



Wellbeing Newsletter

24/25 Term 3

Welcome to our St Peter's CE Primary School Wellbeing Newsletter

With the weeks flying by we are at the point again where we share with you information that we hope will be useful and informative.

As always, if there is anything that you would like to talk through with the Pastoral Team, please contact us directly on:

PastoralSupportTeam@sppschoo.uk or call 01275 843 142 and ask to speak to a member of the team.

Please be assured that any information shared with us will be dealt with sensitively.



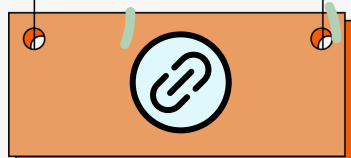
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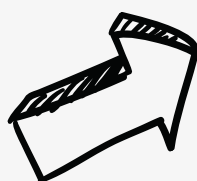


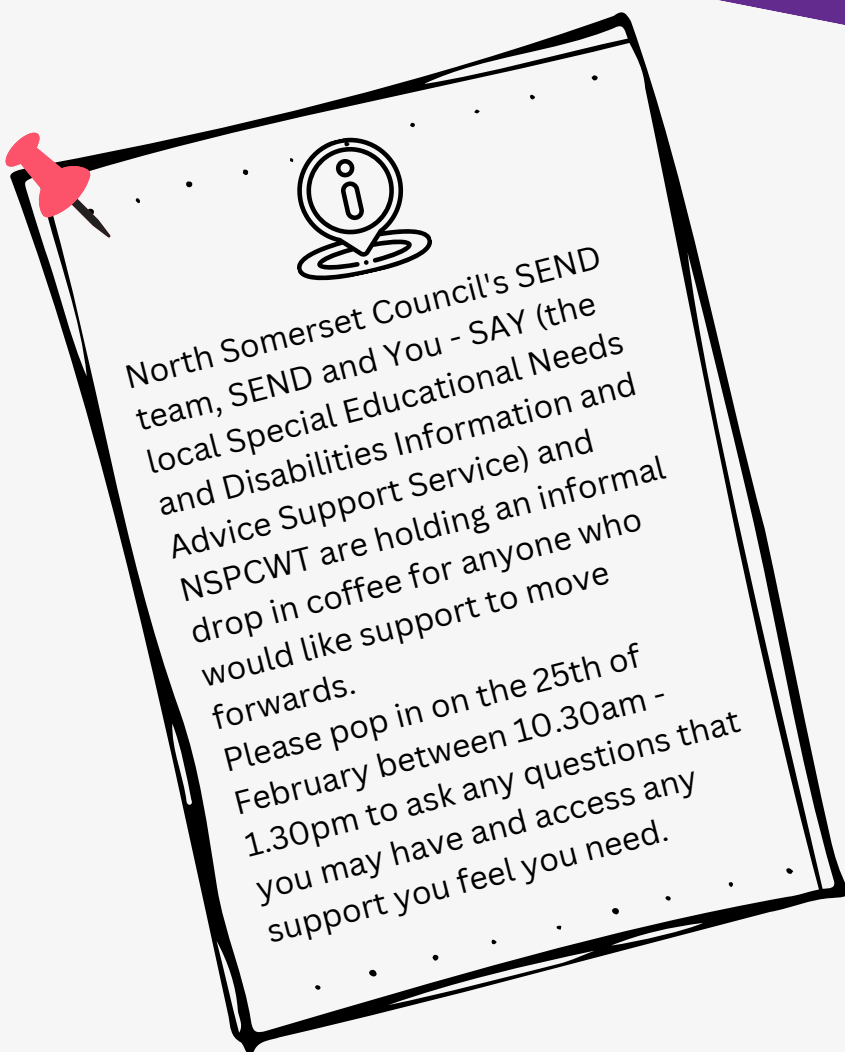


**SEND
Newsletters**



**North
Somerset
SEND
Hub**









Martha's Kitchen session at **Portishead Youth & Community Centre.**

Martha's kitchen is open for families with children 0 to 11 years old who would benefit from a **free cooked breakfast** and a place to relax during the School holidays. A variety of crafts will be available.

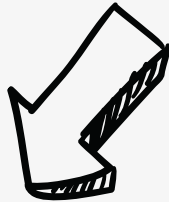
Date:

Tuesday 18th February 2024

TIME: 10 – 12 Orders for food will be taken until 11.45

VENUE: Portishead Methodist Church Hall, High Street, Portishead, BS20 6EN.

Entrance at the rear, through the Car Park



CALL TO BOOK
07483932608

EMAIL
makealunchportishead@gmail.com

The club is aimed at families with primary school children and siblings are more than welcome to join us too. Please note that all children must be accompanied by an adult.

Martha's Kitchen SEND Play and Breakfast Session @ Portishead Youth Centre.



A safe space for SEND children their families to enjoy a Free Cooked Breakfast.

Date:

Tuesday 20th February 2024

TIME: 09:30 – 11:30 Orders



CALL TO BOOK
01275 842461



Parenting Villages

A reminder that there are four parenting villages held each month around North Somerset, Which are relaxed and friendly drop-in sessions where parents and parenting specialists share resources, offer support, a listening ear or just time talking about what it's like to be a parent.





Arguments happen in all families, however ongoing, unresolved or intense rows can affect children:

Children's long term social, academic and behavioural outcomes can be impacted.

Children and young people's social groups and friendships may be affected.

Have a go at home..

When thinking about how you are trying to explain your thoughts and feelings to another person, using the template below can be a good starting point for expression:

I feel.....

Because.....

When.....

What I need is.....

Expressing feelings can be a difficult process. Make sure the other person is actively listening and consider the timing and environment. Sometimes chatting outside the home can be more effective!

Resources for strengthening relationships:










Contact:
parenting.groups@n-somerset.gov.uk
to find out more information.

Reconnecting Relationships

Supporting families to manage and reduce parental conflict in North Somerset.




How can we argue better?

Arguing happens in every household, but 'arguing better' can ensure that this doesn't have a long lasting negative impact on the children.

Below are some of the ways that you can argue in a helpful way:

Active Listening

Agreeing to disagree

Offering solutions

Be open-minded to suggestions

Explain how you feel

Make specific time for difficult conversations

Did you know there is help out there?

There are tools, resources and websites that offer support, advice and guidance about this! Some examples are overleaf.

Services are trained to help you find the right type of support, such as schools, health, early years, police and many more!

Parenting when Separated is an Advanced Parenting Group that focuses on helping parents to co-parent more effectively.

Have a go at home..



The thoughts, feelings and behaviour cycle can be used to help people to understand each other's behaviour. It also provides a chance for people to explain how they are feeling and take time to consider their own behaviour.



PARENTS PLUS

Parenting When Separated

A practical and positive evidence-based course for parents who are preparing for, going through or have gone through a separation or divorce.

A 6 weekcourse taking place online or
at one of the North Somerset Children's Centres.
For more information, please call 01275 888808

PORTISHEAD 4TH JUNIOR RAPIDPLAY

SATURDAY 3RD MAY

10AM - 4.30PM

AGES 5-18

**Somerset Hall, The Precinct,
Portishead, Bristol BS20 6AH**

BOOK TICKETS AT:

[TINYURL.COM/33SHVVZV](https://tinyurl.com/33SHVVZV)

OR SCAN THE CODE BELOW



portisheadchessclub@gmail.com



www.portisheadchess.com