



Pastoral Newsletter

Summer Term 2026



WELCOME

Dear Parents and Carers,

Hello to all our families, welcome to our latest collection of news from the Pastoral Team here at Copnor Primary School.

In this edition, we look at getting school ready, Portsmouth Parent Voice, low cost activities for the summer holidays and transition to secondary school for our Year 6 children.

We hope that you find the information helpful and supportive.

Best wishes,
Rochelle McEwan
Pastoral Support Officer

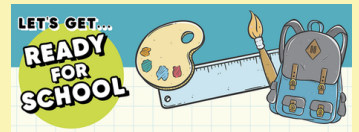


GETTING SCHOOL READY

We are looking forward to welcoming new pupils into our early years setting in September 2026. To work together to support your child with the transition from home to school, we wanted to share a variety of resources.

Please follow the link below:

<https://www.northlincs.gov.uk/schools-libraries-and-learning/getting-ready-for-school/>



The website details support around:

- Ways to support your child's language development, e.g. speech and communication.
- Ways to support your child's physical development e.g. using the toilet, washing hands and dressing. Using Cutlery
- Bedtime routines. Enjoy the story time video with Sarah Tipler who is reading the book 'Starting School' by Janet and Allan Ahlberg.

You can also access free toilet training resources from the ERIC website: <https://eric.org.uk/potty-training/>

Helping your child to be school ready helps to settle into the classroom easier when they start school. Thank you in advance for your support with this.

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.

Alternatively, you could book a 15-minute school nurse drop-in appointment through the school office. The next date for drop-ins is: **Tues 2nd June 9-11am**

EYE HEALTH

We have recently seen an increase in the number of pupils struggling with their vision. If you have concerns about your child's eyesight, the summer holidays are a great time to visit the optician to have this checked. This ensures that the school can put appropriate support in place for your child.

There has been an increase globally in the number of children with short sighted vision problems due to spending more time on technology. Reducing screen time and incorporating regular breaks can help to reduce this. Regular eye checks are vital to ensure there is not long-lasting damage to your child's sight.

For more information on supporting children with their eye health on technology please click on the image below and visit the Specsavers website:



PORTSMOUTH FAMILY HUBS

Family Hub's in Portsmouth are open!

They offer advice, support and sessions to support children and their families. Best of all it's **FREE!** They offer a range of family support and activities from early years activities, family health, parenting, behaviour, money matters, training, craft activities, messy play, baby yoga and baby massage, sensory play and story times. Follow the link below to gain more information:

<https://www.portsmouth.gov.uk/services/children-and-families/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

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

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

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





Portsmouth Parent Voice (PPV) are the official Parent Carer Forum for Portsmouth. They help the parent carers of children or young people with special needs and/or disabilities, aged from 0 to 25 years old, to voice their opinions on what they would like for their child or young person and to find the right support or service they need:

NEURODIVERSITY

PPV holds regular peer-to-peer support sessions for families. This group was created to support families and run alongside the use of the ND Profile Tool.

PPV CAMHS

Drop in Sessions - CAMHS join the monthly sessions to discuss different topics and answer any questions you may have about your child or young person relating to their service offer.

ZOOM SLEEP COURSE

Sleep is as important as food and water. These sessions are specially written for parents of children with additional needs and disabilities and are interactive so that your specific questions and needs are answered.

PPV have a website you can visit and they are based at: **The Hive Hub, Edinburgh Road.**

PPV is not an emergency service and operates during **term time only**.

They will endeavour to get back to you within five working days. E-mail is their preferred method of contact.

Email: ppvadmin@hportsmouth.org.uk

Text or Whatsapp only: 07745 205711

Website: www.portsmouthparentvoice.org

A poster for PPV CAMHS Drop In Sessions. It features the PPV logo at the top left and a cartoon character of a man with glasses and a red sweater. The text reads: 'PPV CAMHS DROP IN SESSIONS', 'CAMHS will be joining us monthly to discuss different topics and answer any questions you may have about your child or young person relating to their service offer.', 'Tuesday 2nd June 2026', '10am - 12pm', 'Central library, Lower Ground Floor, Guildhall Square, Portsmouth PO1 2DX', and 'Further information: ppvadmin@hportsmouth.org.uk'. There are also logos for HOME START Portsmouth, NHS Solent, Solent, and Portsmouth SEND Local Offer. A yellow sticky note says 'NO BOOKING NEEDED'. A list of dates is on the left: 'MORE DATES: 1st July 2026, 1st September 2026, 1st October 2026, 1st November 2026, 1st December 2026'. An illustration of a family is at the bottom right.

A poster for the Neurodiversity Support Group. It features the PPV logo at the top left and a cartoon character of a man with glasses and a red sweater. The text reads: 'Neurodiversity Support Group', 'Come along to meet other parent/carer and get information from a range of professionals, for any support and advice you might need.', 'This months topic: Sensory with the ND Team.', 'Every third Wednesday of the month. No booking needed.' Below the text is a photograph of a young girl with her hands on a table, looking at something on the table.

LOW-COST ENTERTAINMENT FOR SCHOOL HOLIDAYS

Places Kids Eat Free (or for £1) In School Holidays 2026

<https://moneysavingcentral.co.uk/kids-eat-free>

Low-Cost Activities and Entertainment for Families during School Holidays

From using the Portsmouth Leisure Card to get 50% off at Portsmouth City Council owned facilities including leisure centres, museums and more to specialist SEND sessions with activity providers - there's plenty to see and do this summer in and around Portsmouth.

<https://portsmouthlocaloffer.org/information/summer-fun-events-and-activities-for-families-in-portsmouth/>

<https://www.portsmouth.gov.uk/services/benefits-and-money-advice/cost-of-living-hub/low-cost-activities-and-entertainment/>



YEAR 6 - TRANSITION TO SECONDARY SCHOOL

Finally, all staff would like to wish our Year 6 pupils all the best as they move onto their exciting new chapter of moving to secondary school at the end of term. We are all so proud of the milestones our pupils have achieved.

We appreciate that this transition can create a lot of anxiety for children, parents and carers, so we wanted to share this evidence-based guidance for supporting your child over the summer holidays. Click on the Anna Freud logo to access the website and on the YouTube picture to access the video:@



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