



# PORTSMOUTH DOWN SYNDROME ASSOCIATION

## PRE-SCHOOL AGED TRAINING

### SUPPORTING COMMUNICATION

Tues 12th Sept '23 19:00-21:00

### DEVELOPING EARLY NUMERACY SKILLS

Tues 16th Jan '24 19:00-21:00

### AN INTRODUCTION TO DOWN SYNDROME FOR FAMILIES

Tues 27th Feb '24 19:00-21:00

### ENCOURAGING POSITIVE SOCIAL SKILLS & MANAGING BEHAVIOUR

Tues 16th April '24 19:00-21:00

## SCHOOL AGED + POST-16 TRAINING

### SCAFFOLDING INDEPENDENT LEARNING SKILLS FOR STUDENTS WITH DOWN SYNDROME AT POST-16

Thurs 7th Sept '23 09:30-11:30

### AN INTRODUCTION TO DOWN SYNDROME: A GENERAL OVERVIEW

Primary: Tues 12th Sept '23 09:00-16:00

Secondary: Weds 13th Sept '23 09:00-12:30

### PATHWAYS TO SECONDARY FOR PUPILS WITH DOWN SYNDROME AT KS2

Weds 10th Oct '23 09:00-12.30

### SUPPORTING PROGRESS WITH READING, READING COMPREHENSION & WRITING FOR LEARNERS WITH DOWN SYNDROME (KS2 AND BEYOND)

Weds 10th Jan '24 09:00-12.30

### DEVELOPING LITERACY SKILLS FOR PRIMARY SCHOOL AGE CHILDREN WITH DOWN SYNDROME

Tues 16th Jan '24 09:00-12.30

### DEVELOPING NUMERACY SKILLS FOR PRIMARY SCHOOL AGE CHILDREN WITH DOWN SYNDROME

Tues 16th Apr '24 09:00-12:30

### BEHAVIOUR, SELF-ESTEEM AND RSE FOR PUPILS & STUDENTS WITH DOWN SYNDROME AT KS2, KS3 & KS4

Weds 17th Apr '23 09:00-12:30

## IN-PERSON TRAINING PROGRAMME 2023-24

Portsmouth Down Syndrome Association provides a training programme without charge to our Nursery, School & Post-16 Outreach Support Service members.

This programme includes a resume for each of our trainers, an overview of the sessions plus venue details.

## PORTSMOUTH DOWN SYNDROME ASSOCIATION HAS ROYAL APPROVAL

'Portsmouth DSA is honoured to have been awarded the Queen's Award, in recognition of our 'exceptional contribution to our community, transforming lives and outcomes of individuals with Down syndrome through championing inclusion and providing outstanding specialist support.'

Rachael Ross MBE, Chairperson  
[rachaelross@portsmouthdsa.org](mailto:rachaelross@portsmouthdsa.org)



The Queen's Award





**PRE-SCHOOL AGED TRAINING**

**SUPPORTING COMMUNICATION**

TUES 12TH SEPT '23 19:00-21:00

Delivered by Becky Baxter

This training session covers the early foundation skills needed for developing later language and how to support communication in the early years. The session discusses the social strengths of children with Down syndrome and the need for communication supports. We cover practical activities and resources to facilitate communication, to help reduce frustration and meet the social needs of young children with Down syndrome, both at home and in the nursery/preschool setting.

**AN INTRODUCTION TO DOWN  
SYNDROME FOR FAMILIES**

TUES 27TH FEB '24 19:00-21:00

Delivered by Kim Lazarou & Tracy Nye

This session focuses on the role of the wider family in supporting a child with Down syndrome. The session shares useful information and experiences from families, including what they wish they had known, and what was helpful in the early years. In addition, the session will cover key information including the learning profile and the research around families and living with Down syndrome.

**DEVELOPING EARLY NUMERACY SKILLS**

TUES 16TH JAN '24 19:00-21:00

Delivered by Sarah Holton

This session covers numeracy development in children with Down syndrome and how best to support understanding and the use of early number skills. It includes practical ideas and examples for teaching early number including examples of activities for home and pre-school, guidance on tailoring activities to support strengths/weaknesses as well as suggestions for resources such as Numicon and See and Learn Number.

**ENCOURAGING POSITIVE SOCIAL SKILLS &  
MANAGING BEHAVIOUR**

TUES 16TH APRIL '24 19:00-21:00

Delivered by Becky Baxter

This session covers the social strengths typically seen in children with Down syndrome and how to promote positive behaviour. The session will cover the social understanding of children with Down syndrome, building on these early strengths and ensuring positive social experiences. In addition we will discuss the typical behaviours seen in the early years, strategies to promote positive behaviour and how to manage challenging behaviours when they occur.





**SCHOOL AGED + POST-16 TRAINING**

**SCAFFOLDING INDEPENDENT  
LEARNING SKILLS FOR STUDENTS WITH  
DOWN SYNDROME AT POST-16**

THURS 7TH SEPT '23 09:30-11:30

Delivered by Allison Powell & Kate Milford

This session will look at how to build staggered support strategies into classroom practice at post-16. The session will also explore a range of visual learning strategies which aim to avoid cognitive overload, scaffold strong independent learning skills and boost student confidence.

The session is designed for Learning Assistants, Heads of Learning Support teams, SENCOs at post-16, post-16 teaching staff, tutors, and pastoral leads.

We will include a focus on:

- pace and space in the post-16 classroom: how to stagger direct input to maximise pupil confidence, increase focus and build skill
- using light-touch support to build self-esteem and scaffold friendships
- using light-touch support to target social communication and scaffold social collaboration
- behaviour management: a behaviour support advice clinic for delegates to seek specific support from the advisors

**AN INTRODUCTION TO DOWN SYNDROME  
(PRIMARY AGE): A GENERAL OVERVIEW**

TUES 12TH SEPT '23 09:00-16:00

Delivered by Sarah Holton & Sam Wood

This session is an introductory session, geared towards Primary staff who are new to working with a child with Down syndrome and those parents whose children are in infants and juniors.

The session will cover the learning profile associated with having Down syndrome and a brief review of the evidence on the benefits of inclusion for children with Down syndrome. In the morning the literacy and numeracy skills of this population will be covered along with evidence-based strategies and resources to support this development. In the afternoon we will look at using support staff effectively.



“ The training team provide invaluable and realistic advice for busy teachers. Training sessions are particularly useful and it is often interesting to have parents and teachers together on the courses to foster understanding on both sides. Hand-outs from the training are easily adapted for all age ranges, abilities and curriculum areas. Lots of resources are suitable to use with whole classes or small groups of children so that our students with DS are fully included in activities. ”



**SCHOOL AGED + POST-16 TRAINING**

**AN INTRODUCTION TO DOWN SYNDROME ( SECONDARY AGE):  
PLANNING FOR SUCCESS**

WEDS 13TH SEPT '23 09:00-12:30

Delivered by Allison Powell & Kate Milford

This introductory session is for secondary school SENCOs, teachers, & support staff new to the prospect of including pupils with Down syndrome, or looking to refresh key understanding. It is also useful for parents of pupils in Y5 & above who, want a greater understanding of how to plan for success at Secondary. We will look at the specific learning profile associated with Down syndrome & an overview of how schools can work with the strengths of the learning profile to affect progress around learning, communication, friendship and independence.

The session offers delegates the chance to build confidence & understanding around how to include pupils with Down syndrome, to adapt teaching & learning strategies, & scaffold independence in the classroom.



**PATHWAYS TO SECONDARY FOR PUPILS WITH DOWN SYNDROME AT KEY STAGE 2**

WEDS 10TH OCT '23 09:00-12:30

Delivered by Allison Powell & Kate Milford

This session will look at how to build a pathway for successful transition to mainstream Secondary school across Key Stage 2, with a specific focus on:

- scaffolding immersive inclusive practice in the classroom at Key Stage 2: pace, space and staggered support strategies
- targeting independent working skills and self-guidance strategies: creating access to whole-class activities using the Toolkit
- prioritising social collaboration and building peer confidence
- planning for transition: a case study of a mainstream Junior and Senior school's collaborative experience of successful transition
- a parent's perspective: an opportunity to hear the reflections of a parent on the process of transition to mainstream Secondary

This session is for junior school teaching & support staff working at Year 3 & above, junior & receiving secondary school SENCOs, & parents of children from Year 3 & above.



**SCHOOL AGED + POST-16 TRAINING**

**SUPPORTING PROGRESS WITH READING,  
READING COMPREHENSION & WRITING FOR  
LEARNERS WITH DOWN SYNDROME (KS2 &  
BEYOND)**

WEDS 10TH JAN '23 09:00-12:30

Delivered by Allison Powell & Kate Milford

This session will look at how to work with the strengths of the specific learning profile associated with learners with Down syndrome so as to maximise success around:

- building sight vocabulary
- enabling progress with reading comprehension
- developing confidence with writing and independent composition
- creating access to whole-class reading and writing tasks

This session will look at reading and writing at range of different stages of development, and as such will be suitable for parents, teaching and supporting staff, Literacy/English leads and SENCOs from Key Stage 2 to post-16

**DEVELOPING LITERACY SKILLS FOR  
PRIMARY SCHOOL**

**AGE CHILDREN WITH DOWN SYNDROME**

TUES 16TH JAN '24 09:00-12.30

Delivered by Becky Baxter & Sam Wood

This informative day covers what we know about literacy skills in children with Down syndrome & how best to support reading development.

It includes practical ideas & examples for teaching literacy including examples of teaching activities, suggestions for resources, guidance on tailoring teaching to individual levels of ability & strengths/ weaknesses. In addition, it looks at assessing current skills, progress monitoring & ensuring continued progress as well as discussing common areas of difficulty & providing strategies for dealing with these including motivation issues, difficulties with writing, phonics & comprehension





**SCHOOL AGED + POST-16 TRAINING**

**DEVELOPING NUMERACY SKILLS FOR  
PRIMARY SCHOOL AGE CHILDREN WITH  
DOWN SYNDROME**

TUES 16TH APR '24 09:00-12.30

Delivered by Becky Baxter & Sam Wood

This practical training day includes the development of numeracy skills in children with Down syndrome and reviews the profile of strengths and difficulties in relation to numeracy.

It covers strategies and activities to develop and review number skills as well as the functional use of number skills in everyday activities. The day will review Numicon which is designed to develop the understanding of number ideas and number relationships that are essential for success in maths as well as setting and measuring appropriate targets.

**BEHAVIOUR, SELF-ESTEEM & RSE FOR  
PUPILS & STUDENTS WITH DOWN  
SYNDROME AT KS2, KS3 & KS4**

WEDS 17TH APR '23 09:00-12:30

Delivered by Allison Powell & Kate Milford

This session will explore ways to build pupil self-esteem by embedding opportunities for positive learning behaviours and peer interactions into classroom practice for pupils with Down syndrome.

This session is aimed at parents, teaching & support staff, SENCOs, & pastoral leads for pupils & students in Key Stages 2, 3 & 4.

We will look at:

- immersive provision planning: pace, space & planning for independent success, peer collaboration & social communication in class
- staggered support management
- upskilling the peer group: building knowledge & confidence around DS with the wider peer group
- Building an RSE focus into the curriculum

The session will also look at addressing and managing challenging behaviour & will include an advice clinic for delegates to seek specific support from the advisors.





**THE TRAINING TEAM**



**RACHAEL ROSS BA (Hons) PGCE, MBE**  
**Chairperson & Director of Education**

**Rachael** has a background in business and education, with a specialism in special educational needs and Down syndrome. Formerly serving on the board of Down Syndrome Education International, she co-founded Portsmouth Down Syndrome Association when she identified a gap in specialist services for children with Down syndrome after the birth of her son Max in 2004, and she created the charity's successful education programme.

Portsmouth DSA has quickly grown to be one of the leading specialist service providers in the UK, receiving royal approval last year. Rachael is also a Founding Officer of the National Down Syndrome Policy Group spearheading the Down Syndrome Act. Rachael was awarded an MBE for 'Services to Education and the Field of Down Syndrome' in 2019.

**ALLISON POWELL BA (Hons) PGCE**  
**Specialist Advisory Teacher**

**Allison** is a Specialist Advisory Teacher and has been supporting schools with the inclusion of pupils with Down syndrome since 2001, formerly with Ups and Downs South West Schools Advisory Service. She taught in London Secondary Schools throughout the 1990s, and is mum to Tom, who has DS.

Allison has also been involved in the Lamb Project which examined and implemented new processes to raise parental confidence in SEN. Allison's specific focus in this project was for young people with DS in 16+ provision.

Allison has earned a reputation for supporting schools with a broad range of aspects relating to the inclusion of pupils with DS, particularly Literacy and Differentiation.





**THE TRAINING TEAM**



**BECKY BAXTER CertMRCSLT, BSc (Hons)**

**Speech and Language Therapist**

**Becky** is the founder of LETS Go! who offer specialist services for children with Down syndrome. Becky began working with children with Down syndrome in 1997 before training as a speech and language therapist. She then worked for Down Syndrome Education International (DSEI) delivering a range of training and services, Becky continues to work with DSEI on a consultancy basis.

Becky delivers training to educators, speech and language therapists and parents worldwide. Her training covers a range of topics across the curriculum as well as in-depth behaviour, speech & language and full school inclusion. Becky is also a registered trainer for the Reading & Language Intervention for children with Down syndrome and guest lectures at University College London.

Her team of specialist inclusion advisory teachers work with parents, professionals and organisations supporting children with Down syndrome. Becky also has a Master's degree in Language and Communication impairments in Children through Sheffield University. Becky is currently completing a PhD at University College London. Becky's research area is developing and evaluating the effectiveness of a language intervention for children with Down syndrome.

**KATE MILFORD BA (Hons) PGCE**

**Specialist Advisory Teacher**

**Kate** has more than twenty years' experience teaching in mainstream secondary schools, most recently as Assistant Headteacher and SENCo with responsibility for inclusion, leading a team whose ethos of inclusivity lies at the heart of the school. In this role she has gained a wealth of experience, delivering training on a range of special educational needs and supporting teachers to differentiate their curricula.

Kate has first-hand knowledge and experience of strategies which can be implemented to allow students with Down Syndrome to flourish both socially and academically, whilst also developing independent skills in preparation for adulthood.







**THE TRAINING TEAM**



**KIM LAZAROU PGCE, BSc**

**INCLUSION ADVISORY TEACHER**

**Kim** qualified as a teacher following a degree in Psychology. Kim worked as a junior school teacher for many years and has experience of teaching and including pupils with a range of additional needs including Down syndrome.

Kim has worked in a number of Primary and Pre-school settings. Kim has worked as an assistant manager in a preschool, supporting the pre-school team, providing relevant training and working with local primary schools to support transition.

Kim is also a gymnastics coach and leads groups for pre-school children. Groups target fine and gross motor skills as well as build social skills and confidence.

Kim delivers specialist outreach services, supporting children with Down syndrome in mainstream nurseries and schools. Kim co-delivers communication groups for young adults with Down syndrome. She also delivers Early Development Groups for pre-school children with Down syndrome focussing on early reading number and motor development. Kim has had a key role in developing the Early Development Group checklist, which helps to identify targets and celebrate our children's progress throughout the early years. This tool is also used to support transition into school.

**MICHELLE SLATER**

**OUTREACH & TRAINING COORDINATOR**

**Michelle** coordinates the nursery, school & college outreach services for Portsmouth DSA. She also coordinates the PDSA training programme and bookings.



Michelle has a background in education having studied Teaching Special Needs at Portsmouth University. She moved into the business world where she was a manager for many years, before returning to the education sector. Michelle has worked with PDSA since 2013.



**THE TRAINING TEAM**



**SAM WOOD BEd (Hons)**

**INCLUSION ADVISORY TEACHER**

**Sam** is a teacher with almost 10 years experience working as a teacher across Years 3-6. Her role as a teacher has involved supporting children with a range of needs, differentiating the curriculum and implementing strategies to ensure successful inclusion for all children. Sam has worked as a lower school coordinator and acting deputy head within inclusive schools, including children with Down syndrome within her year group.

More recently Sam has worked as a tutor for children with Specific Learning Difficulties. This has enabled her to further develop her skills in multisensory teaching. Sam is currently a governor with a particular responsibility for SEND at a Hampshire Infant School. Sam joined LETS Go! in 2019 and delivers the specialist school outreach support for primary school age children with Down syndrome in mainstream schools.



**SARAH HOLTON BA (HONS) PGCE**

**INCLUSION ADVISORY TEACHER**

**Sarah** qualified as a teacher with a PGCE Primary Teaching (Early Years Specialism) after obtaining her degree in Arts in Education. She has 18 years of primary teaching experience, specialising in Foundation Stage and Key Stage 1. She has worked with many children with a variety of additional needs within a mainstream setting, and is passionate about successful inclusion. During her time teaching, she has worked as assessment coordinator and been acting Deputy Head.

Sarah joined LETS Go in 2013 and manages and delivers the Specialist Outreach Services for Foundation Stage and Key Stage 1. Sarah delivers training for professionals and parents on a variety of topics as well as running education workshops for pupils. She also delivers Early Development Groups for pre-school age children. Sarah is a mum to two children, one of whom has Down syndrome.



I have to say how invaluable the courses that you run are. I have attended quite a few over the past two years and they have given me a wealth of information to understand and improve my practice whilst working with children who have Down syndrome.

What is also great is the fact that parents attend these courses and provide an insight into their lives so that I have a wider understanding, rather than from just the educational side.





**THE TRAINING TEAM**



**TRACY NYE**

**SPEECH AND LANGUAGE THERAPY ASSISTANT**

**Tracy** is a qualified Makaton tutor and provides parents, carers and support staff with a range of Makaton training including stages 1-8, taster sessions, signing with babies and songs with sign. She has worked directly with individuals who have speech and language difficulties to whole school assemblies and even whole school events! Tracy works with parents and professionals, providing support and information to new parents of children with Down syndrome and to student doctors to develop their understanding and practice in hospitals when providing care for new families.

Tracy worked in schools for a number of years including working as a teaching assistant supporting a child with Down syndrome. She has experience in assisting SENDCos, administering assessments and delivering speech, language and fine motor programs to children from Years 1-5. She has also delivered sessions in school to Year 4 and 5 pupils, raising awareness of disability and differences.

Tracy also delivers baby groups for new parents and their babies, and delivers preschool Early Development Groups. She is experienced in supporting children with Down syndrome in mainstream nurseries and working with early years practitioners.

Tracy is a mum to two children, one of whom has Down syndrome and has experience of attending preschool Early Development Groups with her own daughter.





### THE VENUES

The majority of training sessions will be held in the conference facilities at The Mountbatten Centre or in the Solent Room at the Pyramids Centre. Venue details, including parking information, will be confirmed nearer the time of each training session



#### THE MOUNTBATTEN CENTRE

Alexandra Park  
Northern Parade  
Portsmouth  
Hampshire  
PO2 9QA

Tel: 02392 200 401



#### THE PYRAMIDS CENTRE

Clarence Esplanade  
Southsea  
Portsmouth  
Hampshire  
PO5 3ST

Tel: 02393 200 330

St Vincent's College have kindly agreed to host the Scaffolding Independent Learning Skills For Students with Down Syndrome at Post-16 session on 7th Sept at:



#### THE THEATRE, ST VINCENT'S COLLEGE

Gosport  
PO12 4QA

### HOW TO BOOK



Please complete our online form to book places on our courses. An email will be sent to you within 14 days to confirm your place(s).

<https://tinyurl.com/PDSA-Training-23-24>

### CONTACT US :



07973 220291



[schoolservice@portsmouthdsa.org](mailto:schoolservice@portsmouthdsa.org)



[www.portsmouthdsa.org](http://www.portsmouthdsa.org)



The Queen's Award

SHAPING  
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