



Pastoral Newsletter

Spring Term 2026



WELCOME

Dear Parents and Carers,

Hello to all our families, as we have navigated through all the rain and are finally seeing the sunshine at last!

Spring is here; the warmer weather is upon us and the trees and flowers are coming to life once more around us.

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 Spring.

Best wishes,
Rochelle McEwan
Pastoral Support Officer



DATES FOR THE SPRING TERM

8th March - International Women's Day

March 16th -22nd - Neurodiversity Celebration Week

20th March - International Day of Happiness

21st March - World Down Syndrome Day

April - Stress Awareness Month

April 2nd - World Autism Day

April 7th - World Health Day



SCHOOL NURSING SERVICE



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 in the first instance.

They can then refer to the School Nursing Service, who may be able to send you some information, support and advice on the concern.

They can support with diet, sleep, toileting, as well as other health concerns which may impact your child's well-being or attendance in school

PORTSMOUTH FAMILY HUBS

Understanding Your Child Parenting Group

Understanding Your Child is a 10-week course intended for parents and carers who want to know more about sensitive and effective parenting. It aims to develop a framework of thinking about parent / child relationships which can be developed into a lifelong skill. This in turn promotes effective behaviour management. It explores issues such as:

- Tuning in to children
- Exploring feelings
- Parenting styles
- Communication - what is being communicated through behaviour
- Tantrums and what might be meant by them
- Sleep patterns
- Behavioural difficulties

Rolling throughout the year with different start dates, these will be held at different hubs across the city.

- **Mondays** - 9.45am - 11.45am - **Buckland Family Hub** - next course starting **20th April 2026**
- **Wednesdays** - 12.30am - 14.30am - **Paulsgrove Family Hub** - next course starting **6th May 2026**

There will be a creche available for your child under the age of 5 at both courses.

Click on the image below to be directed to the Portsmouth Family Hubs Website to book your place:

health&care portsmouth

Free support for you and your family

Every Family Hub is a one stop shop with free advice, activities and more

To view the online Family Hub, scan the QR code or visit www.portsmouthfamilyhubs.co.uk

START FOR LIFE

Portsmouth Family Hubs

Paulsgrove

Northern Parade

Buckland

Milton Park

Somerstown

HOME START Portsmouth

NHS Hampshire and Isle of Wight Healthcare

Portsmouth CITY COUNCIL

Delivery partners

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SCHOOL READINESS SESSIONS

5-week PEEP informed group

**HOME
START**
Portsmouth

School Readiness Taster Session

**BEST
START
IN LIFE**

Is your **3-4 year old** starting school in September? Join our **free PEEP informed one-off taster session** supporting parents and children to learn together.

Thursday 9th April
9.30-11.30

Northern Parade
Family Hub PO2 9NE



Scan for info
and booking



Places are free and are available on a first come, first served basis. Spaces are bookable one week before the session date.

023 9273 4400

www.hsportsmouth.org.uk
office@hsportsmouth.org.uk



people

Home-Start Portsmouth. A charitable company limited by guarantee. Charity no. in England 1124943
Company no. 6636439.
Registered office: The Haven, 17 Lake Road, Portsmouth, PO1 4HA

SEND STAY & PLAY

TEDS & Friends X Little Stars SEND Stay & Play

The TEDS team drop in to Little Stars
to offer additional support at group

**HOME
START**
Portsmouth

Northern Parade Family Hub

10am - 11.30am

Monday 2nd February
Monday 13th April
Monday 1st June
Monday 29th June



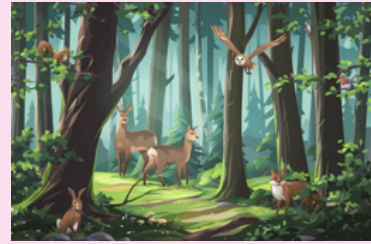
Somerstown Family Hub

1pm - 2.30pm

Thursday 8th January
Thursday 5th March
Thursday 7th May
Thursday 6th August

RELAXATION ACTIVITY

Spend time in nature



What do I need?

Just yourself and a green space. Try a local park, woodland, nature reserve or garden, if you can access these.

What do I do?

1. Find a green space. When you get there, stop for a moment and take a deep breath.
2. Start exploring slowly. Try not to focus on getting somewhere in particular. Really focus on any movement you make. If you're walking, notice which part of your foot touches the ground first, and feel the transfer of weight through your foot.
3. Notice the ground underneath you. Is it grass or earth? Does the ground feel soft? What colours can you see?
4. Think about the rest of your body. How are you holding your arms? Does the air on your face feel cold or warm?
5. Listen to the sounds around you. Can you hear birdsong, or wind rustling through the leaves?

Variations

·If you can't go to a green space, try opening your window and noticing what's around you. Notice any clouds in the sky, or trees and plants you can see. Can you feel rain, wind or sun on your skin?

·You could try looking after a plant. Spend time focusing on its scent, shape and texture. Try touching some of the leaves or soil and focusing on how it feels.

