



June 2023

1

Pastoral NEWSLETTER

Dear Parents and Carers,

Hello and welcome to our first Pastoral Newsletter. We hope this finds you safe and well and this newsletter is helpful and informative. Our aim is to guide you to a range of services that are available across the city that can support you as parents and your families.

As a pastoral team, we strive to support all families and children who need our support and help; however, we are becoming inundated with enquiries, and we now have our own waiting lists for meetings and supporting parents. We apologise if you feel that we are not prioritising your family. Please look out for letters on whole school parent workshops and drop-ins that may cater for your child in the meantime.

School Website

This is a useful first port of call and a great signposting to other services that are available to you. Click on www.copnorprimary.co.uk and select our school, use the drop down to select Special Education Needs and you will be displayed with various tabs including the Mental Health tab which has links to a range of great resources and websites.

Parent Workshop and Drop-In Sessions – The Neurodiversity Team

We would like to invite all parents to our next Pastoral Parent Workshop that we are running on **Wednesday 28th June. The Workshop will be held from 9:30-10:15am, which all parents are welcome to attend.** We have been fortunate enough to secure a member of the Neurodiversity Team, which has recently been set up in Portsmouth. They will discuss their role, what they can offer and how parents, children and families are able to access support from their service.

The Neurodiversity Team can support children and families where there may be, or where parents suspect there is a neurological difference such as:

- ASD – Autism Spectrum Disorder
- ADHD – Attention Deficit Hyperactivity Disorder
- ODD – Oppositional Defiance Disorder

Drop-in Sessions

You are also invited to book a 30-minute appointment with a Family Support Worker from the Neurodiversity Team at CAMHS for a chat surrounding your own child if you wish to do so. These appointments will run after the workshop from **10:30am - 1:30pm at the school.** If this is something you feel you would be interested in attending, please could you contact a member of the Admin or Pastoral Team by **Monday 26th June** to book your 30-minute slot.

Mental Health Support Team - Summer Workshops for Parents

The Mental Health Support Team (MHST) at CAMHS are offering numerous workshops over the summer months for parents to attend. These workshops are free to attend but parents are advised to get there with plenty of time as it will be on a first come first served basis, due to the capacity at the family hubs. Please see our recent email sent out with the workshop dates and details attached. These are running throughout July and August to support families with children experiencing anxiety and low mood.

School Nurse Drop-Ins

We offer numerous school nurse drop-in dates throughout the school year, where parents are able to book a slot to chat to the school nurse regarding any concerns they have or if they would like some support and advice. The school nurse is able to offer support for toileting, diet, health, weight, sleep and other medical concerns. These can be booked through the school office. The next school nurse drop-in sessions are:

Tuesday 11th July
19th September
10th October
7th November
5th December

Mental Health Matters

If your child is finding it difficult to manage their feelings there are many good websites available such as:



Type 'Calm Free 10-minute meditations' into Google which provides free 10-minute calming videos to aid your child.

<https://www.calm.com/>



Visit the Mind website for resources for adults and children to support good mental health and well-being.

<https://www.mind.org.uk/>



This is a website/app specifically for 11 – 25-year olds.

<https://www.kooth.com/>

Portsmouth Parent Voice (PPV)

- PPV – is part of the voluntary sector and is supported by the Local Authority and the Department for Education. They are under the umbrella of Hive Portsmouth, who are a registered charity.
- PPV – is for YOU, the parent carer of a child or young person with an additional or special need and/or disability; aged from 0 – 25 years old, to voice your opinions on what you would like for your child or young person.
- PPV will assist you to find the right support or service you need.
- PPV aims to have the voice and active involvement of parent carers in the service planning and decision-making processes within the local authority and how services are shaped and delivered locally for families with a disabled child or young person, and to make them more focused on the needs of the families with disabled children and young people.

This is YOUR opportunity to express your views about what your child or young person needs. Let PPV help to enable you to make your voice heard about what support your child or young person needs by contacting them either by telephone or email.

PPV commit to provide:

- A regular e-newsletter “Impacting On You” to keep you informed and updated on current developments and activities: please see our News and Newsletter page.
- Coffee morning/information session in partnership with Autism Hampshire, Information Advice and Support Service and The Carer Centre.
- Help to organise family activities and parent support groups.
- A central telephone number and e-mail address.
- A Facebook page and a Twitter account.
- A central information store; links to other services and resources.
- Parent carer training.

Please note they are an appointment only service. Please email ppvadmin@hiveportsmouth.org.uk or call 02394 350 257 (Monday to Thursday 9.30am-2.30pm) Term time only, to make an appointment.

Guildhall Square, Hive Portsmouth, Lower Ground Floor, Central Library, Portsmouth, PO1 2DX.

www.portsmouthparentvoice.org/ppv/

Portsmouth SENDIASS – Special Educational Needs and Disability Information Advice and Support Service

The SENDIASS aims to empower children and young people with special educational needs / disabilities and their parents / carers to make informed decisions about education, health, and social care. They can provide impartial advice on what steps to take in areas of Education, Health and Social Care.

Please email portsmouthiass@roseroad.org.uk or call 0300 303 2000, 10am-4pm Monday – Friday (term time) / 10am-2pm Monday – Friday (school holidays). They aim to respond to all enquiries within 7-10 working days.

Frank Sorrell Centre, Prince Albert Road, Southsea, PO4 9HR.

<https://portsmouthsendiass.info/>