Pastoral Newsletter

Autumn Term

WELCOME

Dear Parents and Carers,

Hello to all our families and big welcome to our new families who have just joined our school, we hope you are all well and your children have settled into their new year groups and classes.

Autumn is here; a time for cozy jumpers, hot drinks and staying home. For some of us the darker evenings and colder temperatures can cause concerns around paying the heating bill.

As the season changes it is important to notice a shift in mental health. Here is some guidance and ideas to try to manage a healthy transition into Autumn.

Best wishes,
Rochelle McEwan
Pastoral Support Officer

DATES FOR THE AUTUMN TERM

11th November : Remembrance Day
10th – 14th November : Anti-Bullying Week
13th November : World Kindness Day
3rd December : International Day of People with Disabilities
10th December : Human Rights Day

PARENT WORKSHOP INFORMATION

Workshop on **'Managing your child's big emotions'** with the Mental Health Support Team - **Thursday 20th November 1:30pm – 3pm.**

Mental Health Support Team Portsmouth

DROP INS

MHST Drop-in
Parent drop-in appointments with the **Mental Health Support Team.** You can book a 15-minute slot with the school office to speak to someone from MHST between **1pm – 3pm** on **Tuesday 18th November.**

School Nurse Drop-ins
No dates available until Jan 2026. If you have any concerns regarding your child's health that you would like to discuss with school, you can speak to your child's class teacher or contact the Pastoral Team.

SELF-CARE SUPPORT

"Self-care is giving the world the best of you, instead of what is left of you."
-Katie Reed

REDUCING STRESS

RELAXATION ACTIVITY

The Shoulder Shrug

1.Ask your child to sit or stand in a comfortable position.
2.Ask them to take a deep breath in and lift their shoulders towards their ears. Hold this position for 3 seconds.
3.Then ask them to breathe out with a big sigh and release their shoulders.
4.Repeat three times.