

November 2023

Pastoral NEWSLETTER



Dear Parents and Carers

Welcome to the second edition of our Pastoral Newsletter. Every half term we will aim to update you with the latest support services across the school and the city.



We have introduced a program to all year groups at school called myHappymind. myHappymind is all based around helping children to understand how their brain works and to support them in developing positive skills and habits to be their very best selves!

myHappymind is delivered in schools by class teachers through a series of interactive lessons and then the children apply these learnings throughout the day. To further embed this learning and ensure that you are able to engage in these topics with your child, myHappymind has developed a set of resources for parents. These resources can be accessed online on your computer, or through an app on your phone. The resources allow children to continue to practise some of the habits they have developed at school, such as Happy Breathing, for you to learn more about what they are learning in the program. Also included are activities for you to do together at home, to complement the in-school lessons.

To access these materials just go to <https://myhappymind.org/parent-resources> and enter your name, email, and authentication code. Your authentication code is 116221.

Or scan this QR code to sign up



School Nursing Drops Ins

These can be booked via the school office and will be 10 minute appointments in school. The nursing team can support with a range of things including bed wetting, sleep routines and healthy diets. *They cannot support with behaviour.*

Who are the Mental Health Support Team (MHST)?

At the Mental Health Support Team (MHST), they use cognitive behavioural therapy to support young people and their families in developing skills to manage their difficulties. They also support schools and colleges with their whole school approach to mental health and wellbeing through a range of universal offers such as groups, workshops, and assemblies.

If you think MHST can support you, please speak to Mrs Hudson, our Mental Health Lead, who can arrange an initial consultation.

MHST Coffee Morning – Wednesday 29th November 9am in the Library

Everyone is welcome to attend this session. The Mental Health Support Team will be on hand to discuss how we can support our children to manage anxiety and the challenges this can present when attending school. We know that good wellbeing and educational attainment are inextricably linked. Mrs Hudson and Mrs McDonald will also be available for an informal chat. As always tea, coffee and biscuits will be available!

KIDS CLOTHES LINE – Helping Families Dress their Kids

With the cost of living crisis making it difficult for many people, Kids Clothes Line can provide 'a wardrobe in a bag'. This is a set of pre-loved clothes. Referrals can be made by the Inclusion Team if you think this will be of help.

ADHD medication shortage

Solent CAMHS have written a letter to inform stakeholders of a temporary change in practice at Solent CAMHS regarding the management of Attention Deficit Hyperactivity Disorder (ADHD).

This is in direct response to a National Patient Safety Alert received from NHS England and the Department of Health and Social Care.

If this impacts your child please let us know.

Courses and advice for parents – Local Family Hubs

Your local family hub is a great source of support if you would like some help and advice on parenting, or you are experiencing some difficulties at home with your child. Our nearest family hub is:

Milton Park Family Hub, Perth Road, Southsea, PO4 8EU Tel : 02392 88 25 88

Self booking course - Managing Fighting and Aggression - Thursday 23rd November, 6:00pm – 8:30pm

Paulsgrove Family Hub, Cheltenham Road, Paulsgrove, Portsmouth, PO6 3PLT: 02392 88 25 88

More courses will run after Christmas.

Parenting Surgeries and Triple P Discussion Groups

Parents who do not have a Lead Professional can access a parenting surgery. These are one off 30-minute- an hour sessions for those that need support around a specific issue or, general behavioural management support.

All requests for a parenting surgery should be emailed to the Parenting Service inbox **ParentingService@portsmouthcc.gov.uk** with the following information:

- Name of parent(s)
- Contact number and email address
- Name and DOB of focus child
- Address
- Summary on the areas of support needed.
- Availability for surgery

Sessions will be arranged to suit the parents. Parents should contact the Parenting Service themselves to request a Parenting Surgery.

Household Support Fund Family Vouchers

Information regarding the voucher scheme can be found on the school website under 'Information' - 'Support for Parents' – 'General Family Support Services'. Check if you qualify for the voucher or payment. www.fernhurst.portsmouth.sch.uk.

Spotlight Christmas Toy Drive

Donations can be dropped at Fernhurst Junior by **Tuesday 5th December**. More info can be found on the school website.

A message from Portsmouth Helps Ukraine

We are getting the shoe boxes for Ukraine ready, but are short of: gloves, socks, large tights, sweets, torches, lighters, handy packs of tissues, wipes, nuts, snack bars, toothbrushes, toothpaste, self opening tins of sardines, tuna etc.

These items are urgently needed by **Wednesday 15 November 2023** at the latest.

We are also collecting our usual donations of medical supplies e.g. paracetamol, plasters, bandages etc., toiletries, warm clothes (but only good quality), nappies, blankets, etc.

Drop off points:

- Southsea Library
- Thatched House Pub, Locksway Road
- Shoefix, High Street Cosham

Yours sincerely

Mrs Hudson

Assistant Head teacher / Inclusion Lead