October 2024

Pastoral NEWSLETTER

FERNHURST JUNIOR SCHOOL
Together Towards Success

Dear Parents,

Coffee Morning – 13th November 2024



The Neurodiversity Team will be hosting a Sleep Workshop. This is for all parents who may wish for some sleep hygiene advice. It is also an opportunity to have a coffee with other parents and the Inclusion Team.

Please come along.

myHappymind

Download your FREE myHappymind Parent App – this is an online resource to support you and your family to learn more about how you can use myHappymind to support your child. Your will need the authentication code **116221** to sign up.

Kooth Talks Webinars
Kooth's free webinars offer valuable insights for parents. They help ease the pressure by providing practical guidance on key mental health topics.

Helping young people stay safe on their new smartphone
This session explores supporting a child's mental wellbeing whilst using the device plus information on UK law and social media usage and online safety tips.

- **KoothTalks for families**

Emotionally based school non-attendance
These webinars focus on helping you understand a little more about emotionally based school non-attendance, hear from a young person's perspective, and explore support strategies.

- **KoothTalks for families**

Portsmouth Child and Adolescent Mental Health Service (CAMHS) accepting self-referral
Parents/carers and young people are now able to refer themselves to CAMHS. For further information please click **here**.

FREE Pompey in the Community – Community Sessions
The schedule for the new academic year is officially confirmed!
Pompey in the Community have teamed up with local and nationwide businesses and charities to offer ***FREE*** sessions for Portsmouth residents aged 8 and over.
With various sessions from football to cricket or basketball, we have something for everyone. Click **here** for more information.

Portsmouth Leisure Card
With the half term holidays approaching, why not see if you or your family are entitled to a Portsmouth Leisure Card. which offers residents to discounts of up to 50% at Portsmouth City Council facilities as well as some other services and attractions.

The Leisure Card is free and is available to residents who receive means-tested benefits living within the PO1 to PO6 areas of the city (and some properties in PO7 qualify where these pay council tax to Portsmouth City Council)

Leisure Card Details **Portsmouth Museums Autumn/Winter Programme**

Portsmouth Young Carers
The Young Carers Service provides support, information and breaks for young people who look after someone at home with any long-term illness or disability (including mental health conditions, drug and alcohol misuse).

The young people may provide additional support around the home or be emotionally affected; perhaps through worrying about the person they care for. In addition they may miss out on things that other young people experience.

The aim of the project is to provide a safe environment for young people to have fun, meet other young carers and have a chance to be children and play.
We work with young carers from 5 – 25 years. The core age group is 8 – 18 years, however we work with 5 – 7year olds during school holidays and we have a group for young adult carers (aged 18 – 25 years) who meet weekly.

Young carers aged 8 – 14 years can attend a weekly group on Saturday mornings at the John Pounds Centre in Portsea. There they can use computers, take part in cooking, art, games, sports, music, pool and table tennis (this group is closed during the summer holidays).

They also provide activities during the school holidays for young people aged 5 – 18 years. The programme of activities includes, cooking, swimming, day trips, art sessions, visiting the adventure playgrounds / splash pools, museums, golf, bowling and cinema to name but a few. This programme of activities will be emailed (or posted) out to the young carers.

Referrals can be made by young people, parents, carers and professionals either by emailing youngcarers@portsmouthcc.gov.uk or calling 023 9288 2588 (pressing option 4 for Somerstown Family Hub).

Further information can be found on the **Portsmouth City Council website**.

Yours sincerely

Mrs Hudson
SENDCO/Assistant Headteacher