



# Shirley Schools



## Weekly Communication

To contact any member of staff, please email [office@shirleyschools.co.uk](mailto:office@shirleyschools.co.uk) marked for the attention of the member of staff and your email will be forwarded.

Friday 2nd December 2022

Dear Parents and Carers,



### **MEDICINE REMINDER**

If you send your child to school with any medicine for headaches, coughs, colds, indigestion etc, please make sure it is signed in by the school office.

**Please find the links to the letter pages on our websites:**

[Infant School Letters Link](#)

[Junior School Letters Link](#)

# Dates for your Diary

## Shirley Infant School

### DEC

Monday 5th	Dress rehearsal Christmas Play
Tuesday 6th	Christmas Play 1.45pm St James Church Ticketed event
Wednesday 7th	Christmas Play 9.45am St James Church Ticketed event
Wednesday 7th	Year R Teddy Bear Hospital - on site
Friday 9th	Christmas Dinner & Jumper Day
Friday 9th	Year 2 Wizard of Oz - off site
Friday 9th	FOSIS Cake Sale Year 2
Saturday 10th	FOSIS / PTA Christmas Fayre
Tuesday 13th	Year 1 Christmas Party - on site
Wednesday 14th	Year R Teddy Bear Hospital - on site
Wednesday 14th	Year 2 Christmas Party - on site
Thursday 15th	Year R Christmas Party - on site
<b>Friday 16th</b>	<b>School closes at 3.10pm for the Christmas Holidays</b>

## Shirley Junior School

### DEC

Monday 5th	Year 6 Bikeability Training on site
Wednesday 7th	Year 5 Minstead Parents Info Evening 5pm School Hall
Thursday 8th	Year 5 Swimming Malamutes
Friday 9th	Christmas Dinner & Jumper Day
Saturday 10th	FOSIS / PTA Christmas Fayre
Monday 12th	Year 4 Outcome Ticket to Ride 1.30pm, parents invited
Monday 12th	Year 3 outcome Southampton through Time 3.20pm, parents invited
Tuesday 13th	PTA Elfridges
Wednesday 14th	Year 3 Christmas Play 2pm & 5pm ticketed event
Wednesday 14th	PTA Elfridges
Friday 16th	Christingle 1.30pm St James, Parents invited
<b>Friday 16th</b>	<b>School closes at 3.20pm for the Christmas Holidays</b>



### **Starting school (Year R and Year 3)**

**Deadline** to make an application is **Sunday 15th January**

[https://ems.southampton.gov.uk/CitizenPortal\\_LIVE/en](https://ems.southampton.gov.uk/CitizenPortal_LIVE/en)

In light of the announcement of His Majesty's coronation on Saturday 6 May 2023, an additional bank holiday has been announced on Monday 8 May. Settings that are normally closed on a bank holiday should close on this day. This will include schools and colleges.

## Coming soon

Arctic Fox Swimming starts 15th December 2023

Husky Swimming starts 23rd February 2023

### NO DOGS ALLOWED



NO Dogs on the playground for any reason this includes carrying them unless they are a guide dog, if you have a guide dog please inform the office and provide the relevant paperwork.

No dogs allowed  
in the school  
grounds

### Christmas Dinner & Jumper Day

On Friday 9th December 2022



We are inviting all pupils to take part in **Christmas Jumper Day** in aid of the **Murray Parish Trust – to advance paediatrics emergency medicine at Southampton Children's Hospital and School Funds for Christmas DVD's**

Everyone will be invited to wear their silliest, sparkliest or cosiest Christmas woollies on this day and make a donation of whatever you can give, to help this appeal.

If your child does not have a festive sweater, do not worry – it is easy to decorate a plain jumper with tinsel or homemade stars and snowflakes.

**Please make sure your child wears school trousers or skirt with their Christmas Jumper**

**In addition, pupils are invited to join us for our Christmas Dinner on this day too!**  
**Your child's Christmas dinner must be ordered on School Grid**



### Parent Survey—Dolce

A parent survey was added to SchoolGrid yesterday, giving parents a chance to have your say about the school meal service Dolce provide. You can access this when you log in to SchoolGrid to pre order or pay.

Some of the parents may have pre ordered until the end of term and may miss out on this opportunity. Parent survey closes on Friday 9th December.



## Need your help

Is there anyone who is creative and could make a set of these each for the Year R classes please?



## Alternative to Christmas Cards this year

Did you know that if every child sent 5 Christmas cards to friends in school, across both schools this would add up to over 3,000 Christmas cards being sent and received! With the cost of living crisis and the environment to consider, we'd like to try something different this year.

In both the Infant and Junior schools, we are asking children to NOT send Christmas cards to each other. Instead, we are going to create a year group Christmas Jamboards (like a digital pinboard), that children can put a Christmas message on. We will explain this to children in Friday assembly; teachers will set the Jamboards up and share them in Google Classrooms and by email. Children will be able to look at them every few days in class to share their messages. We will print them at the end of term so children can bring the sheet home as a lovely keepsake. Thank you for supporting us in our efforts to keep costs down and reduce our impact on the planet.

## **Shirley Infants Christmas Nativity Costumes - IMPORTANT**

If you have not brought in your child's nativity costume today, please can we have them no later than Monday 5th Dec.

Please hand these in to your child's Class Teacher in a named bag.





## Shirley Infants Year R Christmas Party

Year R will be having a Christmas Party on **Thursday 15th December**.

Children can wear their party clothes into school for the day. Please ensure that they are suitable for indoor and outdoor playing so no fancy dress costumes!

Can you please help by providing a contribution to enable us to buy some party food?

We suggest a donation of **50p** per child and will pop a bucket by the entrance gate on the morning of **Monday 12<sup>th</sup> December**.

Yours Sincerely,

The Early Years Team

### Pre ordered Christmas cards, mugs, wrapping paper etc

In the office we have a couple of ordered christmas cards and several gift tags with no names on them.

Please come and have a look if your child's cards or tags are missing.



### Junior parents - A request

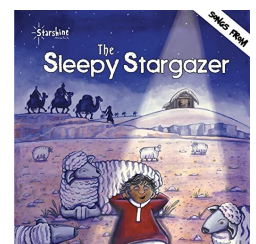
As you will know, we have made some changes to how we respond to behaviour, and there is lots going on in school around this - but we realise you may not be aware of it at home unless you are an avid reader of policies! (it takes all sorts!!). We are planning some workshops to share the strategies with you that we use in school, and will put out a parent survey about these in due course - but for now we have challenged all the children to explain these three things to you at home this weekend:

- Zones of regulation - what these are, and their toolkit (inside front cover of planner)
- Explain/Remind/Action
- How teachers generally talk to children quietly about their behaviour rather than calling it out across the classroom

We have a parent forum next Friday (9th December) and class reps will be gathering feedback about the new behaviour policy, so if there is anything you would like to share, please pass it on to your class rep.

### Year 3 play Sleepy Stargazer

If you have ordered tickets these can be collected from the office up until 6th Dec after this date they will be sent to the classroom for your child to bring home with them.



# Safeguarding

If you are Christmas Shopping and thinking about purchasing online or computer games for your children, please be aware of the age appropriate games that are on offer to you.

Game 'age ratings' explained

## What do game ratings mean?

To help you choose age-appropriate games for children most platforms will feature an age rating on the game. Due to the way certain platforms categorise games according to their content, at times the age rating for one game may not be the same across all platforms. So, it can be confusing when taking a call on whether a game is age-appropriate. However, you can set [parental controls](#) on your games console to limit what content your child accesses.



## Choosing age-appropriate games



It's important to pay attention to the age minimums for the video games your child plays. However, there is sometimes contradicting information. For example, Clash of Clans is rated Everyone 10+ on the Google Play app store, but Supercell – the makers of the game – have set the minimum age of the game to 13 and over because it features a chat function and in-app purchasing.

Therefore, it is important to understand what the ratings mean and why these may have been categorised in this way.

## How are games rated under PEGI?

All games released in the UK will have one of the following PEGI age ratings on the packaging: 3, 7, 12, 16 or 18. The rating means that the game shouldn't be played by a young person under that age.

Why? Because there may be content within the game which could potentially be harmful, frightening or worrying to children. As well as an age rating, PEGI also uses icons showing content descriptors, letting you know if a game contains: violence, drugs, bad language, discrimination, fear, gambling, sex, or in-app purchases.

<https://parentzone.org.uk/article/pegi-games-ratings>

This link will also have other links and guides to online games such as Roblox and Adopt Me!



# FOSIS/PTFA

## UPCOMING EVENTS... FOSIS/PTFA CHRISTMAS FAIR – SATURDAY 10 DECEMBER



Come and meet Father Christmas at our Grotto and buy some Christmassy gifts at our festive stalls. There'll be Christmas crafts for the kids to do, lots of activities and our café to grab a drink and lunch. If you'd like to help run a stall on the day, or have your own stall, just let us know by emailing [pta@shirleyschools.co.uk](mailto:pta@shirleyschools.co.uk)

Any sealed bottle donations for our tombola gratefully received – please take to the school office.

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## INFANT CAKE SALE – FRIDAY 9 DECEMBER



Cake cakes and more cakes! Bring your pennies to buy lots of fabulous cakes and raise money for our infant school – 50p a cake. We'll be selling in the infant playground after school on Friday 9 December.

It's the turn of year 2 to organise this cake sale - cake donations (bought or baked, no nuts please) very gratefully received and can be taken to the office on the Friday morning or brought straight to the stall after school.

Please bring your own containers to take cakes home. Thank you!

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## INFANT PARENT FORUM MEETING MINUTES NOW AVAILABLE

Thank you to everyone who shared their feedback and suggestions for the infant parent forum, and a special thank you to the class reps who were able to join the meeting. The meeting minutes have now been published on the school website and can be found here: [https://www.shirleyinfantschool.org.uk/\\_site/data/files/documents/8749BB31FC43124688194877546C5DEA.pdf](https://www.shirleyinfantschool.org.uk/_site/data/files/documents/8749BB31FC43124688194877546C5DEA.pdf)

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## ELFRIDGES IS BACK! (JUNIORS ONLY)



On **13 and 14 December** your junior school child will have the chance to go 'shopping' in our present room (aka the Community Room) and buy and wrap a gift for you, their siblings or friends. This will be done during the school day. Tickets will be £1.50 per gift, limited to 2 gifts/tickets per child and can be bought in advance (link below) or cash on the day. **Buy your tickets here – [SJS PTFA \(pta-events.co.uk\)](http://pta-events.co.uk)**

If you have any unwanted gifts, wrapping paper, bows etc that would be suitable for Elfridges, we'd be very grateful - **please bring to the school office.**

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## THANK YOU...



A huge thank you to everyone who joined us on the dance floor for the Junior disco last week. We all had so much fun and loved seeing you (and the teachers!) throwing some fabulous moves on the dance floor.

We raised over **£900** for the Junior School.

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## BUY YOUR SCHOOL A PRESENT THIS CHRISTMAS!



At this seasonal time of year it's always nice to give something back. As we all know schools are chronically underfunded so aren't able to spend on some of the resources that would really add value to our children's education. If you feel able to help then please have a look at the school's Amazon wish lists and see if you could gift them something useful this year. Remember if you shop through AmazonSmile, the school will receive a percentage from your purchase! Thank you!

[Juniors Wish List](#) – remember to choose Shirley Junior School PTA through AmazonSmile

[Infants Wish List](#) – remember to choose Friends of Shirley Infant School through AmazonSmile

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## DON'T FORGET ...

**Our school lottery** raises money directly for the **Junior School**. Every week there is a guaranteed cash prize for someone from the school.



This prize money goes up the more tickets we sell.

You are also automatically entered into the national draw where you could win £25,000! The tickets cost just £1 each week.

Sign up here: <https://www.yourschoollottery.co.uk/lottery/school/shirley-junior-school>

## Extra special prize this December.....



We're thrilled to be able to announce our big prize for the December draw – a MASSIVE PS5 bundle! This incredible prize includes a PS5 (disc edition), extra controller, 3 amazing games, an official PlayStation Pulse headset, and loads more goodies – as well as a 43" 4k Ultra HD Smart TV to play it on!





If you are **shopping online**, please click on these links first. They then donate to the school at **NO EXTRA COST TO YOU**. Amazon = <https://smile.amazon.co.uk/>

**Infants** – choose Friends of Shirley Infant School

**Juniors** - choose Shirley Junior School PTA

Online shopping from bread to bathrooms, use Easyfundrasing, sign up here:

[Infants – Friends of Shirley Infants – Southampton](#)

[Juniors – Shirley Junior School PTFA – Southampton](#)

## STAY CONNECTED AND GET INVOLVED...

Our website pages:

**FOSIS** – [Friends of Shirley Infant School - Shirley Infant School](#)

**PTFA** – [PTFA - Shirley Junior School](#)

On Facebook through the private year groups – please remember that these groups are managed by parents and not run by the school:

### Infants

Year 2 Face book group - <https://www.facebook.com/groups/849370902208557>

Year 1 Facebook group - <https://www.facebook.com/groups/774368666506974>

Year R Facebook group - <https://www.facebook.com/groups/1150736922357432>

### Juniors

Parents of Year 6 Face book group - <https://www.facebook.com/groups/1716707195249069>

Parents of Year 5 Face book group - <https://www.facebook.com/groups/649407131910961>

Parents of Year 4 Face book group - <https://www.facebook.com/groups/137311320449399>

Parents of Year 3 Face book group - <https://www.facebook.com/groups/172919936937823>

## Community Information

**TEAM SPIRIT**  
SPORTS COACHING

JOIN US FOR OUR  
**CHRISTMAS SPECIAL COURSES**  
**19th - 21st**  
**DECEMBER**

**WWW.TEAMSPIRIT4SPORT.CO.UK**

**19TH DECEMBER:**  
**XMAS SPECIAL COURSE**

**20TH DECEMBER:**  
**XMAS SPECIAL COURSE**

**21ST DECEMBER:**  
**WINTER BALL!!!**

**WORDSWORTH PRIMARY SCHOOL**  
**VICTOR STREET | SO15 5LH**



Southampton Music Hub and Friends of the Southampton Youth Orchestras  
present their annual

## **Pyramid Concert**

*Featuring Acorn Strings, Elgar Strings, Youth Strings, Youth  
Concert Sinfonia and Youth Orchestra*

**Saturday 28 January**

7.00pm

**at Central Hall**

St Mary Street, Southampton, SO14 1NF

Tickets:

£12 adults, £8 concessions, £2 under 16s  
£25 Family ticket - 2 adults and 2 children

Box Office:

Available on the door on the day



[southamptonmusichub.org](http://southamptonmusichub.org)  
[music@southampton.gov.uk](mailto:music@southampton.gov.uk)

023 8083 3648  
@musichubsouth



Did you know that we have a Dial a Ride in Southampton?

Dial a Ride is a door-to-door service using fully accessible vehicles that can carry both wheelchair and seated passengers. Dial a Ride is available to anyone who lives in Southampton who cannot use mainstream public transport due to a disability and don't have their own transport.

The service can go anywhere within the city of Southampton excluding hospital appointments, day centres or the GP.

Membership is free, passengers pay-per-trip.

Call 023 8022 2289 to ask for a membership application form or go [online](#).

sca**transport**  
Southampton City Council



## **SOUTHAMPTON DIAL-A-RIDE**

**A dedicated and affordable door-to-door transport service to help you if you are unable to use mainstream public transport, due to a disability.**

**It's for people of all ages, living in Southampton.**

**Search 'Southampton Dial a Ride' online to find out more.**



 **023 8022 2289**

 **dialaride@sciagroup.co.uk**





## Christmas for Children and Young People who have experienced trauma.

### Resources for Parents and Schools

Christmas is coming and for most children, young people and their families, this creates feelings of excitement and joyful anticipation as they recall their memories of Christmas past; family coming together, the magic, the surprise, the gifts, the food.... Unfortunately, Christmas isn't like that for everyone.

Children and young people with developmental trauma may recall Christmas as the time when the adults around them, who perhaps were always unpredictable, frightening and abusive, become even more so - for these children and young people, Christmas may be anticipated with terror.

(Acord Education and Care, 2020)

With thanks to Kent Virtual School, with support from Bexley and Medway Virtual Schools, for the production of this information leaflet.



## Research

Fundamental to supporting children and young people with developmental trauma is establishing a sense of safety.

Critical to this is known carers providing reliable, predictable daily routines and boundaries, a consistency of communication and response and clarity of expectations within containing and sensory balanced environments.

Christmas however, often means a complete change in the norm—the environment is decorated, the lighting is different, bedtimes and getting up times may vary, the bedtime routine may be different in preparation for Santa, meal times may happen at different times, there may be unknown visitors, secret whispers and hiding, lots of surprises, loud noises, singing and nativity practise, unstructured timetables and references to sought-after gifts.

It would seem then, at a time when a traumatised child or young person is in most need of feeling safe, a time when they are anticipating terror, everything that may bring that sense of safety, changes.

(Acorn Education, 2020)

For those children who do not celebrate Christmas, it can still be a time of difficulty. Lack of familiar routines at school, feeling confused and not feeling included can all lead to increased anxiety and a lack of feeling safe.

Research shows that children and young people with developmental trauma are hypersensitive to danger and are thrown back into their primitive drive for survival, adopt states of 'Flight/Flight/Freeze' and within these present with many behaviours:

- \* Not focused
- \* Not listening
- \* Clumsy
- \* Daydreaming
- \* Aggressive
- \* Disruptive / loud
- \* Hyperactive
- \* Running away / hiding
- \* Silly voices
- \* Controlling

(Bowlby, 1969)

## Strategies for Home

### Try to make Christmas a predictable, planned event:

- \* Talk about Christmas beforehand. Explore fears and hopes. Think about coping strategies.
- \* Involve the children in the planning, allow them to have some control over the events.
- \* Prepare a schedule for Christmas— who is around, what will happen and when.
- \* Use the advent calendar as the countdown and schedule of events.
- \* Prepare your children ready for the next school term— what will they be learning, why the classroom will look different (the decorations will be put away before they are at home, displays will change etc).

### Keep to the house routines:

- \* Try to maintain the daily routines; particularly the child or young person's individualised routines for getting up, washing, dressing, bedtimes and meal times, even Christmas dinner.

### Keep to the house rules:

- \* Stick to the house or individual rules about time on social media or gaming consoles.
- \* Maintain the usual boundaries and behavioural expectations.

### Provide opportunities for emotional regulation:

- \* Build in quiet times to the festive days, after each exciting point providing time to calm, regulate and touch base.
- \* Make time to get some fresh air or take some physical exercise.
- \* Be thoughtful about noise levels, allocating a 'quiet room' where noisy games and activities are kept away from.

## Strategies for School

### Routines and Structure:

(Beacon House, 2021)

- \* Do more of what works (rather than less): Children may need more of your presence, more supervision, more scaffolding and more support than usual. How can time for this be built in? How can you build up your emotional reserves to give you the energy you need?
- \* KNOWLEDGE is empowerment: Making the Christmas schedule explicit and predictable lowers stress for all. Draw it out, write it out, repeat it lots, keep as much as you can as the same as usual. Share the timetable with parents who can support their children with their daily routines.
- \* Provide opportunities for emotional regulation: Build in quiet times to the festive days, after each exciting point providing time to calm, regulate and touch base.

### Zones of Regulation and Emotional Check-ins:

- \* EXPLORE the anticipation of Christmas: "Christmas is coming, what's that like for you?" "Where do you think you are today?"
- \* EXCITEMENT is just the other side of the coin: Anticipate that excitement can often feel the same as stress for traumatised children. It's okay to keep things low key and by reducing excitement you are reducing stress.
- \* CONNECT then REFLECT: "I can have a hard time when Christmas is over too—especially when I was a kid.... Here's what we could do together to get back into a routine we enjoy..."

### Naughty or Nice list:

- \* Help the child to know that giving and receiving presents is not dependent on them being good. They are loved and worthy regardless of their behaviour. Similarly, you are thinking of them over the break, perhaps give them some colouring to bring back in January that you are very much looking forward to seeing!
- \* Elf Cams and Santa's watching—be mindful that this can be stressful for children who feel shame and rejection.



# Resources

## Useful Websites:

[Issue-4-Christmas.pdf \(acorneducationandcare.co.uk\)](#)

[Coping with Christmas | Adoption UK Charity](#)

[5 Ways To Have A Trauma Informed Christmas - Lisa Cherry](#)

[Xmas storm \(beaconhouse.org.uk\)](#)

[PACE at Christmas \(beaconhouse.org.uk\)](#)

[Surviving Christmas with Trauma - The Trauma Practice](#)

[Surviving the Holidays with C-PTSD / DID — Beauty After Bruises](#)

[50+ Christmas Crafts for Kids - The Best Ideas for Kids](#)

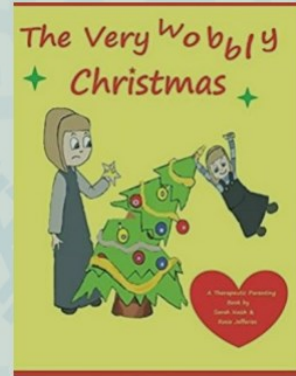
[Christmas Sensory Survival Kit \(sensoryintegrationeducation.com\)](#)

[Sensory Gift Guide for All Ages \(sensoryintegrationeducation.com\)](#)

## Books:

[11 Christmas Books For Adoptive Families | Adoption.com](#)

[The Very Wobbly Christmas: A story to help children who feel anxious about Christmas: Amazon.co.uk: Naisb, Sarah, Jefferies, Rosie: 9781726626729: Books](#)



# Beacon House Resources

**SUPPORTING TRAUMATISED CHILDREN THROUGH THE CHRISTMAS STORM**  
Based on ideas from Dan Hughes, with thanks to Helen Crothers

Christmas is exciting and we each bring our own shade of past experiences, expectations, internal and external pressures. Here are some top tips for how to survive and thrive in the Christmas Storm.

**THE CHRISTMAS WINDOW FOR ADULTS**  
Your (own) feelings. It is ok to prioritise your own regulation if you feel broken, rage or despair than your child will feel it too. The first Christmas job is to regulate yourself!

**OWNING your feelings.** By acknowledging your own feelings towards Christmas, you can start to see how they might impact your empathy and connection with others.

**CO-CREATING your own Christmas.** Christmas brings huge changes in routine and expectation. It is ok if you avoid or adapt certain Christmas rituals. By doing this you are supporting your child to feel successful by not having the experience of 'being at Christmas'.

Invite your **SUPPORT NETWORK** to help. It's okay to know that you can't do it all alone. Ask your supportive friends, family or colleagues to help co-create a Christmas that is right for you and your child.

**REGULATION OF FEELINGS**  
THINK OF THEM AS: **INTERNAL** (feelings) and **EXTERNAL** (actions)

**EXCITEMENT** is just the other side of the coin. Anticipation that excitement can offset that the same as stress for traumatised children. It's okay to keep things low key and by reducing excitement you are reducing stress.

**CREATING CHRISTMAS SAFETY THROUGH CONNECTION, RESPECTABILITY & COURTESY**  
Beacon House

**KNOWLEDGE** is empowerment. Making the Christmas schedule explicit and predictable lowers stress for all. Draw it out, write it out, repeat it lots, keep as much as you can the same as usual.  
How can you build up your emotional reserves to give you the energy you need?

**DO MORE** of what works better than less. Your child needs more of your presence, more acceptance, more scaffolding and more support than usual. How can time for this be built in?

**DO ACTIVITIES TOGETHER.** Create a Christmas culture of connecting, playing, making, baking. Consider what would be just the right level of connection.

**EXPLORE** the anticipation of Christmas. "Christmas is coming, what's that like for you?" Everyone experiences Christmas differently, from being happy and excited through to finding it really difficult. Where do you think you are today?

**UNDERSTAND** their Christmas pain. Be curious - "What did you need to do at Christmas that you enjoyed?" "What would you like to keep doing each Christmas?" "What would you like to lose?" "What would make it just right for you?"

**LETTING GO** of 'should's'. Let go of expectations for yourself or your child about what Christmas should be like or feel like. It is what is for you and your child in that moment. That is more than okay.

**DISCOVERING** the worries. Be curious and empathic towards your child's memories, questions, feelings, gifts or stories about their birth/family. Explore - "You don't feel for you to enjoy Christmas? There is a part of you that feels bad? How does it feel to know that this is so normal and you can both laugh and enjoy it?"

**GIVING AND RECEIVING AT CHRISTMAS**  
Beacon House

The **DETERMIN** of presents. Past deprivation may make both giving and receiving presents a trigger for shame, guilt or fear. Be a model for your child: help them see the joy people experience from the thinking, planning, making, giving and receiving of presents.

**FORGET THE NAUGHTY OR NICE LIST!** Help your child to know that giving and receiving presents is not dependent on them being good. They are loved and worthy of gifts as your family regardless of their behaviour.

**Keep presents LOW KEY.** Too many or very expensive gifts can be overwhelming and too much, leaving your child with an urge to reject or break things to regulate their feelings. Treat your gifts, make them like-to-lose, tolerable, acceptable.

**THREAT / CAREER**  
"I would have broken better!"  
"I got it right, you probably not!"  
"This was a waste of my last money!"  
"You got that! What's wrong?"  
"I feel so guilty because I can't afford it!"  
"I don't want it!"

**WATCH OUT FOR THE POST-CHRISTMAS BLUES**  
"I feel so guilty because I can't afford it!"  
"I don't want it!"

**WHY NOT TRY...**  
INCREASING familiar structure and consistency. Helping them get back into the momentum of 'normal' life by increasing structure and expression. Use your presence to help them get back to previous habits and predictable routines.

**CONNECT** then reflect. "I can have a hard time when Christmas is over but - especially when I was a kid. Here's what we could do together to get back into routine we enjoy"

Beacon House is passionate about developing freely available resources so that knowledge about the repair of trauma and adversity is in the hands of those who need it.

Please visit their website for the whole range of resources available:

[Resources \(beaconhouse.org.uk\)](#)

**The Power of PACE at Christmas Time** - There are a lot of feelings being awoken at Christmas time for children and adults alike. Finding the right balance for you is something to work on. PACE can help. PACE = Predictable, Safe, Connected, Empathy.

**P**redictable is the sense of knowing how something will be. It's about knowing what to expect. It's about knowing that you might not be able to take these away. There may be a need to adjust to your situation to help you to be able to take these away. It's about knowing that you might not be able to take these away. There may be a need to adjust to your situation to help you to be able to take these away.

**A**nticipate is about knowing "what" even when this is usually what we want to know. It's about knowing what to go on to do for someone or yourself.

**C**onnect is about knowing the risk of being wrong. It's about knowing that you might not be able to take these away. There may be a need to adjust to your situation to help you to be able to take these away.

**E**mpathy is about knowing the risk of being wrong. It's about knowing that you might not be able to take these away. There may be a need to adjust to your situation to help you to be able to take these away.

**P**ACE is a way to help you to be able to take these away. It's about knowing that you might not be able to take these away. There may be a need to adjust to your situation to help you to be able to take these away.

To PACE yourself: "To do something or to spend time in a way that is already what you collect into to continue without becoming too tired."

# Useful contact information

## Adoption Partnership South East

Adoption Partnership South East is the regional adoption agency, delivering adoption services for the London Borough of Bexley, Kent County Council and Medway Council.

They support parents with every step of their adoption journey, from your first thoughts about adoption, the application process and one parents have adopted. Bringing together expertise, they are committed to achieving the best for all our children across the region.

For advice, support and information on adoption services, including development and training:

Advice line: 03000 422373

Email: [adoption.Partnership@kent.gov.uk](mailto:adoption.Partnership@kent.gov.uk)

General Enquiries: 03000 420508 to speak to a member of the team about your enquiry.

Facebook: [Adoption Partnership South East | Maidstone | Facebook](#)



**We would like to take this opportunity to wish you all a fun, calm and nurturing Christmas and New Year.**



## FREE Winter Family Fun Day 2022

Monday 19<sup>th</sup> December

9.30am to 1.30pm

At Itchen College, Middle Road, Bitterne SO19 7TB

Free project for families in receipt of benefit related free school meals #HAF2022

Cookery Activities

Art and Crafts

Book at:  
[www.cm-foundation.co.uk](http://www.cm-foundation.co.uk) – current projects  
Email for more information;  
[sam@cm-foundation.co.uk](mailto:sam@cm-foundation.co.uk)

Sport and Games

Two course hot meal

Plus entertainment after lunch!





*Southampton Music Hub  
presents  
Southampton Youth Concert Sinfonia*

**SYCS-MAS!**

*Featuring festive favourites from  
Sleigh Ride to Christmas at the Movies*

*Wednesday 7th December  
Doors 7pm  
Concert 7:30pm*

*Kings Community Church  
Upper Northam Road  
Hedge End  
Southampton  
SO30 4BZ*



*Adult £12, Concession £8, Under 18s £1*

<https://www.ticketsource.co.uk/Friends-of-Southampton-Youth-Orchestras/syccs-christmas-concert/2022-12-07/19:30/t-yazpjo1>