



Wellbeing Newsletter 25/26 Term 1

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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**DYSLEXIA
AWARENESS
DYSLEXIA AWARENESS
DYSLEXIA
AWARENESS**



10 Dyslexia
Myths



**Find out
more**

Ten percent of the population are believed to be dyslexic, but it is still often poorly understood. With the right support, the strengths and talents of dyslexic people can really shine.



British
Dyslexia
Association



What is Anxious Non-Attendance?

The AET Terminology Guide states that:

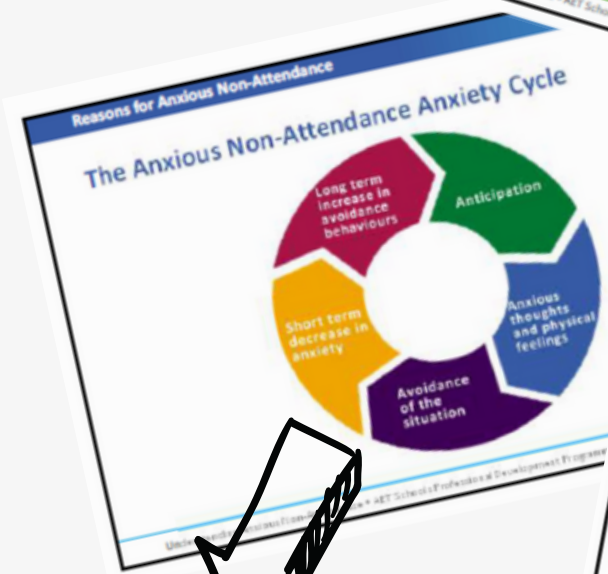
- An 'anxious non-attender' is the term used for a child or young person experiencing persistent absences due to 'Emotionally Based School Avoidance' (EBSA).
- This is when attendance difficulties arise from experiencing high levels of anxiety at school.

Understanding anxious non-attendance

What is Anxious Non-Attendance?

Signs of Anxious Non-Attendance		
Behaviour	Emotions	Attitude to School
Withdrawn	Separation anxiety	Reluctance to engage
Spending more time alone	Low self-esteem	Negative talk about school
Signs of self-harm	Low mood	Becoming distressed when school is mentioned
Late for school	Crying	Refusing to get ready for school
Missing lessons or truanting	Angry outbursts	Worried about falling behind
Feigning illness	Panic attacks	Disengaged
Physical symptoms	Emotional shutdown	Difficulties with friends

Understanding Anxious Non-Attendance • AET Schools Professional Development Programme



More Info

Key Takeaways

- Causes and experiences of ANA are **individual** and require **individual support**.
- Reasonable adjustments** can help to prevent Anxious Non-Avoidance
- Listen** to and work alongside the pupil and their family.
- Work with **outside agencies** to find appropriate support.
- 'Small changes can make school a safe place and support students to attend and do their best.'**

Understanding Anxious Non-Attendance • AET Schools Professional Development Programme





Anxious Non-Attendance: Where to Find Support

Support with implementing reasonable adjustments

- Autism Outreach
- Specialist Teaching Service/Specialist Teaching and Psychology Service (STePS)
- Educational Psychologists (EdPsych)
- Occupational Therapists (OT)

Support for referrals and Education, Health and Care Plan (EHCP) application processes

- Single Point of Access (SPOA/SPA)
- Autism Outreach
- Specialist Teaching Service/Specialist Teaching and Psychology Service (STePS)
- Educational Psychologists (EdPsych)
- LA Statutory Support Service

Support for mental health and anxiety

- Single Point of Access (SPOA)
- General Practitioners (GPs)
- Children and Young People's Service (CYPS)
- Child and Adolescent Mental Health Services (CAMHS)
- School Nursing Team
- Counsellors

Services to signpost families to

- General Practitioners (GPs)
- Counsellors
- Local organisations, family support groups and charities
- Independent Provider of Special Education Advice (IPSEA)



Anxious Non-Attendance: Where to Find Support

Autism Outreach	Child and Adolescent Mental Health Services (CAMHS)
<ul style="list-style-type: none">• Specialist teachers who can provide advice on reasonable adjustments and support.• May also provide support for referrals and EHCP application processes.	<ul style="list-style-type: none">• CAMHS is an NHS service that helps children and young people with emotional, behavioural and mental health difficulties, including anxiety.• Can provide mental health assessment.• Can provide mental health support, therapies and counselling.• Can provide support for co-occurring conditions relating to mental health.
Children and Young People's Service (CYPS)	Counsellors
<ul style="list-style-type: none">• Can provide support for children and young people with mental health difficulties.• Can support children and young people living in difficult and challenging circumstances.• Can carry out neurodevelopmental assessments.	<ul style="list-style-type: none">• Schools and GPs may refer learners for counselling.• Some schools may have in-house counsellors.• Others may commission private counsellors to support students.
Educational Psychologists (EdPsych)	General Practitioners (GPs)
<ul style="list-style-type: none">• Use psychological and educational assessment techniques to support learners experiencing difficulties in learning, behaviour or social interaction.• Can work with schools to assess learners' strengths and differences.• Can advise on reasonable adjustments to prevent Anxious Non-Attendance.• Often work as part of a multi-disciplinary team.	<ul style="list-style-type: none">• Can refer children and young people to other services. For example, the Single Point of Access, CAMHS or counselling.• School can recommend that parents or carers make an appointment if concerned about anxiety or wellbeing.



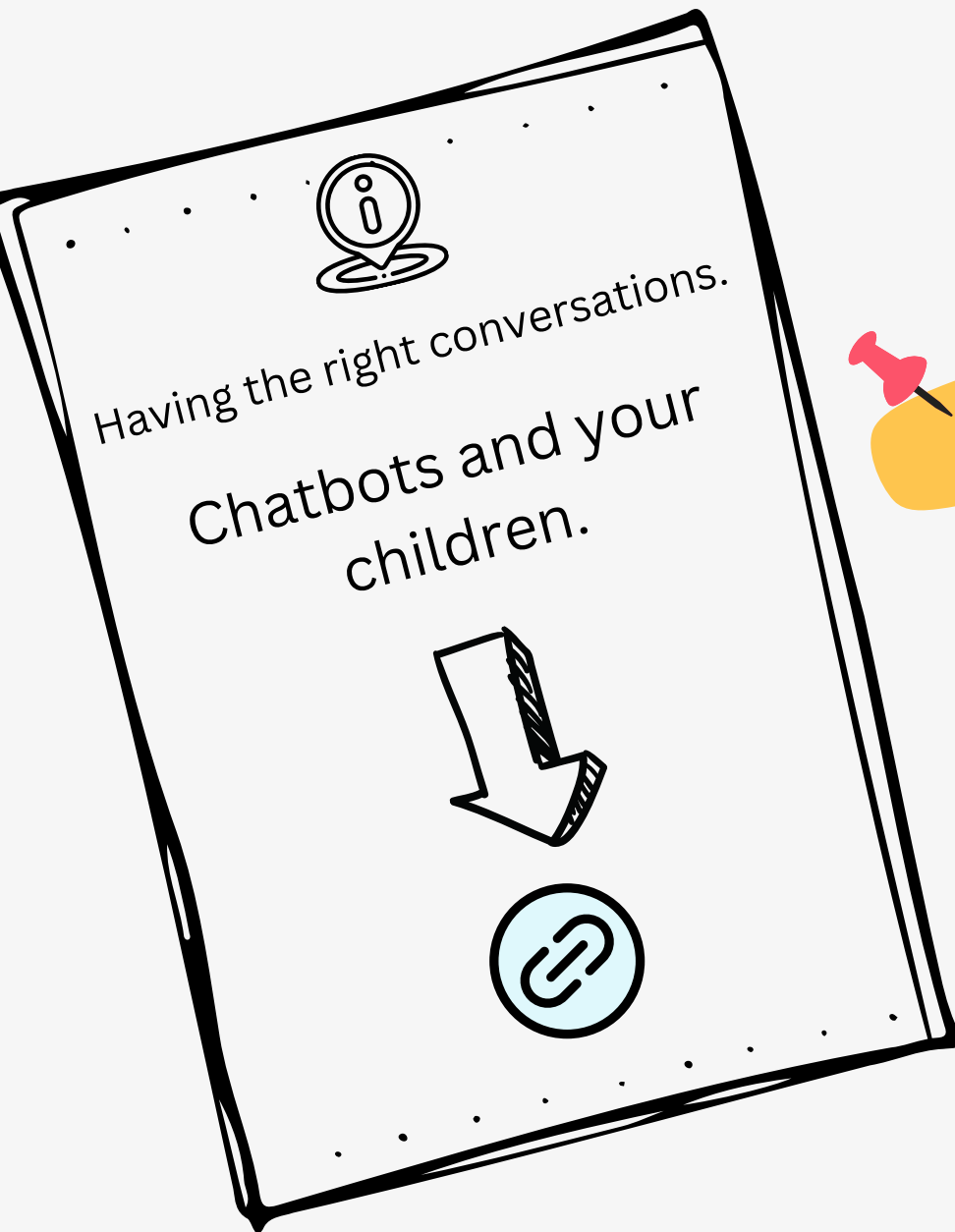
Anxious Non-Attendance: Where to Find Support

Local organisations, family support groups and charities	Occupational Therapists (OT) and Speech and Language Therapists (SaLT)
<ul style="list-style-type: none">• May be able to provide off-site placements or therapies.• Local counselling companies may take referrals.• Support for families with children and young people with SEND.• Alternative options.	<ul style="list-style-type: none">• Referrals can be made for supporting learners with sensory differences and differences in social communication.• Can carry out sensory audits within school and recommend reasonable adjustments.
Single Point of Access (SPOA)	Specialist Teaching Service/Specialist Teaching and Psychology Service (STePS)
<ul style="list-style-type: none">• A system for GPs and primary care professionals in health, education and local government to request support for children and young people.• May also accept referrals for neurodevelopmental assessments.• May triage to the most appropriate service for the child or young person.	<ul style="list-style-type: none">• Offer support and advice to schools and families about specific areas of SEND.• Can advise on reasonable adjustments to prevent Anxious Non-Attendance.• A learner doesn't have to have an Education, Health and Care Plan (EHCP) to receive support and advice.• Can include Educational Psychologists, Sensory Teachers and Autism Outreach teams.



ARTIFICIAL INTELLIGENCE

SAFETY ADVICE FOR PARENTS



NSPCC advice

Learn more about artificial intelligence (AI) content, tools and discover ways to help your children stay safe.





Visit Bristol

website

Bristol family blog

website

HALF TERM ACTIVITIES

Down Somerset Way

website



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.



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.

Date:

Tuesday 28th October 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 30th October
2025

TIME: 09:30 – 11:30



CALL TO BOOK
01275 842461

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





Staying active

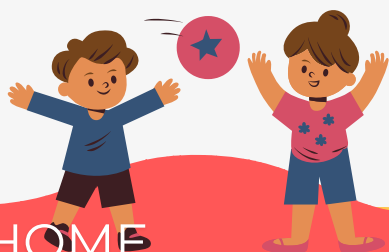


New workout series for kids



Directory of kids clubs by location, age of child and type of activity.

COSMIC YOGA





Junior Chess Rapidplay 8th November 2025

6 fun ECF swiss rated chess
games for children aged
7 -14 held by Sedgemoor
Chess Club

Only

£15

PER CHILD

Location

The chess tournament will be held at
St George's Parish Centre
Church Rd, Wembdon, Bridgwater
TA6 7RP
From 12.30PM -5.30PM

How to enter

Please go to this website
<https://congress.org.uk/congress/644/home>
or use the QR code



If you have any questions please contact
Sedgemoor Chess Club on Facebook or email
sedgemoorchess@hotmail.com



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

Portishead Esplanade junior parkrun

What is Portishead Esplanade junior parkrun?

A free, fun, and friendly weekly 2k event for juniors (4 to 14 year olds). Nearby Saturday parkrun events can be found [here](#).

When is it?

It is held every Sunday at 9:00am.

Where is it?

The event takes place at Portishead Esplanade, Portishead Open Air Pool, Esplanade Road, Portishead, BS20 7HD. See [Course page](#) for more details.

What does it cost to join in?

Nothing - it's free! but please [register](#) before you first come along. Only ever register with parkrun once and don't forget to bring a **scannable** copy of your barcode ([request a reminder](#)). If you forget it, [you won't get a time](#).

How fast do I have to be?

The aim is to have fun. Please come along and join in whatever your pace!

Portishead Esplanade junior parkrun needs you!

It is entirely organised by volunteers - email portisheadesplanadejuniors@parkrun.com to help.

Safeguarding



Thanks to this week's volunteers

Abigail LAZENBY • Beverley C E BRITTON • Clare BASE
 Danny DONOGHUE • Daren STONE • David MCCALLUM
 Dominic HOLMES • Emily HEWITT • Gaynor GODDEN
 Jake PUXTY • Jo FITCHETT • Jonathan WILLIAMS
 Joseph FITCHETT • Kathryn GIBB • Keith LAZENBY
 Linda PICK • Mike YOUNG • Steven WOOLLEY
 Tom CLARK • Tracy LAZENBY

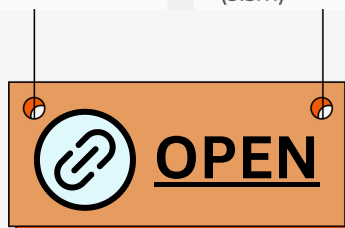
See our [volunteer page](#) for information on how you can get involved.

Upcoming

Portishead Esplanade junior parkrun takes place every week on a Sunday at 9:00am

Other junior parkruns nearby

[Golden Valley Playing Field juniors](#) (4.4m), [Kings Weston juniors](#) (4.8m), [Clevedon Seafront juniors](#) (5.5m), [Rogiet juniors](#) (6.2m), [Greville Smyth Park juniors](#) (7.4m), [Yatton Recreation juniors](#) (7.5m), [Horfield Common juniors](#) (7.7m), [Windmill Hill juniors](#) (8.8m), [Eastville juniors](#) (9.4m), [Little Stoke juniors](#) (9.5m)



Ready. Net. Go!

YOUTH

Netball

SCHOOL YEARS 6+

WEDNESDAYS 6.30PM-7.30PM



ALL PLAYER LEVELS WELCOME!
FUN & FRIENDLY SESSIONS

**WORK TOWARDS MATCHES
AGAINST OTHER YOUTH
ORGANISATIONS**

£2 PER SESSION

BOOK YOUR SPACE AT
WWW.PORTISHEADYOUTHCENTRE.CO.UK/EVENTS

**PORTISHEAD
YOUTH & COMMUNITY
CENTRE**

WEEKLY YOUTH SESSIONS...



MONDAY

STRATEGICAL BOARD GAMES
SCHOOL YEAR 6+
4PM-5.30PM £2

7 WEEK MUSIC COURSES
SCHOOL YEAR 6+
4PM-5.30PM £30 PER COURSE

YOUTH CLUB
SCHOOL YEAR 7+
6PM-8.30PM £2

YOUTH STREET DANCE
SCHOOL YEAR 7+
6.15PM-7.15PM £2

TUESDAY

DUNGEONS & DRAGONS CONFIDENT PLAYERS
SCHOOL YEAR 6+
4.30PM-6.30PM £2

4 WEEK POP UP PROJECTS
SCHOOL YEAR 6+
6PM-8PM
£ DEPENDENT ON ACTIVITIES

MUSIC STUDIO REHEARSAL & TUITION
SCHOOL YEAR 6+
6.30PM-9PM £2

INFORMAL GUITAR TUITION
SCHOOL YEAR 6+
6.30PM-9PM £2

DUNGEONS & DRAGONS VETERAN PLAYERS
SCHOOL YEAR 6+
6.30PM-9PM £2

WEDNESDAY

5 WEEK POP UP ASDAN QUALIFICATION COURSES
SCHOOL YEAR 7+ 4PM-6PM
£ DEPENDENT ON COURSE

YOUTH NETBALL
SCHOOL YEAR 7+ 6.30PM-7.30PM
£2

THURSDAY

JUNIOR YOUTH CLUB
AGE 8-SCHOOL YEAR 6
3.30PM-5.30PM
£3.50

YOUTH CLUB
SCHOOL YEAR 6-8
6.30PM-9PM
£2

FRIDAY

AFTER SCHOOL DROP IN
SCHOOL YEAR 6+
3PM-5.30PM
£FREE

FRIDAY FUN YOUTH CLUB
FOR YOUNG PEOPLE
WITH ADDITIONAL NEEDS*
SCHOOL YEAR 7+
6.30PM-9PM £3

FRIDAY EVENING CHILL
OUT SESSION**
SCHOOL YEAR 7+
7.30PM-9PM
£FREE

*FRIDAY FUN - 1ST & 3RD FRIDAYS OF EACH MONTH

** FRIDAY EVENING CHILL OUT SESSION - 2ND & 4TH FRIDAYS OF EACH MONTH

VISIT WWW.PORTISHEADYOUTHCENTRE.CO.UK TO BOOK A SPACE
OR EMAIL MAIL@PORTISHEADYOUTHCENTRE.CO.UK FOR MORE INFORMATION

PORTISHEAD
YOUTH & COMMUNITY
CENTRE

[HOME](#)