#### 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 9th December 2022

Dear Parents and Carers,

Please find attached to the school website the following letters;



- Infants E-Safety Newsletter
- Infants Sharing personal details activity
- Infants Year 2 Scooter Training Parent Info
- SIS & SJS Public Health Letter



#### **MEDICINE REMINDER**

If you send your child to school with <u>any</u> 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**

#### **Shirley Junior School**

<u>DEC</u>		<u>DEC</u>	
Saturday 10th	FOSIS / PTA Christmas Fayre	Saturday 10th	FOSIS / PTA Christmas Fayre 11am - 2pm
Tuesday 13th	Year 1 Christmas Party - on site	Monday 12th	Year 4 Outcome Ticket to Ride 2pm,
Wednesday 14th	Year R Teddy Bear Hospital - on site		parents invited
	Squirrel Class	Monday 12th	Year 3 outcome Southampton through Time
Wednesday 14th	Year 2 Christmas Party - on site		3.20pm, parents invited
Thursday 15th	Year R Christmas Party - on site	Tuesday 13th	PTA Elfridges
Friday 16th	School closes at 3.10pm for the	Wednesday 14th	Year 3 Christmas Play 2pm & 5pm ticketed event
	Christmas Holidays	Wednesday 14th	PTA Elfridges
		Thursday 15th	Year 5 Swimming Arctic Foxes
		Friday 16th	Christingle 1.30pm St James, Parents invited
		Friday 16th	School closes at 3.20pm for the
			Christmas Holidays
<b>JANUARY</b>		TABILLADY	
·	School re-opens at 8.40am for	JANUARY	School vo anone at 9 40am for
JANUARY Tuesday 3rd	School re-opens at 8.40am for	JANUARY Tuesday 3rd	School re-opens at 8.40am for
Tuesday 3rd	School re-opens at 8.40am for Spring 1 Karate After school club starts	Tuesday 3rd	Spring 1
·	Spring 1	Tuesday 3rd Thursday 5th	Spring 1 Year 5 Swimming Arctic Foxes
Tuesday 3rd Friday 13th	Spring 1  Karate After school club starts	Tuesday 3rd	Spring 1 Year 5 Swimming Arctic Foxes Year 5 Minstead Residential - off site
Tuesday 3rd Friday 13th Tuesday 17th	Spring 1  Karate After school club starts  FOSIS Bags 2 School	Tuesday 3rd Thursday 5th	Spring 1 Year 5 Swimming Arctic Foxes
Tuesday 3rd  Friday 13th Tuesday 17th Friday 27th	Spring 1  Karate After school club starts  FOSIS Bags 2 School  INSET DAY - School closed to pupils	Tuesday 3rd Thursday 5th 9th - 11th	Spring 1 Year 5 Swimming Arctic Foxes Year 5 Minstead Residential - off site Group A Year 5 Minstead Residential - off site
Tuesday 3rd  Friday 13th Tuesday 17th Friday 27th	Spring 1  Karate After school club starts  FOSIS Bags 2 School  INSET DAY - School closed to pupils	Tuesday 3rd  Thursday 5th  9th - 11th  11th - 13th	Spring 1 Year 5 Swimming Arctic Foxes Year 5 Minstead Residential - off site Group A Year 5 Minstead Residential - off site Group B
Tuesday 3rd  Friday 13th Tuesday 17th Friday 27th	Spring 1  Karate After school club starts  FOSIS Bags 2 School  INSET DAY - School closed to pupils	Tuesday 3rd  Thursday 5th 9th - 11th  11th - 13th  Tuesday 17th	Spring 1 Year 5 Swimming Arctic Foxes Year 5 Minstead Residential - off site Group A Year 5 Minstead Residential - off site Group B PTA Bags 2 School
Tuesday 3rd  Friday 13th Tuesday 17th Friday 27th	Spring 1  Karate After school club starts  FOSIS Bags 2 School  INSET DAY - School closed to pupils	Tuesday 3rd  Thursday 5th 9th - 11th  11th - 13th  Tuesday 17th Thursday 19th	Spring 1 Year 5 Swimming Arctic Foxes Year 5 Minstead Residential - off site Group A Year 5 Minstead Residential - off site Group B PTA Bags 2 School Year 5 Swimming Arctic Foxes
Tuesday 3rd  Friday 13th Tuesday 17th Friday 27th	Spring 1  Karate After school club starts  FOSIS Bags 2 School  INSET DAY - School closed to pupils	Tuesday 3rd  Thursday 5th 9th - 11th  11th - 13th  Tuesday 17th Thursday 19th Monday 23rd	Year 5 Swimming Arctic Foxes Year 5 Minstead Residential - off site Group A Year 5 Minstead Residential - off site Group B PTA Bags 2 School Year 5 Swimming Arctic Foxes Young Voices - off site

## Starting school (Year R and Year 3)

**<u>Deadline</u>** to make an application is **<u>Sunday 15th January</u>** 

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**

Grand opening of Scooter Shed

Infant pupil progress drop ins

#### WINTER CLOSURES

With winter and the colder weather now here, we would like to remind you of our arrangements for announcing any school closures. We do not take the decision to close the school lightly, but if severe weather is predicted, we may need to take such a step to ensure the safety of pupils, staff and visitors. If the decision is made to close the school, parents will be sent an email from Bromcom at the earliest opportunity. Updates regarding school reopening will be sent in the same way. We will update the homepage of the Infant and Junior school websites and the school will also ask Southampton City Council to list the closure on their website at:

https://www.southampton.gov.uk/schools-learning/school-closures/.



Please come and check lost property **before the end of Friday 16th December**, as this will all be removed.

We have noticed most of these items are unnamed. Please could you name your child's clothing.

Use this link for easy to use school uniform labels https://www.easy2name.com/



Anyone missing these coats, we have them in the office



#### **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 then 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.

#### **ARE THESE YOURS?**

Last 2 Christmas tags with no names Please collect from the school office





Thank you to the parents who have helped volunteer and walk our children to and from the church for the Christmas Nativity

#### **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 play 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. Please give it to your class teacher

Thank you very much for your continued support

#### **Shirley Infants Year 1 Christmas Party**

Year 1 will be having a Christmas party on **Tuesday 13th December.**Children can wear their party clothes into school for the day. Please ensure that they are suitable for indoor and outdoor play.

We would appreciate a small donation for this. We suggest a donation of 50p per child.

Please give it to your class teacher Thank you very much for your continued support

#### **Shirley Infants Year 2 Christmas Party**

The Year 2 Christmas Party is on **Wednesday 14th December.** 

We will play some party games, have some party food and of course, dance!

The children can come into school in their party clothes and remain in them all day.

Please make sure these are suitable for outside play as they will still be going outside at play time and lunchtime. We do NOT require a donation towards the party food in Year 2 as we have some left over from the Titanic Day we had a few weeks ago.

Allergies will be catered for at the party. Thank you.



#### 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.

#### Looking for a volunteer

We are looking for a parent who could volunteer to translate the Weekly Communication Newsletter into Polish each week for 4-6 weeks.

If you can help please send an email to office@shirleyschools.co.uk for the attention of Mrs Tearle.

#### Integrated learning platforms (Google Classroom) at Shirley Junior School

Google Classroom has remained a tool, post c'ovid, that is used across the junior school. It supports with home learning, development of computing skills particularly digital literacy and allows the children a safe space to communicate in an ever digital world.

As a school we embrace how Google Classroom can enhance learning and to do this use a number of platforms which integrate into Google Classroom for use at school as well as home learning.



Jamboard - an online digital whiteboard that allows children to collaborate digitally in real time. Created by Google, it is used across the school through Google Classroom for children to collaboratively develop their ideas in teams, capture answers and create outcomes to share with others. This year we are also using it to send our Christmas messages.

Flip (or flipgrid) - is an online video app specifically designed for education that allows teachers to link into Google Classroom and initiate class discussions in video form. It is a safe, closed environment for children to get creative with their outcomes and is monitored by class teachers.

In the juniors, children from Year 4 begin to use the app to record their documentary videos, in year 5 they develop their skills of editing and reporting specific information and year 6 use it as a tool to demonstrate a range of learning skills across the curriculum. It is a great alternative to capture drama performances and wider curriculum learning that does not need to be evidenced by writing.



AUTODESK TinkerCAD is a webapp for 3D design - as a part of its education provision it allows children to develop specific design skills that supports their understanding of accurate design. In year 5 and Year 6, as a part of

Design Technology, children develop their 3D design skills using computer aided design.

All the apps can be accessed through Google Classroom and children have the opportunity to develop their skills at school and at home, supporting with their overall skill of being digitally literate.

## Safeguarding

#### **Policing Southampton**

Spread the word about the <u>StreetSafe</u> section of our website. It allows members of the public to log areas they feel particularly unsafe in, even if a crime has not taken place, which helps us plan where to dedicate resources and bring about change.

## FOSIS/PTFA

#### **UPCOMING EVENTS...**

#### **INFANT CAKE SALE – TODAY AFTER SCHOOL!!!**



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 **Friday 9 December**. Please bring your own containers to take cakes home. Thank you!

\*\*\*\*\*\*\*\*\*\*\*\*\*\*

#### FOSIS/PTFA CHRISTMAS FAIR - TOMORROW!!! SATURDAY 10 DEC



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.

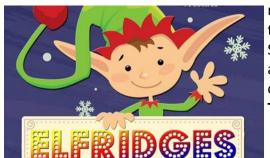
\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*



**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 choose a gift for you, their siblings or friends. This will be done during the school day. Suggested donation £1.50 per gift, limited to 2 gifts per child and can be obtained in advance (link below) or cash donations on the day.

Tickets here – SJS PTFA (pta-events.co.uk)

#### **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!

<u>Juniors Wish List</u> – remember to choose Shirley Junior School PTA through AmazonSmile

<u>Infants Wish List</u> – 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: <a href="https://www.yourschoollottery.co.uk/lottery/school/shirley-junior-school">https://www.yourschoollottery.co.uk/lottery/school/shirley-junior-school</a>

#### 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:

<u>Infants – Friends of Shirley Infants – Southampton</u>

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 - <a href="https://www.facebook.com/groups/849370902208557">https://www.facebook.com/groups/849370902208557</a> Year 1 Facebook group - <a href="https://www.facebook.com/groups/774368666506974">https://www.facebook.com/groups/774368666506974</a> Year R Facebook group - <a href="https://www.facebook.com/groups/1150736922357432">https://www.facebook.com/groups/1150736922357432</a>

#### **Juniors**

Parents of Year 6 Face book group - <a href="https://www.facebook.com/groups/1716707195249069">https://www.facebook.com/groups/1716707195249069</a>
Parents of Year 5 Face book group - <a href="https://www.facebook.com/groups/13131320449399">https://www.facebook.com/groups/137311320449399</a>
Parents of Year 3 Face book group - <a href="https://www.facebook.com/groups/172919936937823">https://www.facebook.com/groups/172919936937823</a>

## **Community Information**

#### The Great Elf estigation - A new story awaits!

Explore Southampton this Christmas with our free family walking trail, with a brand-new story: The Great Elf Investigation!

Can you help? Pesky elves have escaped and have stolen some of Father Christmas' toys he had ready to deliver on Christmas Eve. We need your help to work out what is missing so no one gets left out on Christmas Eve. Luckily for us, whilst playing with the toys, the elves got a little carried away and started taking 'elf-ies with all the stolen goods!

Two separate routes are planned for families to explore which will break up the city into North and South poles. Walk both trails in one day or complete them in two separate outings.

Follow the trails and check shop windows for the photo evidence to find out which toys the elves took. Either draw or write down the toys the elves are playing within our trail guide and when you have found them all, pop to the MAST Mayflower Studios or room2 to receive your free prize for all your hard work! While you are looking for the toys, see if you can spot some of the elves too – they are definitely up to mischief!

#### How does it work?

From 25th November - 3rd January, you can follow our walking trail in our free Christmas guide. If your child did not receive one of the 9,000 maps we delivered to schools, you can collect one from:

- Neds Noodle Bar / Stakks Pancake House
- <u>Decathlon</u>

collected.

1.

- The Marlands information point
- Westquay information point

You can also download and print one at home or download it to your phone (it's ready to fill in). **Download your trail map here.** 

The trail will be open from 9 am - 4 pm Monday - Saturday and 11 am - 4 pm on Sunday. We are expecting all the clue hosts to either be open or to have their clue clearly displayed in their window for you. Prize collection will take place at MAST Mayflower Studios for the North Pole trail and room2 for the South Pole

Trail, whilst supplies last. Although the trial will still potentially remain up even once all the prizes have been

North Pole Trail Approximately 30 minutes

Ned's Noodle Bar / Stakks Pancake House

- 2. <u>Sea Life Play Centre</u>
- 3. <u>Brunch and Barista</u>
- 4. <u>SeaCity Museum</u>
- 5. <u>Haringtons Hairdressing</u>
- 6. W. J French and Sons
- 7. Ryman Stationary
- 8. Colour Company
- 9. Mettricks Coffee & Brunch
- 10. MAST Mayflower Studios

## Holiday Activity and Food (HAF) Programme

The programme offers valuable support to families on lower incomes, giving them the opportunity to access rewarding and active activities alongside healthy meals over the school holidays.

Following the success for the programme in Southampton in 2021 we are delighted to have been awarded funding to run the programme for the next three years in the city.

#### What is HAF?

https://scc-staging.southampton.gov.uk/schools-learning/support-education/haf/haf-scheme/

#### Register and book

https://scc-staging.southampton.gov.uk/schools-learning/support-education/haf/register-and-book/

#### Whats on?

https://scc-staging.southampton.gov.uk/schools-learning/support-education/haf/haf-activities/

#### **HAF** ambassadors

https://scc-staging.southampton.gov.uk/schools-learning/support-education/haf/haf-ambassadors/

Surestart/Family Hubs Parenting offer		For more information regarding the courses please email us at: familyhub@southampton.gov.uk				
Monday	Being Group Leader (PGL) Centre: Ashby 9th Jan to 27th Mar (11 sessions) Time: 9.30-2.30pm Creche: No		Understanding Behaviour Centre: Thornhill 30th Jan & 6th Feb (2 sessions) Time: 12.30-2.30pm Creche: No			
Tuesday		Incredible Years Centre: Weston 10th Jan to 28th Mar (11 sessions) Time: 9.30-11.30am Creche: Yes		Cook & Eat Centre: Clovelly 28th Feb to 28th Mar (5 Sessions) Time: 10.00-12.00pm Creche: No		Baby Massage Centre: Pickles 17th Jan to 7th Feb (4 Session) Time: 11.00- 12.00pm Creche: No
Wednesday	Being A Parent Centre: Clovelly 18th Jan to 22nd Mar (9 sessions) Time: 9.30-11.30am Creche: Yes	First Aid Centre: Pickles Date: 29th March Time: 12.30-2.30pm Creche: Yes		Baby Massage Centre: Swaythling 8th Mar to 29th Mar (4 session) Time: 2.00-3.00pm Creche: No	Understanding Behaviour Centre: Zoom 8th Mar & 15th Mar (2 sessions) Time: 6.30-8.30pm	Living with Teenagers Centre: Online 18th Jan to 22nd Mar (9 sessions) Time: 7.00pm-9.00pm
Thursday	First Aid Centre: Townhill 12th Jan 9.30 - 11.30am Creche: Yes	Living with Teenager Centre: Weston 19th Jan to 23rd Mar (9 session) 9.30 - 11.30am Creche: No	Cook & Eat Centre: Townhill 23rd Feb to 30th March (6 session) 10.00 - 12.00pm Creche: No	Project U Centre: Swaythling 12th Jan to 9th Feb (5 sessions) 9.30 - 11.30am Creche: Yes	New Forest Parenting Programme Centre: Swaythling 23rd Feb to 30th Mar (6 session) 9.30 - 11.30am Creche: Yes	Understanding Behaviour Centre: Ashby 26th Jan & 2nd Feb 9.30 - 11.30am Creche: No
Friday	Incredible Years Centre: Pickles 6th Jan to 31st Mar (12 sessions) 9.30-11.30am Creche: Yes					







### 'The Amber Project'

Enhancing the Response to Child Abuse Linked to Faith & Belief

Thursday 1st December 2022 - 1pm till 3pm on MS Teams



#### To Book a place

To register for this free event please use this link which you may need to paste into Google Chrome or Microsoft edge -

https://www.eventbrite.co.uk/e/enhancing-the-response-to-child-abuse-linked-to-faith-belieftickets-441531290977

What is The Amber Project? The Amber Project is a multi-agency partnership that seeks to enhance the response to child abuse linked to faith and belief at a Local Authority level. Delivery partners include specialists in abuse linked to witchcraft and spirit possession accusations from the Metropolitan Police Service, University of Chester and Barnardos National FGM Centre.

A two-hour free training webinar has been developed that clearly explains: (a) what abuse linked to witchcraft and spirit possession accusations is, (b) the factors and indicators professionals need to look out for and (c) what safeguarding actions need to be taken by those identifying cases. There is an explicit focus on those within the education sector, policing, social care and health. It is also of benefit to those who are from faith communities and communities working with families and children.

This webinar can accommodate up to 1000 participants. Previous events have been oversubscribed.

The overarching aim is to increase awareness and reporting of this complex form of abuse and improve the multi-agency response when cases are identified.

#### Why is the Amber Project needed?

Belief in witchcraft and spirit possession is common and exists across the world and in most cases these beliefs do not lead to harm to others. However, there is a need for knowledge and awareness to be enhanced for a wide range of professionals to be supported to recognise the potential for abuse in certain situations.

The Amber Project team acknowledge the positive role of many faith communities and people of faith in safeguarding. The project does not seek to isolate certain religious belief and practices as harmful, or try to change themIt acknowledges that abuse can sometimes follow when a person is accused of being a witch or possessed by an evil spirit.

Efforts to 'exorcise' or 'deliver' the person from witchcraft or an evil spirit can sometimes lead to harm to the person accused.

In 2021, the UN passed an historic resolution on harmful practices related to accusations of witchcraft that result in human rights violations. The Amber Project seeks to partner with practitioners and enhance knowledge to enable more effective safeguarding of children, young people and families from this form of harm.

#### Speakers include:

**Dr Lisa Oakley:** University of Chester & Chair National Working Group on Abuse Linked to Witchcraft & Spirit Possession Accusations (NWG ALWSPA)

Inspector Allen Davis: Honour, Belief and Sex (crime and vulnerability) Partnership Team – MPS & Deputy Chair of NWG ALWSPA

DS Kate Bridger: Honour, Belief and Sex (crime and vulnerability) Partnership Team – Metropolitan Police Service

Rohma Ullah - Barnardos National FGM Centre

Detective Inspector Wendy Bird – West Midlands Police



#### Surestart/Family Hubs Parenting offer...

For more information regarding the courses please contact us through our email address at <a href="mailto:familyhub@southampton.gov.uk">familyhub@southampton.gov.uk</a>.

#### Being a Parent

#### 9 week course

For parents and carers of children aged between 2-11 years

Supporting parents to learn practical communication skills to enable our children to be, confident, happy and co-operative.

#### **Living with Teenagers**

#### 9 week course

For parents and carers of young people aged 11-16 years

Bring up happy and self-confident young people. The course content includes:

- · Managing risk
- · Family meetings
- Exploring what it is like to be a teenager today
- Parental wellbeing
- Listening and communication
- Expressing and acknowledging feelings
- Discipline

#### **Project You**

#### 6 week course

Project You is a self-discovery journey, enabling parents to find themselves, take some self-care and learn coping strategies for when life gets a bit too much!



#### Understanding Behaviour

2 x 2 hour workshop (both need to be attended)

Parents/carers of children aged 2 and above

When it comes to developing an understanding of why our children behave the way they do it can be CONFUSING. This workshop helps to empower parents to understand behaviours and feel motivated to respond in a more positive way.

#### **Emergency First Aid**

#### 2-hour workshop

Gain confidence and learn how to deal with everyday lumps, bumps and bruises and accidents in the home.



#### Incredible Years

#### 12 weeks course

For parent/carers of children aged 1-7 years

Programme aims to promote positive parenting Support parent-child relationships Increase use of positive strategies to enhance children's positive behaviours, including play, praise and rewards.



Sure Start Children's Centre Southampton



## Happy Baby (Baby Massage)

#### 4 week course

For parents with babies over 6 weeks old to non-mobile.

Come and enjoy time with your baby.

Trainer: IAIM Certified Facilitator



#### New Forest Parenting Programme

#### 6 week course

For parent/careers with children of 5-12 years

The NFPP Program is designed to help parents whose children are displaying difficulties with their attention who are hyperactive and can be impulsive-these are the feature of ADHD. It is specifically designed to target these difficulties.

#### Cook and Eat

6 week health and nutrition cooking course

For parents/carers with children over 1 years

The course provides an opportunity to:
Learn about healthy portion sizes
Useful tips on menu planning
To produce healthy home
cooked family meals on a
budget
The opportunity to experiment
with cooking different dishes

#### **Get Outside**

#### 6 weeks course

For parents and carers of 2 years and over

Make the most of learning in outside spaces with fun activities for you and your children Including stories, nature, crafts and more.



#### **Parent Leader Training**

This course offers parent/careers the opportunity to participate in an 11 week training programme enabling them to facilitate parenting programmes within the community on a voluntary basis.

Successful applicants will receive certification from EPEC and an AQA accreditation.

On-going training and development workshops will be offered.

#### NVR

For parents/carers with children aged 4 years and up

Practical cooking skills

NVR (Non Violent Resistance)
For parents/ carers with a child
who exhibits controlling or
violent behaviours. This can
include withdrawing from the
relationship, isolating or hurting
themselves as well as becoming
outwardly angry and verbally and
physically aggressive.
The course may be especially

helpful for families who have tried other parenting methods and find they need a different approach. The course will teach specific strategies using the concept of peaceful protest.









# WINTER HOLIDAY ACTIVITIES AND FOOD PROGRAMME

## A YEAR OF DISCOVERY

FREE\* spaces available for free school meal eligible children aged 4-16 years across Southampton!

Children receiving free eligible school meals.



To book scan the QR code or visit www.southampton.gov.uk/haf







