



COWLEY
INTERNATIONAL COLLEGE



Official Club Partner

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Our ref: KMY/THT

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Dear Parents and Carers,



We are writing to inform you of an important update to our approach in supporting students who benefit from sensory regulation tools during the school day.

Evidence based research into sensory regulation—particularly studies from various SEND-focused educational bodies—show that sensory tools can:



- Reduce anxiety and emotional overload
- Improve concentration and task engagement
- Support self-soothing and emotional regulation
- Provide a predictable, calming sensory input



These benefits are most effective when the tools are simple, safe, and used consistently, the chosen items are purpose-designed rather than general toys which can sometimes become a distraction or barrier to learning.

We have selected two tools that are safe, discreet, and effective for helping students manage anxiety, focus, and emotional regulation:



- **Worry Worm**
- **Sensory Stones**

These items have been chosen because they are small enough to fit in a pocket, inexpensive to replace, and designed specifically with safety and sensory needs in mind.



Last term, we noticed an increase in students bringing their own toys or homemade sensory items. While we appreciate the intention behind this, many of these items are unfortunately not safe, not durable, or not appropriate for use in a school environment. Some contain small parts, sharp edges, or materials that do not meet safety standards.



If your child currently uses a sensory toy in school, they can purchase their own or see their year team who will have a limited supply. Students should no longer bring personal or homemade sensory toys into school, if they do not require them the toy will be confiscated and returned to the student at the end of the college day. This ensures that all sensory tools used on site meet safety expectations and support our wider SEND provision.

If you feel your child may benefit from a tool beyond those we have available in school, please refer to Occupational Therapy for further support [Sensory processing :: Mersey Care NHS Foundation Trust](#).

Thank you for your understanding and support as we continue to create a safe, inclusive, and well-regulated learning environment for all students.

Yours sincerely

K Mackay

Mrs K MacKay
Assistant Principal
SENCO

T Hewlett

Mr T Hewlett
Assistant Principal