



Shirley Schools



Weekly Communication

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

Friday 20th January 2023

Dear Parents and Carers,

Please find attached to the school website the following letters;

- Year 4 Parent Information Rain Forest Trip

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 at 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

JANUARY

Friday 27th

INSET DAY - School closed to pupils

Monday 30th

INSET DAY - School closed to Pupils

Tuesday 31st

Parent workshops on behaviour and relationships in school - **Virtual event 12:30-1:30pm**

FEBRUARY

Thursday 2nd

Year 1 Celebration Event 2.45pm in classroom

Friday 3rd

Year 2 Home Learning due

Tuesday 7th

Year 1 Fire Visit - on site

Thursday 9th

Year R Celebration Event 2.45pm in classroom

Friday 10th

School closes for Half Term

13th—17th

HALF TERM

Monday 20th

School re-opens for SPRING 2

Wednesday 22nd

Year 2 Great Fire of London - on site

Thursday 23rd

Year R Mill Cottage - on site

Thursday 23rd

Year 1 Manor Farm - off site

Shirley Junior School

JANUARY

Monday 23rd

Young Voices - off site

Thursday 26th

Year 5 Swimming Arctic Foxes

Thursday 26th

NO CHOIR

Friday 27th

INSET DAY - School closed to pupils

Monday 30th

INSET DAY - School closed to pupils

FEBRUARY

Thursday 2nd

Share my learning 8.45am & 3.20pm in classrooms

Thursday 2nd

Year 5 Swimming Arctic Foxes

Thursday 2nd

Year 4 Fishbourne Roman Palace - off site

Friday 3rd

PTA Quiz

Thursday 9th

Year 3 Sleep over and light party - on site

Thursday 9th

Year 5 Swimming Arctic Foxes

Friday 10th

PTA Cake Sale

Friday 10th

School closes for Half Term

13th—17th HALF TERM

Monday 20th

School re-opens for SPRING 2

Thursday 23rd

Year 5 Swimming Siberian Husky

Share my learning—Juniors

We will be changing days from Spring 2 as follows:

Tuesday 21st March

Thursday 18th May

Tuesday 11th July

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

- Parents Evening dates - Spring 2
- Information on potential strikes

Tips to limit screen time

Reducing screen time is one of the most common concerns we hear from parents. **The reality is, a 'one-size fits all' tip or rule for screen time doesn't work for everyone.**

This resource from Smart Social has 50+ tips to help families find ways to reduce screen time. Scroll through the tips and we're sure at least one will connect with your goals and what your child/children need help learning in their lives today.



Use this link:-

<https://smartsocial.us3.list-manage.com/track/click?u=31eb4161cfb27071716e69a09&id=6ba11a054e&e=493e055c0a>

SHIRLEY JUNIOR YEAR 4 PLEA

If you have any clean unwanted bed linen (duvet covers, pillowcases, sheets), please consider donating it to Year 4 for their Rags to Riches project. Thanks.

These can be handed into the school office.



Eagle and Barn House Pupils

On Thursday 26th January, children in Barn and Eagle House can come to school in non-uniform as they have won the most house points so far this year as well as best attendance.



Safeguarding

Online safety advice

Understanding online safety is tricky for all ages. Here is some advice to help you learn about staying safe online as a family

[https://www.nspcc.org.uk/keeping-children-safe/online-safety/.](https://www.nspcc.org.uk/keeping-children-safe/online-safety/)

<https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/staying-safe-online>

FOSIS/PTFA

UPCOMING EVENTS...

JUNIOR QUIZ NIGHT (ADULTS) – FRIDAY 3 FEB @ ATHERLEY BOWLING CLUB



Our adult quiz night is back (**over 18s only**), so get your teams ready. This will be held at our new venue **Atherley Bowling Club**. 7.30pm – 11pm.

For just **£10 per person** you'll have entry to the quiz and a delicious curry from Sanjha. Drinks are available from the bar at very reasonable prices.

Teams can be a maximum of 8 people with no minimum. For smaller groups and individuals, just let us know if you'd like to be joined with others to make up a bigger team. Ticket price includes a buffet of chicken and vegetable curry with naan and poppadums.

Tickets here – [SJS PTFA \(pta-events.co.uk\)](http://pta-events.co.uk)

Please could each team bring a raffle prize (suggested value £5-£10)



JUNIOR QUIZ (KIDS) – FRIDAY 3 FEB @ JUNIOR SCHOOL HALL

Our annual Junior quiz will also run on Friday 3 Feb in the **Junior School Hall** - **£3.50 per child (years 3-6 only)** including a hotdog or slice of pizza, and free water and squash.

We'll also have a tuck shop selling hotdogs, pizza, sweets and snacks.

Teams will have up to 8 children each. We'll allocate children to teams to ensure that all teams have a mixture of ages. You can let us know who your child wants to be in a team with or just enter them as an individual and we will do our best to match them with other children they know.

Parents should drop off and collect their children via the doors in the playground. Parents do not have to stay but if you would like to come and help then please sign up to volunteer. Younger siblings are welcome to join in if their parent is helping.

Tickets here – [SJS PTFA \(pta-events.co.uk\)](http://pta-events.co.uk)

COLOUR RUN SAT 25 MARCH - VOLUNTEERS NEEDED



We need lots of volunteers for our colour run event on Saturday 25th March held at the school - we need marshalls, bbq'ers, entrance, shop and more!

We'll be setting up from 9am with the event running between 11 & 2pm and then clear up after. We will also need help with some final tidy up on Sunday morning.

Many hands make light work right?

Please contact fosis@shirleyschools.co.uk if you can help at all, even if for an hour, every little helps. All are welcome so why not rope in a grandparent too!

DIARY DATES

There's been a couple of changes to the dates – Infant quiz now on **Friday 21 April**, and our Summer Fair on **Saturday 8 July**

SAVE THE DATE

JANUARY
17 Bag2School

FEBRUARY
3 Junior Quiz
10 Junior Cake Sale

MARCH
3 World Book Day
10 Family Disco
25 Colour Run
31 Non-Uniform Day
31 Infant (Yr1) Cake Sale

APRIL
21 Infant Quiz
22 Tidy Up Day 1

MAY
13 Tidy Up Day 2
19 Family Bingo
26 Break the Rules Day
26 Junior Cake Sale

JUNE
13 Bag2School

JULY
8 Summer Fair
14 Infant (YrR) Cake Sale
14 Volunteers Picnic

SAVE THE DATE

THANK YOU

A big **thank you** to every that donated to our Bag2School collection – we raised **£252** for our schools



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](https://www.yourschoollottery.co.uk/lottery/school/shirley-junior-school)



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



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

 southamptonmusicclub.org
music@southampton.gov.uk

023 8083 3648
@musicubsouth

 SOUTHAMPTON
CITY COUNCIL

Southampton Music Hub and the Friends of Southampton Youth Orchestras will be holding their annual Pyramid Orchestra Concert which will feature children from many schools across the city as members of our Acorn, Elgar and Southampton Youth Strings groups plus our orchestras; SYCS and SYO. This will be taking place at Central Hall on Saturday 28 January (7-9.15pm).

This concert really showcases the amazing talent of our young musicians ranging in age from year 1 in our Acorn group right through to young adult players in our top orchestra, Southampton Youth Orchestra, where the younger members will hopefully end up player in a few years' time. The ensembles are made up of 182 players from across Southampton.

LIGHT UP

With the Inset Days approaching on 27/1, we wanted to get in touch with an invitation to the parents at both schools for an out of school Light UP Inset Day. The event will be held at St. James Memorial in their main hall, it will be open to Shirley Infant and Junior children, as well as children from Wordsworth.

[This is a letter describing the event](#)

You can book their child's spot here:

<https://www.lightupdrama.org.uk/events/drama-inset-day-27-1>

After booking you will receive a confirmation with further information about the event.



LIGHT UP

LEARNING TO SHINE ON AND OFF THE STAGE

SPRING TERM BEGINS 2/01/23

- 1 hour classes
- 2 hour company
- Advanced classes & LAMDA exams



SATURDAY MUSICAL THEATRE CLASSES



BOOKING OPEN



PARTIES

Leave the drama to us & we'll put you centre stage of your next party!

www.lightupdrama.org.uk/parties

FIND US ON   

REGISTERED CHARITY NUMBER 1194787

Light UP's Shirley Company performance of The Lion, the Witch and the Wardrobe.

We have 6 students from the Juniors in the cast so it would be lovely to get the support of the school community.

Performances are taking place the weekend of 11/2-12/2 at Royal Victoria Country Park.



LIGHT UP SHIRLEY COMPANY

IN CO-PRODUCTION WITH
MASKERS THEATRE COMPANY



PRESENT



THE LION, THE WITCH, AND THE WARDROBE

THE LION, THE WITCH AND THE WARDROBE
By C.S. LEWIS DRAMATISED BY ADRIAN MITCHELL
MUSIC BY SHAUN DAVEY

11-12 FEBRUARY 2023
ROYAL VICTORIA COUNTRY PARK



NARNIA IS WAITING FOR YOU, BOOK NOW!



This amateur production of THE LION, THE WITCH AND THE WARDROBE is presented by arrangement with Concord Theatricals Ltd. www.concordtheatricals.co.uk



Need support and advice during the cost of living crisis?

SO:Linked and Southampton City Council are holding a series of drop-in community events across Southampton which offer advice and guidance for people alongside a community market place of local organisations which can offer support.

Come and meet us

Monday 16th Jan from 11am - 2pm

Central Library, Civic Centre, Southampton SO14 7LW

Monday 23rd Jan from 11am - 2pm

Woolston Library, Centenary Quay, Victoria Rd, Woolston, SO19 9EF

Monday 30th Jan from 11am - 2pm

Shirley Library, Shirley Precinct, Shirley, Southampton SO15 5LL

For more information about our community drop-in events visit

www.solinked.org.uk, call us on **023 8021 6050** or email soccg.solinked@nhs.net



Cost of living

Many people are being affected by the rising cost of living and it can be very hard when you don't feel in control of your money. The crisis is affecting everyone, but some are struggling much more than others.

Please use this link for more information - [Cost of living information](#)

Boost your immunity this winter season against flu & COVID 19

Get your
COVID19 jab



Check your eligibility and book an appointment
www.nhs.uk/wintervaccinations

Southampton Sporterium: Sportive and Free Family Ride

We are excited to welcome back the Southampton Sporterium, which includes the Sportive, free family ride and Spin City events, on Saturday 1 April 2023.

The Sportive is a non-competitive cycling event made up of two distances: 60k, which takes you from the city through the surrounding countryside of Fair Oak, Shawford, Braishfield and Romsey, and 100k, and goes as far as New Alresford and Stockbridge. You can ride alone, with a team or ride for charity. There are plenty of options available, so please [book your place](#) here.

Alongside the main Sportive event, you'll also find free family ride and Spin City. Bring your own bike or try out a new set of wheels; we will have a variety of bikes suitable for all ages and abilities to try out on the traffic-free loop, so if you and your family want to get into cycling, this is the perfect place to try it out.

Visit the Bike Doctor in Southampton

Come along to the regular Bike Doctor services in Bitterne Precinct and Guildhall Square, taking place on the first Wednesday and first Thursday of the month, respectively.

Minor alterations, adjustments and replacement work are all free, and users just pay for parts e.g., replacement inner tube or brake pads. The Bike Doctor can also give advice on maintenance and if more extensive work is needed.

Upcoming dates:

- Bitterne Precinct Bike Doctor: 1st Feb and 1st March, 2023 10am to 2pm
- Guildhall Bike Doctor: 2nd Feb and 2nd March 2023, 10am-2pm

All dates are on our My Journey [events page](#) so keep an eye on the website and Facebook page for all updates, including upcoming Bike Doctor dates in other community settings!

Cycle Confidence sessions in Southampton

Always wanted to take up cycling but don't have the confidence to hit the road? We are offering 5 hours' worth of free cycle training to Southampton residents with our partners Monty's Bike Hub.

Please go to the [My Journey website](#) for details of how to register. If you don't currently have a bike, no problem – make sure to let Monty's know when you are applying, and they can try to arrange a bike for you.

Easy Southampton 'Breeze through winter' 2023 ride

It's winter, and we know you're ready to get back on the bike.

The Southampton Breeze group wants to help you do just that—with a leisurely 2023 ride through some of the quieter roads and greener areas of Southampton.

We'll be meeting at the Common and heading out from there for a short ride along some quiet Southampton roads and cycle paths into town before returning to our start point to finish up. Perfect for those looking to get back into cycling, or have cycled a little bit before but want to do this with a supportive group of other women! Maybe you're able to confidently handle a bike, but haven't tried cycling on roads before; then this ride is for you!

This is one of a series of rides that may become longer or shorter dependent on the conditions. To attend the ride, please ensure you register your profile on [Let's Ride website](#) and confirm your attendance.

Southampton Dial-a-ride

Have you used our Dial-a-ride service 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 to the [website](#).

Southampton bus travel offers

There's still time to take advantage of some brilliant bus travel offers in and around Southampton. Plan your day or evening out and choose greener travel options with one of the discounts below:

£1 Bus Travel after 6pm

There's never been an easier or more affordable time for you to get back on board with £1 travel after 6pm on [Bluestar](#) and [City Red](#) buses.

The incredible offer is available on all routes and all fare zones, so is perfect for getting around Southampton or visiting nearby towns and cities. The new 'tap on tap off' system works with this limited time offer. If travelling after 6pm, a fare of just £1 will be automatically recognised for any single journey.

5 for £5 travel offer

Local bus operators and Southampton City Council are continuing the 5 for £5 offer on weekends. Groups of up to five people can continue to travel at weekends on [Bluestar/Unilink](#) services and [City Red](#) buses and pay just £5 for the whole day. There are no time restrictions either!

The offer makes travelling around the city much more affordable for families and groups exploring the city's museums, parks, shops and restaurants.

Southampton City Council starts roadworks in Bedford Place

Following the public consultation and engagement with local businesses Southampton City Council are undertaking work to improve Bedford Place and Carlton Place. The works will help elevate the character of the area as a place to socialise and shop, whilst reducing traffic speeds and increasing safety in the area.



Works include the creation of an accessible, pedestrianised, piazza-style public area to encourage outside dining on Carlton Place, as well as a widened pavement area at its junction with Bedford Place. The improvements will also support the newly established 20mph speed limit within the Polygon area of the city.

Works have started and aim to finish by April 14, 2023. For more information about the changes and for full details of the phases of works, visit the [webpage](#). You can also stay up to date with roadworks in Southampton by following [@scchighways](#) on Twitter or visiting the [website](#).

Role Models

FREE PARENT WEBINAR

'HOW TO DEVELOP CONFIDENCE IN CHILDREN'

Delivered by the
Role Models Education Team

TUESDAY 28TH FEBRUARY

7.30PM (UK TIME)

LAURA KAY

FRANCES WALLER

The poster features a dark blue background with a faint image of a child wearing glasses. On the right side, there are two circular portraits of women, Laura Kay and Frances Waller, set against a yellow, cloud-like shape. The text is white and yellow, providing clear information about the webinar.

[Webinar Registration - Zoom](#)

[Letting go of Perfection Webinar](#)
[Letting go of Perfectionism - YouTube](#)

[Growth Mindset Animated Program for Kids & Teens - GoMindset! \(gozen.com\)](#)

Southampton Central Library is hosting FREE Lunar New Year crafting events as part of their #WarmWelcome

Thursday 19 Jan: 2pm - 3:30pm. Knit your own rabbit.
All skill levels welcome, materials provided.

Saturday 21 Jan: 10:30am -12:30pm.
Join in the fun at the children's library for some paper lantern, dragon and mobile crafting for the whole family.

No need to book, simply show up and get creative!

At council and community libraries [warm welcomes](#), there are programmes of [free activities](#) (with free refreshments), plus access to books, newspapers and magazines, computer facilities and wi-fi.

Enjoy events organised by local community groups

Saturday 21 Jan: Chinese New Year celebration event

Organised by the UK Shaolin Temple.

MAST Mayflower Studios from 10am | Guildhall Square from 12noon

[Find out more about all the activities taking place at this event here.](#)

Sunday 22 Jan: Chinese New Year celebration event

Organised by the Southampton Chinese Association.

Guildhall Square at 10:30am and parade to Westquay Shopping Centre at 11:15am | Westquay Shopping Centre from 11:30am.

[Find out more about all the activities taking place at this event here.](#)

Saturday 4 Feb: Lantern Festival

Organised by the UK Shaolin Temple.

Guildhall Square from 3:30pm | UK Shaolin Temple from 6pm.

[Find out more about all the activities taking place at this event here.](#)

Sunday 5 Feb: Lantern Festival

Organised by the Southampton Chinese Association.

Guildhall Square and John Hansard Gallery 2pm - 4pm

[Find out more about all the activities taking place at this event.](#)

ACES Recovery Toolkit for Adults, Children and young People



- A 10 week programme for Mothers/carers who have experienced unhealthy relationships.
- Covering impact of trauma, building resilience, attachment and parenting, support networks, managing stress, child development, emotions and healthy relationships.
- A separate 8 week programme for their children (10-16 years) delivered by a trained practitioner.
- Covering keeping safe, managing stress and emotions, support networks, coping strategies, self-esteem, self-care and setting goals.

We are now taking referrals for our next programme:

Venue: 30 Brookvale Road, SO17 1QR

Date: January 2023

Time: 10am-12pm every Thursday

Please refer via our website www.yellowdoor.org.uk or on, 02380 636312



BRIGHT STARS GROUP

Bright stars was created to help provide a safe space for young people who have witnessed or/and experienced domestic abuse.

Domestic abuse can have a huge impact on a young person's life in many different ways.

Bright stars gives them a chance to meet others affected by domestic abuse and create a sense of shared identity and togetherness.

What happens in the group? The group meets weekly for 1 1/2 hours during term time and use a range of creative and interactive activities to explore and work on themes such as:

- What impact has domestic abuse had on our life
- Looking at identifying and maintaining healthy relationships,
- Empathy, consent, communication
- self-esteem
- emotional coping skills
- How has domestic abuse affected our thoughts & feelings about ourselves and how we view our relationships.

To book a place on any of the courses on this page of the leaflet, please contact Yellow Door on 02380 636312 or send referrals via their website: www.yellowdoor.org.uk

Gender Dysphoria Therapeutic Service

Service aiming to provide a safe and supported thinking space for Children, Young People and Families where a child or young person is experiencing confusion, distress or interpersonal difficulties related to gender.

For Southampton & Hampshire children aged 4-11 (School years R-6) Parents, carers and schools frequently and understandably struggle with how best to respond to a child presenting with gender distress. We provide between 1-6 therapeutic sessions (depending on need) where those involved can come together to consider how best the child can be supported with these difficulties.

For Southampton & Hampshire children aged 12-18 (School years 7 and up) We run a therapy group that meets on a Thursday 5.15-6.45pm during term time. Using our combined training in Art Therapy and talking therapies the two facilitators aim to engage young people in: -

- exploring gender identity / dysphoria - what it means and how it impacts
- exchanging ideas, opinions & experiences alongside others facing both similar and different challenges
- building communication skills & social confidence through getting support from and being helpful to others
- considering the many different ways of understanding & managing their difficulties - recognising unknowns, uncertainties and the potential for thoughts and feelings to change over time
- identifying, celebrating and building on their individual strengths

Steps to Work Rota

17/01/2023 to 04/04/2023



<u>Date</u>	<u>Time</u>	<u>Mark</u>	<u>Times</u>	<u>Jannette</u>
17/01/2023	9.30 – 12pm	Townhill Family Hub	9.30 – 12pm	Weston Family Hub
24/01/2023	9.30 – 12pm	Clovelly Family Hub	2.30 – 5pm	Ashby Family Hub
31/01/2023	9.30 – 12pm	Swaythling Family Hub	9.30- 12pm	Pickle Coppice Family Hub
07/02/2023	9.30 – 12pm	Townhill Family Hub	9.30 – 12pm	Weston Family Hub
14/02/2023	9.30 – 12pm	Clovelly Family Hub	2.30 – 5pm	Ashby Family Hub
21/02/2023	9.30 – 12pm	Swaythling Family Hub	9.30- 12pm	Pickle Coppice Family Hub
28/02/2023	9.30 – 12pm	Townhill Family Hub	9.30 – 12pm	Weston Family Hub
07/03/2023	9.30 – 12pm	Clovelly Family Hub	2.30 – 5pm	Ashby Family Hub
14/03/2023	9.30 – 12pm	Swaythling Family Hub	9.30- 12pm	Pickle Coppice Family Hub
21/03/2023	9.30 – 12pm	Townhill Family Hub	9.30 – 12pm	Weston Family Hub
28/03/2023	9.30 – 12pm	Clovelly Family Hub	2.30 – 5pm	Ashby Family Hub
04/04/2023	9.30 – 12pm	Swaythling Family Hub	9.30- 12pm	Pickle Coppice Family Hub

Key: Yellow – School Holiday



Steps to Work:

Family Hubs are here to support families who would like advice and guidance on their current situation.

Book your 30 minute appointment with a Employment Advisor to discuss:

- ⇒ Employment & training
- ⇒ CV writing
- ⇒ Cost of living advice
- ⇒ NEET support for 16-19 year olds
- ⇒ Looking at childcare costs when returning back to work



Please note: This is a free and warm space to provide a safe, non-judgemental environment for parents and carers to discuss their current situation.



Sure Start
Family Hub Southampton

Where: In our City Wide Family Hubs

When: Every Tuesday

Starting on the 17th January

What time: 9.30 - 12 noon or 2.30 - 5pm



For more information & to book your place:

Email: familyhub@southampton.gov.uk

Or call Caroline Hallett: 07818 588 480

Cooking on a Budget

4 week workshop to help with budgeting and will help support you with your child's learning. You will use a range of skills; budgeting, estimating & measuring.



Please bring a baking tray with you !



Are running a cooking on a budget course @

Ashby Sure Start Family Hub

On Thursday's

**19th Jan
to 2nd Feb**

10-12pm

For more information please contact:

familyhub@southampton.gov.uk

Or Call Caroline Hallett on 07818 588 480



Sure Start
Family Hub Southampton



To book your place

<https://www.southampton.gov.uk/familyhubs>

PARENTING CHILDREN WITH ADHD

(aged 3 to 11 yrs old)

FREE!

A new 8-week online course for parents/carers of children with ADHD

8 sessions designed to:

- understand more about ADHD
- channel your child's energy
- improve their self-esteem
- meet their emotional needs and coping with feelings
- boost your parent/child relationship
- use effective discipline
- tips for home, school and the wider family

Via ZOOM on Monday evenings
From 23/01/23 to 20/03/22 - 7-9pm
for **8 weekly** sessions (term-time only)

BOOK BY EMAILING US AT: info@sftrust.org.uk



Southampton Family Trust
building relationships



Are you dealing with child to parent violence?

Get help at

Building Respectful Families

Where: 30 Brookvale Road, SO17 1QR

Dates: Tuesdays from 24th January 2023 until 28th March 2023 (excluding half term)

Time: 10am - 12pm

Drinks, snacks (and pizza for the kids) provided

Referrals can be made via Yellow Door - email info@yellowdoor.org.uk or call 02380 636312




Southampton Family Trust
building relationships

yellow door

For parents/carers and their children aged 10-14 years

A nine week group programme

Breaking behaviour patterns such as:

- physical violence
- damage within the home environment
- stealing from family members
- threatening behaviour in the home
- attempting to control

PARENTING CHILDREN WITH ASD

(aged 3 to 11 yrs old)

FREE!


A new 8-week online course for parents/carers of children with ASD

8 sessions designed to:


- understanding more about ASD
- working with your child's unique personality and abilities
- helping your child with issues of communication and social interaction
- meeting the emotional needs of your child
- handling special interests and repetitive behaviour
- dealing with oppositional behaviour using practical strategies
- tips for home, school and the wider family

Via ZOOM on Wednesdays
From 25/01/23 to 22/03/23 - 9.30-11.30am
for **8 weekly** sessions (term-time only)

BOOK BY EMAILING US AT: info@sftrust.org.uk



Southampton Family Trust
building relationships



Strengthening Families

Supported by Children in Need

A **FREE** course for families
Online via ZOOM

Mums, dads and carers participate together with **one** of their children who must be **aged 10-14 years**

Get some helpful tips to strengthen your relationship with your child!



Explore subjects together such as:

- Setting loving limits
- Making house rules
- Encouraging positive behaviour
- Using consequences
- Building bridges
- Communicating when you don't agree

Course materials and snacks will be sent to your home!

An 8 week course starting on 25th January 2023
Wednesdays 6.30 – 8.30pm on Zoom

25th Jan and 1st, 8th, 22nd Feb and 1st, 8th, 15th & 22nd March

Book a place on the course by emailing us on info@sftrust.org.uk



Southampton Family Trust
building relationships

YOUTH HUB, CIVIC CENTRE, SOUTHAMPTON. SO14 7LY
HELP US STOP FEMALE GENITAL MUTILATION - FGM

FGM ZERO

TOLERANCE DAY

MON 6 FEB 2023
12.30 - 5PM

FREE COMMUNITY LUNCH 12.30 - 1.30PM. MUSIC, ART AND PERFORMANCES THROUGHOUT THE DAY.



The FAB Course: Feelings Affect Behaviour!

A free parenting course now on ZOOM

- Understand the link between feelings and behaviour
- Tools to deal with your child's anger
- Healthy ways to express emotions
- Celebrating the positive
- Improving self-esteem

Fridays
9.30AM TO 10.30AM
24/02/2023 TO 31/03/2023

For 6 weeks: a shorter introduction followed by 5 weekly ZOOM sessions and YouTube videos



To book a place or find out more contact us at:

info@sffrust.org.uk



The Marketplace at Millbrook

The Marketplace at Millbrook is a new membership food project providing access to affordable, fresh, healthy food in a friendly and supportive environment.

For £5 per week, members can choose at least 15 items from a range of fresh, refrigerated, frozen and ambient goods. Membership is open to anyone with an SO16 9 or SO16 4 postcode.

When: Wednesdays 10am - 1pm

Where: All Saints Church, Kendal Avenue, SO16 9HJ

Contact: marketplace@southamptoncitymission.co.uk to sign up to the waiting list, or for more info, or visit southamptoncitymission.co.uk/marketplace

Upper Shirley High School's Production of

ROALD DAHL'S

Matilda

THE MUSICAL JR.

Wednesday 8th
Thursday 9th
Friday 10th
of February 2023
at 7pm

Tickets
£5 Adults
£3 Children

Book by
DENNIS KELLY

Music & Lyrics by
TIM MINCHIN

This amateur production is presented by arrangement with Music Theatre International (Europe)
All authorised performance materials are also supplied by MTI Europe www.mtishows.co.uk