



Wellbeing Newsletter

24/25 Term 5

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

Please find included in this terms wellbeing newsletter a few things to keep in mind for the half term break and beyond. We hope you find the resources useful.

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

PastoralSupportTeam@spps.school.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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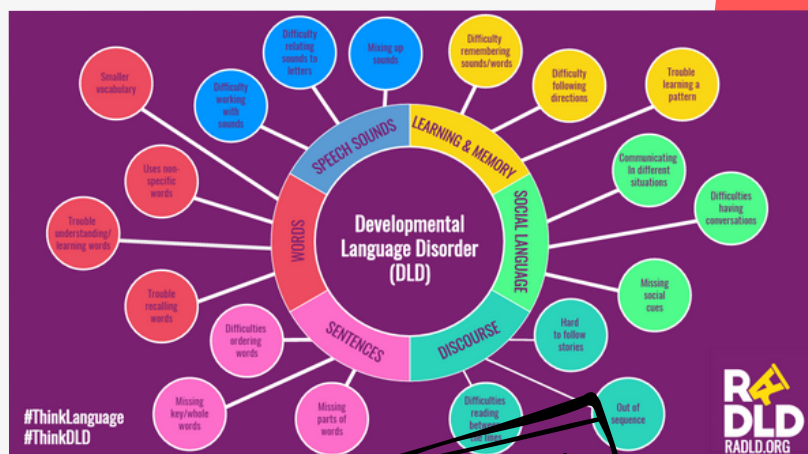
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DLD AWARENESS DLD AWARENESS DLD AWARENESS

DLD is a significant difficulty learning, understanding, and using spoken language. DLD is a relatively NEW term (2017) for a condition we have known about for hundreds of years. This condition goes by many names: expressive-receptive language disorder, specific language impairment, speech-language impairment, and language delay among them. The current, consensus term in the English-speaking world is Developmental Language Disorder or DLD



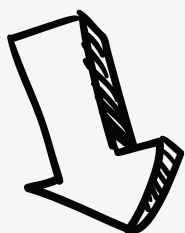
**Find out
more**



- Five things you need to know about DLD
1. DLD is a hidden disability. People with DLD make more errors or use simpler sentences or even have trouble organizing a conversation. These problems are not always obvious to the non-specialist.
 2. DLD emerges in early childhood but persists into adulthood.
 3. DLD affects people around the world, no matter the language spoken.
 4. DLD is common. In one study, 1 in 14 children demonstrated symptoms of DLD.
 5. DLD matters. It can affect social and emotional well-being as well as success at school and work.



**CLICK FOR
INFO**



PAPAYA
Parents Against Phone Addiction in Young Adolescents

"LET'S TALK ABOUT OUR KIDS AND THEIR TECH"

FINDING A HEALTHY BALANCE FOR YOUR FAMILY



PAPAYA promotes wellness and improved mental health in adolescents by helping young people achieve a healthy balance with technology.

We believe everyone, especially teens, have the right to understand the impact that screens have on their well-being. We conduct workshops with the goal of educating parents and students on the connection between smartphones and the mental well-being of adolescents. We offer practical solutions to help students and families achieve a healthier relationship with their devices through either delaying the smartphone or establishing good tech boundaries.

Smart Phone Free Childhood

Smartphone Free Childhood is a grassroots movement bringing parents together to stand up for healthier, happier childhoods - Click below for more details.





Bristol family blog

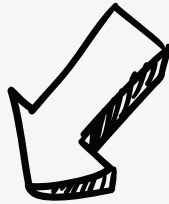
website

HALF TERM ACTIVITIES



Down Somerset Way

website



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 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 27th May 2025

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

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

Date:

Thursday 29th May 2025

TIME: 09:30 – 11:30



CALL TO BOOK
01275 842461

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





Staying active



GoNoodle gets kids moving
to be their strongest,
bravest, silliest, smartest,
bestest selves

Go Noodle

**Get kids
moving
Glan Higgins**



LETS GET KIDS MOVING - Whats up Superheroes?
Glenn Higgins, Personal Trainer and Health Coach
from London England helps your kids kickstart their
fitness journey with workouts that will put the fun
back into fitness and help engage them like never
before!

**COSMIC
YOGA**



CHECK OUT CAMPS
IN ACTION HERE!
SCAN QR FOR VIDEO



BOOKING FOR
SUMMER?

SUMMER CAMPS
BOOK NOW
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Get the
Gang
Together!
20% OFF
Groups
of 5 or more



CAMPS

All Staff
Enhanced
DBS
Checked

DAILY
9.30AM - 3.30PM
WRAPAROUND
8.30AM - 5.00PM

SIBLING
OR GROUP
DISCOUNTS
AVAILABLE

Ofsted
Registered
Childcare Vouchers
& Tax Free Childcare
Accepted

WHAT CAN YOU EXPECT?

Our camps are hosted by dedicated Mad Scientists that are eagerly awaiting your arrival! Suitable for all children aged 5-11.

Join us this Easter & Summer

and get stuck in to some Awe-inspiring Science activities and experiments. There's a whole world of Science wonderment to explore, where no two days are the same!
Guaranteed **WOW** moments aplenty.

BOOK ONLINE TODAY

WHERE? HERE! AT YOUR SCHOOL

St. Peter's CofE Primary, Portishead BS20 6BT

EASTER • 7TH - 11TH APRIL

SUMMER • FROM 28TH JULY - FOR 4 WEEKS!

& MUCH MORE!

Check Website for Full Dates,
More Venues & Online Booking



CONTACT OUR
CAMP SPECIALISTS
01792 348205

www.madsciencecamps.co.uk

Join ParkPlay!

Make friends, have fun, get moving.

FREE every Saturday morning.

#MeetMovePlay



Portishead ParkPlay

Come and meet your PlayLeaders at Merlin Park

Every Saturday from 10:00am

ParkPlay welcomes everyone, so turn up for games, activities and fun with your local community.

Register today!

park-play.com/register