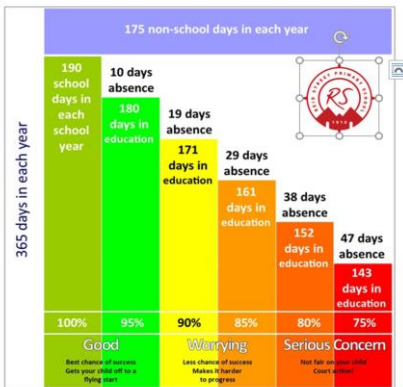




# Parent Support Advisor's Spring Newsletter

I hope you have a relaxing and fun-filled holiday and look forward to seeing you all back in school on Monday 17<sup>th</sup> April 2023. 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.



Please don't let your child miss out on the education they deserve...  
**EVERY SCHOOL DAY COUNTS**

## 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=BkqU7I-fcU>

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

## Keep your children safe



A National Crime Agency command

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)

[sdt@darlington.gov.uk](mailto:sdt@darlington.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)**

#### LOW COST OR FREE SCHOOL HOLIDAY IDEAS

<https://www.darlington.gov.uk/education-and-learning/early-years-and-childcare/childrens-centres/childrens-centre-events/>

**Please email enquiries for the parent/carer session dates to**

[tewv.countydurhamcamhstraining@nhs.net](mailto:tewv.countydurhamcamhstraining@nhs.net)

**Understanding Anxiety** -We will explore what may contribute to children and young people's anxiety and look at how we can build their resilience. We will also consider what help and support young people experiencing anxiety may need.

**Dates:** Monday 17<sup>th</sup> April, 10am-11:30am

**Emotional Wellbeing** - We will introduce you to the risk and resilience framework exploring how this can be used to improve outcomes for children, young people and their families and discuss what can be done to promote healthy emotional wellbeing in children and young people.

**Dates:** Tuesday 25<sup>th</sup> April, 12:30pm-2pm

