



# Wellbeing Newsletter 25/26 Term 3

## 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 and have a very good end of year break.

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

enquiries@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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# DOES YOUR CHILD STRUGGLE TO SLEEP?



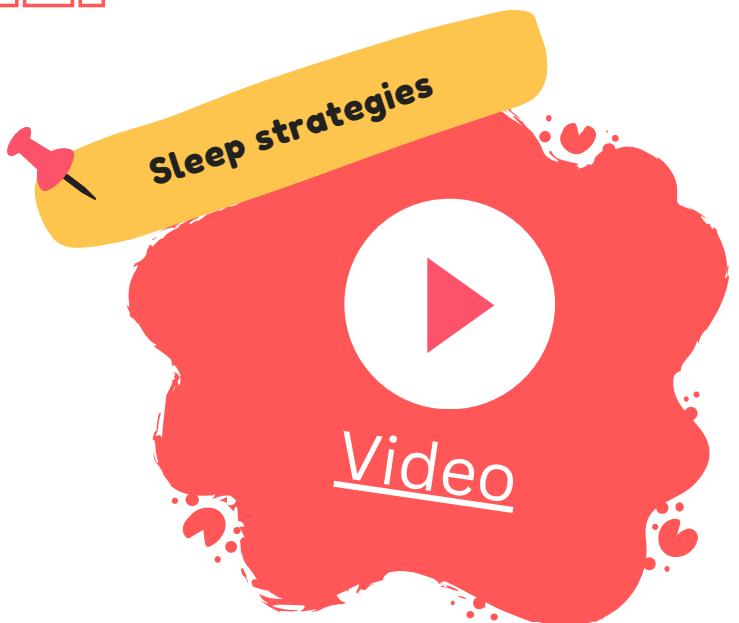
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SLEEP  
SLEEP

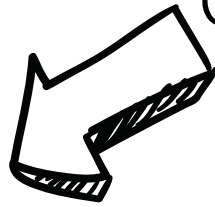
SEND FOCUS

SLEEP  
SLEEP





# ANNUAL PARENT CARER SURVEY



Click here

This survey takes between 5 and 45 minutes, depending on how much you would like to tell us and is for all parents and carers whose child:

- is aged 0-25 and has any additional need or disability
- lives in the local authority of North Somerset (or child accesses services / education setting in North Somerset)



## SCHOOL PLACEMENT DECISIONS - SUPPORT AVAILABLE

North Somerset SEND Team will be publishing school placement decisions from today through to Thursday.

We know this can be a really difficult and emotional time for families. To support you, we've organised a Parent Carer Drop-in Session where you can speak with the SEND Team and SEND and You - SAY about your named placement and what happens next if you didn't receive your preferred school.

### What you need to do:

- Log into the SEND Portal to download your final or amended EHCP
  - Check Section I to see the named placement
  - Download the accompanying letter, which explains your right of appeal and includes details of the parent carer **drop-in at The Firs on 24 February**
- ✉ The SEND team have advised that due to the high number of decisions being published, SEND Officers will have auto-reply emails switched on this week and won't be available to take calls. The team will respond as soon as possible (likely after half term), and telephone appointments will be offered in due course.

If you need support, reassurance, or help understanding what happens next, please come along to the drop-in session – you're not on your own



**Bristol family blog**

website

**Visit Bristol**

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.



**Date:**

Tuesday 17th February 2026

**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.

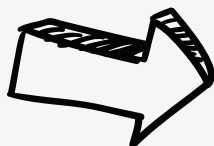
Free SEND New Years Eve Stay and Play breakfast  
A safe space for SEND children their families to enjoy a Free Cooked Breakfast.

**Date:**

Thursday 19th February  
2026

**TIME:** 09:30 – 11:30

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



**CALL TO BOOK**  
**01275 842461**

# 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](http://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](mailto: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)

