



Wellbeing Newsletter

25/26 Term 4

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

Spring has very much arrived and with it we bring to you our term 4 wellbeing newsletter. We hope you find some useful resources included.

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.



CONTENTS

- [Introduction - p1](#)
- [SEND - Neurodiversity Awareness - p2](#)
- [Transition to secondary school workshops - p3](#)
- [Local News - Easter activities - p4](#)
- [Additional info - Marthas Kitchen - p5](#)
- [Staying active over the holidays - p6](#)
- [Food bank opening times - p7](#)
- [Activity details / flyers](#)





**What is
Nuerodiversity?**



North Somerset
Educational Psychology
Service online training
library



**NEURODIVERSITY
AWARENESS**

NEURODIVERSITY AWARENESS

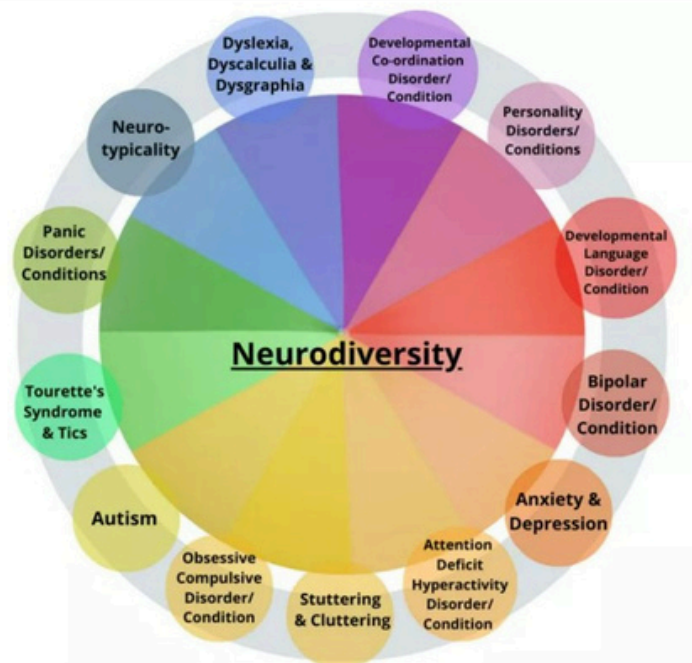
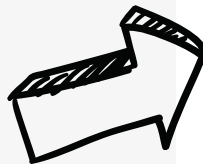
**NEURODIVERSITY
AWARENESS**

National autistic
society



Co-occurring Neurodivergent Conditions

These include common conditions
such as Autism, ADHD, Dyspraxia
(DCD), Dyslexia, Dyscalculia and
Developmental Language Disorder
(DLD)





Transition to Secondary School

PARENT & CARER WORKSHOP

Supporting your child's move to secondary school



The transition workshop will share the latest thoughts, feelings and experiences of children currently in Year 7 across North Somerset, helping parents and carers understand what the move to secondary school is really like.



Stay informed

Hear up-to-date insights from current Year 7 students



Feel confident

Get practical advice and reassurance for the transition



Ask questions

Share thoughts and concerns with local professionals

TRANSITION TO SECONDARY SCHOOL PARENT/CARER WORKSHOPS

**21ST APRIL
BOOK
YOUR
PLACE**



**27TH APRIL
BOOK
YOUR
PLACE**



**30TH APRIL
BOOK
YOUR
PLACE**



These workshops are open to all parents not just year 6 parents.

If there is a high demand for places, I will run some more sessions, I will also be running another session for schools just after SATs have finished and will send the link to that session once it is arranged.



Bristol family blog

website

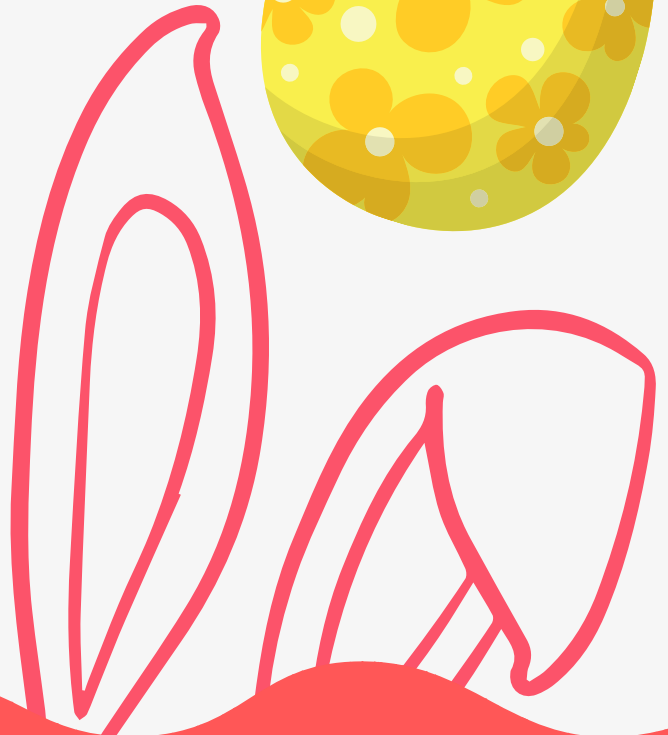
Visit Bristol

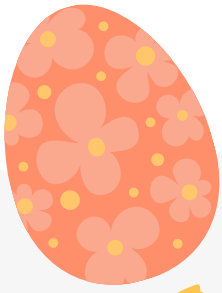
website

EASTER HOLIDAY 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.

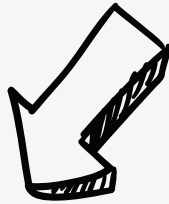
Date:

Tuesday 7th and Tuesday 14th April 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



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

Date:

9th and 16th April 2026

TIME: 09:30 – 12:00



CALL TO BOOK
01275 842461

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



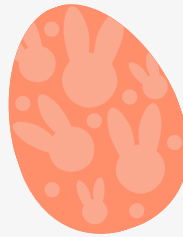


Staying fit and active over the holidays.

Bunny Hop HIIT: A full-body workout featuring bunny hops, jumping jacks, and squat jumps.



OPEN



Egg Hunt Cardio: Hide eggs and have kids run, jump, or move between hiding spots, or incorporate exercises into the hunt.



OPEN

Egg & Spoon Relay: Balance a plastic egg on a spoon while racing, with bunny hops as penalties for dropping it.



OPEN

Easter Fitness Bingo: Use a bingo card with exercises like "springtime star jumps" and "leaping lambs" to stay active.



OPEN

Easter Parade/Dance Party: Play festive music and have a "dance like bunnies" session.



OPEN





FOOD BANK OPEN TIMES

Foodbank Easter half term Support.

If you are struggling financially this half term, we're here to help.
We can provide lunch parcels for schoolaged children, and family parcels if needed. All you need to do is ask your child's school for a foodbank voucher. Once you have your voucher, visit your nearest foodbank and our volunteers will be more than happy to support you.

Clevedon Foodbank

Unit 3 Knowles Road, Clevedon, BS21 7XS

Open:

Thursday 2nd April

Tuesday 7th April

Friday 10th April

Monday 13th April

Friday 17th April

9.30am – 11.30am

Tel: 07722 769529

Yatton Foodbank

Rock Road Youth Club

Open:

Thursdays: 9.30am – 12.00pm

Tel: 07722 769529

Nailsea Foodbank

Southfield Church, 85 Southfield Road, BS48 1SB

Open:

Fridays: 12.30pm – 2.30pm (open Good Friday)

Tel: 07927 472649

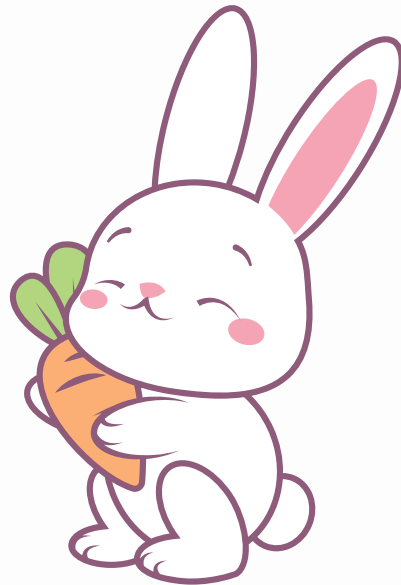
Portishead Foodbank

4 Combe Road, Portishead, BS20 6BJ

Open:

Fridays: 12.00pm – 2.00pm (open Good Friday)

Tel: 07379 891130



Easter 2026



PORTISHEAD LIBRARY




**POP-UP LEGO
CLUB**


BOOK NOW!

**POP-UP
RHYME TIME**


**Wednesdays
8th and 15th April
3.30-4.30pm**


**Tuesdays
7th and 14th April
9.30-10am**

**Book your space on North
Somerset Libraries Eventbrite!**




**GAMES 'STAY
& PLAY'**


DROP IN!
(families with children aged 4+)
Saturdays
**4th, 11th and 18th April 9.30am-
12.30pm**



EASTER

HOLIDAY ACTIVITIES

FOR CHILDREN AGED 6+

8TH APRIL

9.15AM-3.30PM

8-12S TRIP TO WE THE CURIOUS



9TH APRIL



11.30AM-4PM

10+ TREETOPS
ADVENTURE &
SPORTS AT ASHTON
COURT TRIP

9TH & 10TH APRIL

9.30AM-3.30PM DAILY
2 DAY SKATEBOARDING
& PHOTOGRAPHY
PROJECT - 8+



14TH APRIL



10.30AM-12.30PM

6-10S SWEET TREATS BAKING WORKSHOP

15TH APRIL



10AM-12PM

6-10S TAYLOR SWIFT THEMED
DISCO, KARAOKE & CRAFTS

15TH APRIL



1PM-4PM

10+ ESCAPE ROOM
TRIP

17TH APRIL



11AM-1PM

11+ CHINESE CUISINE
COOKING WORKSHOP

17TH APRIL



2PM-4PM

6-10S INTERACTIVE
SCIENCE EXPERIMENTS
WORKSHOP

7TH APRIL



10AM & 11AM

8-10S SKATEBOARDING SKILLS
SESSIONS

1PM

10+ SKATEBOARDING SKILLS
SESSION

2PM

8+ GIRLS ONLY
SKATEBOARDING SKILLS
SESSION

DELIVERED BY PROFESSIONAL
INSTRUCTORS FROM KEEP
ROLLING

16TH APRIL



3.30PM-6.30PM

10-14S ROLLER DISCO TRIP

BOOK YOUR CHILD'S SPACES AT
WWW.PORTISHEADYOUTHCENTRE.CO.UK
/EVENTS

PORTISHEAD
YOUTH & COMMUNITY
CENTRE

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