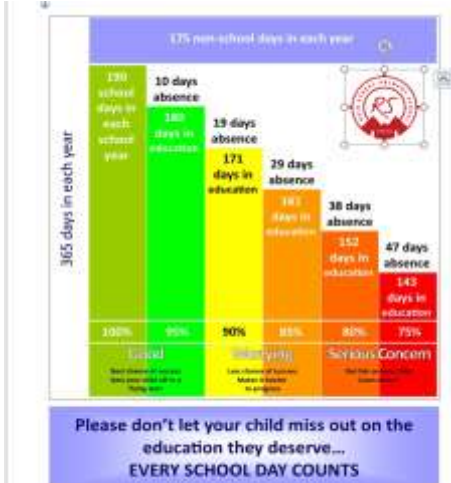




# Parent Support Advisor's Spring Newsletter

I hope you have a relaxing and fun-filled holiday and look forward to seeing you all back in school on Monday 25<sup>th</sup> April 2022. Thank you. Mrs Charlton

New Term, Please remember your child's attendance needs to be over 95%. If you require support to help your child to arrive to school on time please contact Mrs Charlton or Mrs Davison.



## Activity Clubs and Ideas

Junior LEGO® Club | Held every Saturday 10.00am - 12.00pm

FREE Drop in session | Darlington Library & Cockerton Library

TURN OVER FOR MORE FUN, FREE, ACTIVITIES DURING THE HOLIDAYS



YOGA FOR KIDS – help your children to sleep better and be more relaxed. You Tube – Goodnight Yoga, pose by pose by Marian Gates and Cosmic Kids.

Mindfulness – Children & adults of all ages can benefit from **mindfulness**, the simple practice of bringing a gentle, accepting attitude to the present moment. It can help by promoting happiness and relieving stress.

<https://www.youtube.com/watch?v=BkqU7l-fcU>

<https://www.youtube.com/watch?v=VZwdeog5Ek>

## Keep your children safe



Type CEOP into Google for latest advice.

[www.kidscape.org.uk/zap](http://www.kidscape.org.uk/zap) - e-safety advice & cyber bullying, anti-bullying & assertiveness workshops.

[www.childnetSTAARToolkit](http://www.childnetSTAARToolkit) – lots of ideas, information & practical help to explore keeping your children safe when they are on a computer.

Please beware of the following apps which are becoming very popular amongst young children:

**Musically App, Lively App & Live.Me App**

These apps are for young people aged over 15 years and can be used by adults to comment, sometimes inappropriately, on live video streams.



**Join Credit Union and save for those special times of the year:**

[www.darlingtoncreditunion.co.uk](http://www.darlingtoncreditunion.co.uk)

## Informative Websites

[www.darlington.gov.uk](http://www.darlington.gov.uk) (shows all activities for the school holidays)

[www.groundwork.org.uk](http://www.groundwork.org.uk) (a play based group which has sessions in venues across the town)

[sdtdarlington.gov.uk](mailto:sdtdarlington.gov.uk) (lots of info on low cost and **free** play sessions)

[www.disabledgo.com](http://www.disabledgo.com) (has the latest information on thousands of accessible venues across the UK)

All Family Learning courses are FREE OF CHARGE. These courses are open to parents, grandparents and guardians of Children. **Booking is essential.** To book a place or for more information please contact the Learning & Skills team: **Phone: (01325) 405601 Phone/Text:**

**07932 869325 Email: [I&s@darlington.gov.uk](mailto:I&s@darlington.gov.uk)**

**Please visit our website: [www.darlington.gov.uk/learningandskills](http://www.darlington.gov.uk/learningandskills)**

**Parenting Together 0-11  
2.45pm (5 weeks)**

**McNay Street Children's Centre**

**Friday 29 April, 12.45pm-**



Each week a different topic will be covered. Topics to be covered are:  
Identifying effective parenting strategies and their benefits on parents and children  
Promoting self-esteem in both parents and children  
Using positive communication skills with children and adults  
Recognising parenting styles and influences on children's behaviour  
Setting boundaries and managing challenging behaviours

Each lesson will include learning activities such as group discussion, watching short recordings, questions and answers, and quizzes. Some sessions may include home activities such as journals or art and craft.

Training and information sessions for parents/carers of children and young people aged 0 to 25 years of age.

Please note these sessions are for parents/carers only. If you work with children and families and wish to access training please book on the sessions in the portfolio above, thank you.

Tuesday 24<sup>th</sup> May 2022, 9.30 am – 11.00 am, title of session – Supporting children who are anxious.

Wednesday 22<sup>nd</sup> June 2022, 9.30 am – 11.00 am, title of session – Emotional Well-Being. What is it and how can we improve it for ourselves and our children?

Wednesday 6<sup>th</sup> July 2022, 9.30 am – 11.00 am, title of session – Supporting children who are anxious.

Please email enquiries for the parent/carer session dates to  
[tewv.countydurhamcamhstraining@nhs.net](mailto:tewv.countydurhamcamhstraining@nhs.net)

