

Dear Parents and Carers,

We are pleased to share some valuable support services and upcoming events available to families in our community. These resources are designed to help you navigate the challenges of parenting and support your child's development in a welcoming and inclusive environment.

Families First – Support from Nadette Price

Families First offers expert information, advice, and group workshops tailored to families who need support with children who have autism, experience negative behaviours, face challenges around sleep and eating, to name but a few. Nadette will be holding 1:1 drop-in sessions at the school every other Tuesday, starting Tuesday 16th September 9.30am to 10.30am. Nadette will be available for fortnightly drop-in sessions in the community room next to reception. No appointment needed.

Attending these sessions can help you:

- Understand your child's needs better
- Learn practical strategies to manage challenging behaviours
- Improve your child's sleep patterns and eating habits
- Connect with other families for mutual support

Flying Start – Support from Gill Kelly

Flying Start provides support specifically for parents of children aged 0-4. Services include advice and workshops on toileting, behaviour management, healthy relationships and parenting. Starting 23rd September, Gill will be available for fortnightly drop-in sessions in the community room next to reception from 1:30 pm to 2:50 pm. No appointment needed.

By attending Flying Start, you will:

- Gain confidence in managing early childhood challenges
- Access expert guidance in a relaxed and friendly setting
- Meet other parents and share experiences
- Learn strategies that promote healthy development and strong family bonds

Weekly Baby Group with Baby Massage

We are excited to continue our weekly baby group, which now includes baby massage sessions led by Lisa, Kirsty, and Kelly from Flying Start.

This group offers:

- Opportunities to bond with your baby through gentle massage
- Relaxation and soothing techniques to help with baby's sleep and comfort
- A supportive space to meet other parents and share tips
- Activities that promote your baby's sensory and physical development

Parent Cooking Workshop – Back by Popular Demand!

Join us for our popular Parent Cooking Workshop, run by the Multi Skills Project, running from Tuesday, 30th September until Tuesday, 21st October, 9:15 am to 11:15 am.

This workshop provides:

- Hands-on cooking experience to create delicious, healthy and budget-friendly meals
- Tips on involving children in meal preparation
- Opportunities to share recipes and meal planning ideas with other parents
- A fun, social environment to build confidence in the kitchen
- Take home what you make. All ingredients already provided.

Citizens Advice – Monthly Drop-In Sessions

We are pleased to announce that Citizens Advice will be offering monthly drop-in sessions at the school starting Wednesday, 1st October, from 9:00 am to 12:00 pm. No appointment needed.

What Citizens Advice Can Help With:

- Providing free, confidential advice on a wide range of issues including benefits, housing, debt and employment
- Helping you understand your rights and options in complex situations such as separations.
- Offering support with completing forms and applications
- Guiding you to additional local services and resources that may be helpful
- Access to expert advice without needing an appointment
- Support to resolve issues that may be causing stress or financial difficulty

We encourage anyone who may benefit from this support to attend. If you have questions or need assistance, please come along to the drop-in or contact us for more information.

Upcoming Toileting Workshop

We will be holding a Toileting Workshop on Tuesday, 21st October from 9:15 am to 10:30 am.

This workshop aims to:

- Provide practical advice and step-by-step guidance on toilet training
- Address common concerns and challenges
- Support parents in building routines that suit their child's individual needs
- Encourage confidence and consistency in toilet training

Maths for Parents Workshop

Coming soon, a Maths for Parents Workshop designed to help you support your child's learning at home. This workshop will cover the basics of adding, subtracting, multiplying, and dividing.

Benefits of attending include:

- Building your confidence in helping with your child's maths development
- Understanding key mathematical concepts your child is learning
- Learning practical tips and fun activities to make maths enjoyable at home
- Helping improve your child's numeracy skills and overall academic progress for now and the future.

Dates to be confirmed; sessions will run through the Autumn, Spring, and Summer terms.

Basic Skills Literacy Workshop

An upcoming Basic Skills Literacy Workshop will help parents develop confidence in supporting their child's reading and writing at home.

Benefits of this workshop include:

- Improving your own literacy skills to better assist your child
- Understanding how children learn to read and write
- Learning strategies to support early reading and writing development
- Building a positive reading environment at home to boost your child's confidence and enjoyment

Dates to be confirmed; sessions will run through the Autumn, Spring, and Summer terms.

We encourage all parents and carers to take advantage of these opportunities. Engaging with these services can make a positive difference for your child and your family, providing you with tools, knowledge, and connections that support your parenting journey.

Thank you for being part of our community.

Warm regards

Mr Bishop
Deputy Headteacher.