Villa Real School
together we achieve

Safe
Supported
Included
Belonging ♡

Brighter
Futures
Together

Understanding School Anxiety

Supporting our children and young people with SEND

What is school anxiety?

Some children and young people with SEND can find school overwhelming.

This may lead to:

- Worry about attending
- Distress at home
- Physical symptoms such as headaches or tummy aches
- Difficulty coming into school



School anxiety is not a choice.
It is a sign that support is needed.

Why might a child feel anxious?

- Changes to routines
- Sensory overload (noise, crowds, busy spaces)
- Communication difficulties
- Friendship worries
- Learning challenges
- Fear of getting things wrong
- Difficult experiences outside school

Different needs.
Same bright futures. ♡

What might you notice?

- Not wanting to come to school
- Trouble sleeping
- Feeling unwell before school
- Increased dysregulation
- Becoming quieter than usual
- Reduced confidence
- More repetitive or comfort-seeking behaviours



All behaviour is communication ♡

Behaviour is Communication

At Villa Real School we understand that behaviour often tells us something important.

We look beyond the behaviour to understand:

- What is causing worry?
- What support is needed?
- How can we help the child feel safe and successfull?



Understand
Support
Succeed ♡

How Villa Real School can help

- Trusted adults
- Visual timetables and now and next
- Sensory support
- Quiet and safe spaces
- Flexible approaches where appropriate
- Personalised support plans
- Family meetings and collaborative planning
- Support from other professionals when needed

A safe and supportive environment where every child can thrive. ♡



Supporting at home

- Keep routines predictable
- Prepare for school the night before
- Break tasks into small steps
- Praise all successes, however small
- Allow time for rest and regulation
- Stay in regular contact with school

Every child's journey is different.
Small steps are still progress.
Together we achieve. ♡



Need support?
Contact Villa Real School
01207 503651

A specialist school supporting children and young people with SEND.

Kindness · Respect · Opportunity

together we achieve