



Wellbeing Newsletter

26/27 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 October half term. We hope you find the resources useful.

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

enquiries@sppschoo.uk or call 01275 843 142

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



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RESOURCES RESOURCES RESOURCES RESOURCES RESOURCES

Summer is a time to recharge, connect and celebrate progress. For some children and young people, changes to routine can sometimes feel overwhelming. Small wins matter – whether that's trying a new activity, spending time outdoors, building independence, or simply enjoying moments of calm together.

North Somerset SEND Hub



North Somerset SEND Hub News



website

North Somerset Parent Carers Working Together are the local parent carer forum, there to support parents & carers of children/young people between the ages of 0-25 that have an emerging need, additional need and/or disability.

We represent the collective voice of North Somerset parent carers to key decision makers cross the local authority, health and education.

SHINE HOLIDAY CLUBS



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.



Bristol family blog

website

Visit Bristol

website

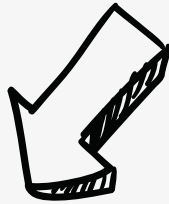
OCTOBER HALF TERM ACTIVITIES

Down Somerset Way

website

**North Somerset
Library
Events**





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:

Thursday the
27th October 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

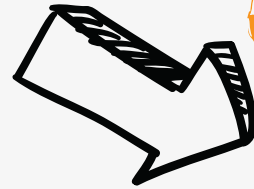
FAMILY VOUCHER!
IN
ACTIVITIES
SECTION



**Staying fit and active
over the holidays.**



Excercise videos for
children.



**Activate
with Joe
(Joe Wicks)**



**Getting out
and
about
Scavenger
hunt**



**COSMIC
YOGA**





**FOR
KIDS ACTIVITIES,
CLUBS AND MUCH
MORE,
PLEASE READ
ON**



MARTHA'S KITCHEN

7 YEARS OF BREAKFAST,
FRIENDSHIP & COMMUNITY



YOU'RE INVITED TO OUR 7TH BIRTHDAY CELEBRATION!

For seven years, Martha's Kitchen has welcomed local families with food, friendship and practical support. To celebrate, we'd love you to join us for a special morning together.

YOUR FAMILY CAN ENJOY:



Free breakfast



Birthday cake



Children's crafts and activities



Hot drinks and conversation



A warm welcome



Thursday 27th October



10:00am – 12:00pm



Portishead Methodist Church Hall



07483 932608

Everyone is welcome.

No referral needed. No questions asked. Just come along.



FAMILY INVITATION VOUCHER

MARTHA'S KITCHEN'S 7TH BIRTHDAY

This voucher invites your family to enjoy:



Free breakfast



Birthday cake



Children's activities



A warm welcome



27th October



10:00am – 12:00pm



Portishead Methodist Church Hall



VALID FOR THE WHOLE FAMILY



Bring this voucher along and celebrate with us!



Parent & Carer Coffee Morning

Join Bryonee, the Education Mental Health Practitioner
and in your school.



Join Us

To talk about child
mental health and
the MHST

Meet your
school's Mental
Health Lead
and Education
Mental Health
Practitioner

Suggest
ideas for
future parent
& carer
sessions

Meet other
parents &
carers

Learn more
about mental
health

Hear about
support
offered by the
school and
MHST



Thursday 12th November



9am - 10am



St Peter's Primary School





Junior Chess Rapidplay 21st November 2026

6 fun ECF swiss rated chess
games for children aged
7 - 18 held by Sedgemoor
Chess Club

Location

St George's Parish Centre
Church Rd, Wembdon, Bridgwater
TA6 7RP
From 12.00PM - 5.30PM

How to enter

Please go to this website
<https://congress.org.uk/congress/760/home>
or use the QR code



Only

£17

PER CHILD



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



OCTOBER HALF TERM ACTIVITIES

FOR CHILDREN & YOUNG PEOPLE AGED 6-17



Alton Towers Scare Fest trip
School year 6+
26th October
8am-midnight

Capcut Halloween
themed workshops



6-10s 26th October &
28th October
School year 6+ 27th
October



Faberge
pumpkin
workshop
6-10s
27th October

Clay pumpkin
workshop
6-10s
27th October



Nerf battle games
6-10s
28th October



Halloween
costume
alterations and
embellishment
session
School year 6+
27th October

Seen You Dance SEND music
& movement session
Age 8+
28th October



Hungarian cuisine
open fire cooking
workshop
School year 6+
28th October



Noah's Ark Zoo
Farm trip
8-12s
29th October



Diplomacy
Megagame
School year 6+
29th October



Nightmare Before Christmas
workshop
6-10s
30th October



Mixed media special effects
makeup workshop
School year 6+
30th October



Jewellery workshop
6-10s
30th October



More details and book your space 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