



# Ulidia

**INTEGRATED COLLEGE**

*Specialist School in Digital, Visual & Performing Arts*

CIRCULAR: UIC 2015/69

To: **Parents of Pupils currently enrolled**  
College Secretary

November 2015

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Please note that Middletown Centre for Autism will deliver three parent training sessions before Christmas, with a view to delivering a further three sessions during the second term. The details of the first three sessions are as follows:

**Wednesday 11 November 2015:**                      **What is Autism? (What I can do to help my teenager?)**  
*Delivered by Majella Nugent.*

Building on parents' knowledge, this training aims to increase understanding of how autism can affect a young person in a mainstream post-primary school setting. The training aims to provide parents with strategies to further develop social communication and independence.

**Wednesday 18 November 2015:**                      **Autism and the promotion of positive behaviour**  
*Delivered by Tracey McGovern*

This session will examine how the core features of autism can influence the behaviour of a young person. Parents will be provided with strategies on how to manage challenging behaviour by identifying the function of the behaviour as the starting point. Strategies on how parents can identify early warning signs and make practical positive interventions to reduce the behaviour will be discussed.

**Wednesday 25 November 2015:**                      **The core features of autism, including sensory difficulties, can contribute to the development of anxiety.**  
*Delivered by Carolyn Frazer*

This session is an introduction to strategies that can be used to alleviate anxiety in young people with autism. An introduction to cognitive based strategies and child centred strategies will be discussed as will practical 'on the spot' anxiety management strategies.

Registration takes place from 6.30pm until 7.00pm and the sessions last two hours, from 7.00pm until 9.00pm. Light refreshments will be provided during registration.

For venue and catering arrangements, I would ask you to return the attached slip or telephone the college if you are planning to attend.

Mrs R Smith  
SENCO

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Reply slip: MIDDLETOWN CENTRE FOR AUTISM PARENT TRAINING SESSIONS

PUPIL NAME: \_\_\_\_\_ FORM CLASS: \_\_\_\_\_

I will be attending the parent training sessions on 11, 18 & 25 November.

Signed: \_\_\_\_\_ Parent                      Date: \_\_\_\_\_

