilliant time and enjoyed being together.

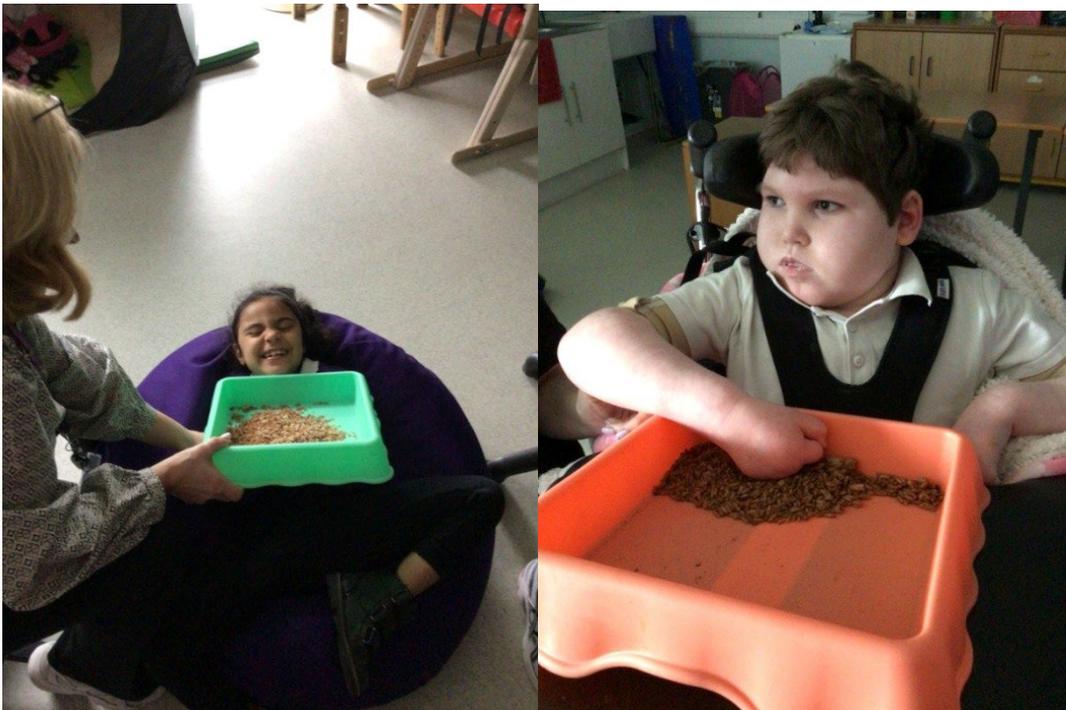


'The crescent moon returns, no more to wait.

Eid is here, let's celebrate!

We pause in peace, have fun and pray.

Joining together at the end of the day!'



Eid Mubarak!

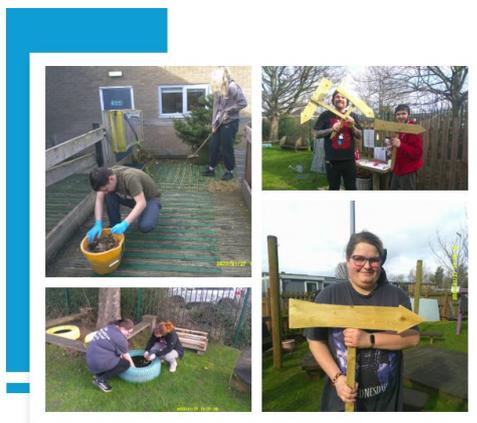


Ben's Gardening Club!

Gardening Club



Now the weather is better Ben has started to get out more with Gardening Club – they do loads of great work, it's fun – and educational too. Let's have a look at what they've been up to!



Gardening News

This week in the garden spring has arrived. The crew has been out in force to start the hard task of tidying up and weeding the flower beds.



Celebrating Swallow Awareness Day 2026

Our learners and staff celebrated Swallow Awareness Day this week!



What is Swallow Awareness Day?

Swallow Awareness Day is a time to raise awareness for those with eating, drinking and swallowing difficulties as well as highlight how Speech and Language Therapists (SaLTs) support those individuals.

Eating, drinking and swallowing is an essential part of most people's day and is often taken for granted, but for some people it is not that easy. Swallowing difficulties, also known as dysphagia, can affect a person's quality of life and can lead to other health complications.

Around 8% of people with learning disabilities who are known to health and care services have dysphagia, and about 15% need support to eat and drink.

However, speech and language therapists believe the true number is likely to be much higher.

38% of our children at Percy Hedley School have difficulties with eating, drinking and swallowing so it's important to raise awareness.

How did we celebrate?

Jennie, the Dysphagia Lead within the Percy Hedley Foundation, visited and set up posters and displays to help our students be aware of what dysphagia is and what kind of meals are offered for those with swallowing difficulties.

Our catering teams prepared freshly cooked modified diets which are compliant with IDDSI (International Dysphagia Diet Standardisation Initiative). Our students could see the different levels of food, IDDSI 6 being soft and bite-sized foods, IDDSI 5 being minced and moist foods and IDDSI 4 being pureed foods.



Abi also made an IDSSI Level 4 Pizza!

She controlled the blender using the switch, then helped push the food through the sieve with a spoon. To finish, she used the spoon to smooth out her cheese topping.

Here she is!





And our staff got involved too!

Our Speech and Language Therapists held a workshop demonstrating Biozoon.

Biozoon turns liquids into a stabilised foam designed to provide taste experiences for those with severe dysphagia or those who are nil by mouth. The foam dissolves instantly in the mouth, which reduces aspiration risk and enhances safety for those with swallowing difficulties.

Staff could try the foam of lemon squash, coffee, tea and coke. And there were some surprising reactions!

‘Wow, that’s amazing!’

‘It just disappears!’

‘I like that!’

‘Tastes just like a cup of black tea.’

It was fantastic to see our staff try out the new kit and gain a new perspective on the experiences of those with swallowing difficulties.

Using Biozoon is currently being trialled amongst our students but it’s great to see so many great responses already!



Nursing News!

The school is full of different teams working together for the good of the pupils, and we have a lot of different disciplines & types of people working here. It's really good that we have nurses & HCAs. This week they've got an important message about something that's been in the news quite a bit...

Please see information below

From the School Aged Immunisation Service

Following the recent meningitis outbreak in Kent, please find the link below with official guidance on symptoms, risks, and how to protect yourself:

<https://ukhsa.blog.gov.uk/2025/10/31/what-is-meningitis-symptoms-risks-and-how-to-protect-yourself/>

As a service, we do not offer the Meningitis B (MenB) vaccination. Families who wish to discuss MenB vaccination or have concerns about symptoms should contact their GP for further advice and support.

Many thanks

School Aged Immunisation Service



Go Nurses!



Behaviour for Learning (BfL)

Aylisha and Corin have developed the BfL Team and work on supporting our pupils all the time, in all situations. They've been joined by Nicola, Nat, Sarah & Andrea this year to make a really important team for the school. Let's hear a lovely message about culture from Aylisha

BfL thrives when everyone is part of the process — staff, students and families. Thank you to everyone who continues to model patience, consistency and compassion. Together, we continue to shape a school culture where every student can grow in confidence, find their place and experience daily moments of success and pride.

If you have any questions or queries please do not hesitate to contact the BfL Team

aylisha.holland@percyhedley.org.uk

c.orr@percyhedley.org.uk

 Call: 0191 216 1811

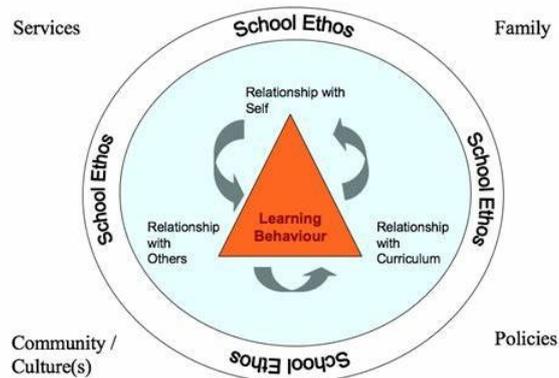


Figure 1: Behaviour for Learning conceptual framework



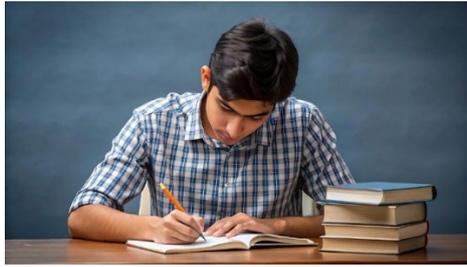
Preparation for Adulthood with Hannah

PfA is a priority on the School Development Plan this year

Let's hear below what Hannah & the PfA Team have been working on – PfA is one of our very biggest priorities! Hannah has dates for your diary too!



Exams!



Mocks have been happening! Well done to everyone involved!



School Lunches

Please find the menus here: [School Meals - Percy Hedley School](#)

Unless your child is in receipt of Free School Meals or Bursary, please ensure your iPay account is topped up before meals are taken. Thank you for your understanding & continued support in helping us to provide good quality, safe & nutritious meals for our children

If you have any questions or need support with your iPay account, please don't hesitate to contact the school office.



Safeguarding – this week, ‘Working together to safeguard children’



Aylisha is our Safeguarding Officer, Rebecca is the DSL. Tracy and Corin round out a great DSL Team, with others like Carla, Lizzie & Vicky involved too in other aspects of safeguarding. This week, Rebecca is giving us a quick guide to an updated government document that's come out. Let's have a read!

This week the government have updated one of the documents which we use to support the safeguarding of the pupils in the school and across the foundation

'Working Together to Safeguard Children' alongside the 'Keeping Children Safe in Education' documents are used throughout our policy writing, our safeguarding training sessions and the work that we do with our safeguarding partners within local authority and health

This week the updated document has been produced for all sectors working with pupils and I have added the link to this below for you, and it is live on the website

Some of the changes include

There is a chapter explaining that family help combines targeted early help and section 17 support to create a more seamless offer for families, with consistent practitioner relationships and a family help plan led by a multi-disciplinary team. This has been a huge focus of the work we have been doing this year, to strengthen the work that we are doing with our safeguarding partners at Early Help, gaining earlier access to support and services for our families, and professionally challenging where services are not doing enough.

The government have strengthened expectations for anti-racist and anti-discriminatory practice, recognising how racism and past experiences influence relationships.

Additional content covers domestic abuse, child sexual abuse, infants abuse and honour or faith or belief-based abuse, with strengthened child sexual abuse procedures and the use of family group decision-making.

New references within the document address online harms and group-based exploitation. This section reinforces that children may face multiple harms simultaneously.

The document has strengthened the expectations of section 47 for robust multi-agency assessments, direct work with the child and strategy discussions for child sexual abuse.

They have strengthened guidance to emphasise that safeguarding and child protection apply to all children, and any assessments and planning should link to existing family help plans or care planning where appropriate.

There is further guidance on the expectations of protection for unborn children.

There is also many updates around children who are looked after, in kinship care or have been previously looked after, extending the expectations of government and local authorities to support these pupils.

As always, if you have any questions, please speak to one of the team and we will be happy to work with you

If you have any questions, please just get in touch

As ever if there is anything that the DSL Team can help with, or if you have any queries or questions at all, then please don't hesitate to contact r.fletcher@percyhedley.org.uk or aylisha.holland@percyhedley.org.uk for anything like at all that you think is, or even may be, related to safeguarding



Safeguarding is a lot of different things!

Online Safety

Please do tell us what you feel would be helpful in the Online Safety blog, and the team will look into it. We know what a priority this is for many of you.

[Find out all about online safety at PHS here](#)

[Read the online safety blogs here](#)



No-Spray School

Just a reminder that we're a **no-spray school**. This means pupils & staff should not wear perfumes or aerosol body sprays, as these can cause serious allergic reactions, including anaphylaxis, for some members of our community. Roll-on deodorants & water-based sprays are fine to use. Thank you for your support in keeping our school a safe place for everyone

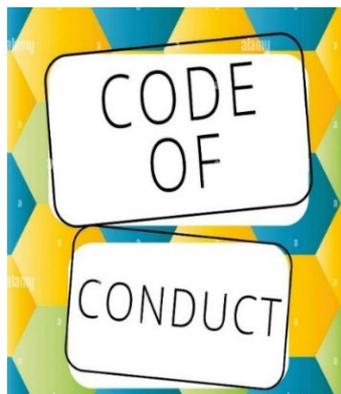


As always, any queries feel free to reach out - kelly.richardson@percyhedley.org.uk

Thanks for your support and partnership in this area



Parent/Carer Code of Conduct



Our Parent/Carer Code of Conduct is on the website here: [Parent and Carers Area – Percy Hedley School](#). Most schools have these, so please do have a read – they aren't used very often. Thanks for your support with it – generally but also in most things that arise every day



Friends of PHS – the FoPHS!

A huge thank you to all the FoPHS for their time, commitment & support with projects, ideas & all sorts. You're such an important part of the school. All parents, carers & staff are members of the FoPHS by default. The change to a Friends of was to enable us to involve extended family members and those in the community to support us. Your FoPHS committee is:

Chair Ollie Teasdale (parent)

Vice Chair Hannah Fuller (staff) Secretary

Tracy Smithson (staff)

Treasurer Ros Holden (parent)

School link Eileen Robinson (staff) - school- role specific appointment

Our 2 parent governors are Chair and Vice Chair of FoPHS too. We are members of Parentkind, which provides guidance & structure to ensure we operate correctly. Benefits include insurance for events, links with their partners & training for parents, carers & staff. We meet half termly. Time and place will be confirmed. Ways in which you can help

Join the 100 club <https://www.percyhedley.org.uk/percy-hedley-school/wp-content/uploads/sites/5/2025/10/100-club-A4.pdf>

Attend meetings, share suggestions

Volunteer at events



Why don't you join! The Fabulous Friends are always looking for volunteers for events! If you can offer any support, please contact Eileen at e.robinson@percyhedley.org.uk



Leading Parent Partnership Award (LPPA) – with Tracy and the Team!



Hello parents/carers & families

In January 2024, with your support and contributions, Percy Hedley school successfully achieved this award. The accreditation lasts for three years; therefore it is now time to gain your opinion about whether you have seen any improvements in the quality of communication with school/ staff during this time. Key points you made were:

Regular communication updates on pupil progress

Yearly events calendar with regular updates

Communication between home & school in a range of formats, phone, email, letter, text, weekly school blogs, home/school diaries, termly newsletters

A range of times & days when coffee event/ activities take place

Online opportunities to attend these events

Online training for families

In order to gain your feedback I will be sending out a brief survey in a range of formats, with the hope that one of the formats will make this request a quick process. This information will help the LPPA steering group set outcomes for the coming year. Once the data from the survey has been collated, I will share this on the school blog, which hopefully will be of interest to you.

We are currently updating our steering group as having representatives from across school ensures we capture opinions & evidence from as many parents as possible.

Thank you in advance

Tracy & the team

Please get in touch with Tracy and she will be happy to respond to any queries, suggestions about the LPPA and other issues for parents - from Tracy and the LPPA team
- t.smithson@percyhedley.org.uk



Stars of the Week!

That reflect our School Values!

ENGAGEMENT

Harry!

Resilience!

Today we celebrate our shining star, Harry, as he turns 18 and steps into adulthood with strength and resilience



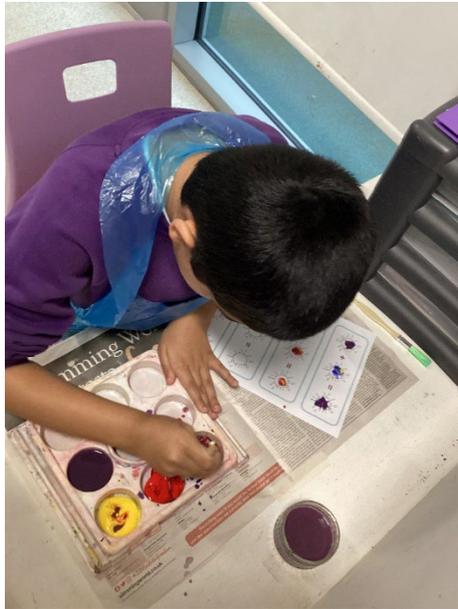
Harry the Birthday STAR!!!



ELTBA

Heyan!

Resilience!



ELTBA Star of the Week is Heyan in 3LL/RM for showing resilience when facing changes in his day and finding ways to ask for help. Well done, Heyan – Art STAR!!!



APPROPRIATE ACCREDITATION

Some great folks in KS4! Who has been exceptional this week? A couple of them it seems!

Resilience

4OW for trying hard in Maths!

Delaney T for asking for help when needed!

Sadie, Ayaan and Aurora for trying something new by going surfing!



POST-16!

Love our Sixth Form!!! Let's see who Lisa is highlighting this week! Well, there's one very special one there too....great stuff

Resilience

Michael K produced 2 lovely pieces of English work.Very well done!!

Drae is a star for participating in the English lesson. He produced some great reading and sentence work. Excellent!!

Ella has been doing really well in her work experience and Springfield Cafe. Brilliant!!

All 3 - Teamwork, Respect and Resilience

Harrison is a double star!!! He has been so kind assisting peers in social games. He helped them solve several problems.

Harrison has also been doing really well at his work experience at the Centre for Life. He is always enthusiastic and helpful.

Very well done Harrison - a credit to the school!!!

We don't usually have an all-three-er! Well done, Harrison!



Makaton Signs of the Week with Julie!

Every Sunday Julie prepares a message for the whole school on Makaton signs that are current and relevant to the time of year. I reproduce that here so that you can do the same thing at home if that suits you – or just for you to learn a few signs each week. Hope it works for you! Here's Julie

Makaton signs of the week 16th March

We are marking National Swallow Awareness Day in school on Tuesday; sharing information about the modified diets and adaptations we provide for our students with dysphagia.



Swallowing Awareness Day is a time to raise awareness of how Speech & Language Therapists help people living with eating, drinking and swallowing difficulties.

Eating, drinking and swallowing is an essential part of most people's day and is often taken for granted, but for some people it is not that easy. Eating, drinking and swallowing difficulties, also known as dysphagia, can affect a person's quality of life and can lead to other health complications. This is why SaLTs have a pivotal role in this area.

Swallow Awareness Day is part of Nutrition and Hydration Week

<https://nutritionandhydrationweek.co.uk/>

The core signs for this week are: eat, drink, swallow, easy, difficult, PEG/gastro feed

Here is my video:

<https://youtu.be/aZGtMiGJZGg>

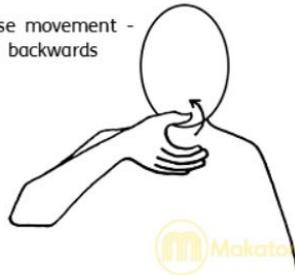
Here are the signs:

tap lips twice with emphasis



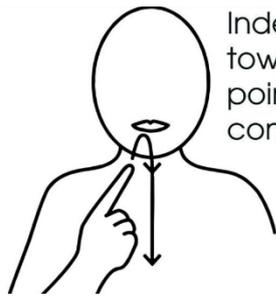
to eat

emphasise movement - tilt head backwards slightly

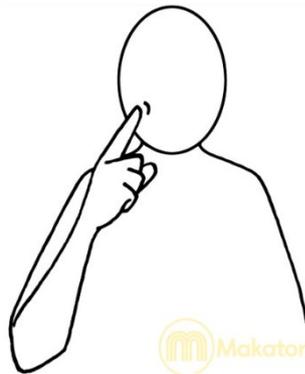


to drink

Index finger moves up towards mouth then points down keeping contact with chest



to swallow

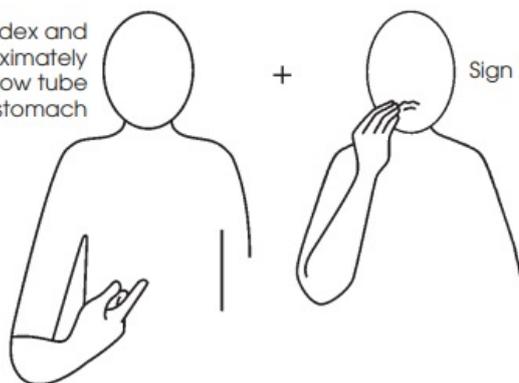


easy



difficult

Isolated index and thumb approximately 1cm apart show tube coming into stomach



+

Sign 'Food' at stomach

PEG Feed

PEG feed/gastrostomy feed (make sure you sign food at the stomach, not the mouth)

Do you know the signs for the things you like to eat and drink?

Look out for the swallowing awareness events in school

Keep signing!



Julie



.....from John & the Team here at PHS

Our Key Drivers

Communication, Wellbeing, Independence