



Inclusion and Family Support Newsletter.

January 2023.

Dear Parents and Carers,

Happy New Year - we hope you have had a good break and now feel ready to take on 2023.

Hopefully, you will find some of the following information useful in some way to support either yourself or your child.

Courses, Workshops and available opportunities.

A taster session for this course is on Monday 7-9pm at the Resound Centre;

WANT THE BEST
FOR YOUR CHILD?

Kids Matter is a free, friendly group for anyone with children aged 0-10 years. We discuss how to build strong families and help our kids do their best in life.



During the 6 weeks, we cover the following:

- 09/01 Taster – Come and see what it's like to be in a Kids Matter group
- 16/01 Session 1 – Building a strong family
- 23/01 Session 2 – Loving our children well
- 30/01 Session 3 – Play, encouragement and listening
- 06/02 Session 4 – Routines and rewards
- 13/02 HALF TERM BREAK
- 20/02 Session 5 – Family rules and consequences
- 27/02 Session 6 – The bigger picture
- TBC Booster – Checking in 3 months later

Every session will have tea and cake.



Monday evenings, 7pm-9pm, at Resound.

Sign up via resoundbristol.co.uk/kidsmatter

Contact: parenting@resoundbristol.co.uk

Registered charity in England & Wales 1163617

Autism Awareness – A 360 approach to masking. For more information and to book
- <https://www.eventbrite.co.uk/e/a-360-approach-to-masking-tickets-504331909317?aff=ebdsoporgprofile>
Monday 30th January 10-12 am FREE ONLINE

Mental Health Support – How CAMHS Works. Questions and answers on how Mental Health Services work <https://www.eventbrite.co.uk/e/question-and-answer-session-with-camhs-tickets-486796269747?aff=odcleoeventsincollection>

Monday 16th January 10 – 11.30am FREE ONLINE

Dyslexia Information Session – This will be an information sharing session for any parents who wish to attend. We will look at the barriers faced by children with dyslexia and describe the way we support dyslexia in school. It will be held in school on Wednesday 22nd February at 2.30pm. **If you wish to attend please inform the School Office.**

Anxiety in Children – This is a workshop which will be held in school on Wednesday March 1st at 2.30pm It will be led by Laura Johnson (School Nurse) and will be an opportunity to learn more, find strategies and ask questions. **If you wish to attend please inform the School Office.**

SEN Support Plans

If your child is on the SEN register their targets have recently been reviewed. New targets are being set and your child's teacher will be in touch to update you on progress and new targets.

Kelston Carers' Café.

**Are you the parent or carer of a child with SEND?
(Special Educational Needs or disabilities)**

Would you like the opportunity to meet other parent carers in a relaxed, friendly atmosphere?

Coffee Tea Cake Talk?

Where? Kelston Village Hall, Church Lane.

When? Wednesdays 1.30 – 3pm (Term time)

Who? Anybody involved in any way in caring for a child with SEND

Does it matter where I live? No – all welcome

Does my child need a diagnosis? No

Can I bring a child? Yes

How much does it cost? It is free to all





We offer cycling for people with health conditions and supported needs.

We have a range of specialist equipment and offer a safe and friendly environment to support people who can find it difficult to ride a bike.

Get in touch to see how we can help you.

07587034366

warmleywheelers@milestonetrust.org.uk

Kind Regards

Heather MacLeod (SENCO and Inclusion)

Dawn Thornton (ELSA) and Pastoral Support