**January 2025**

# Pastoral NEWSLETTER

FERNHURST JUNIOR SCHOOL
Together Towards Success

Dear Parents,

**ND Team**
Meet the ND Team – anyone can get in touch with them to talk about a young person with neurodiverse needs – you do not need a diagnosis, they are available to chat and give advice to everyone. Scan the QR code for more information.

**Portsmouth Local Offer on Tour**
If you have a child with social, emotional and mental health (SEMH) needs, come along to St. Michael & All Angels' Church, Paulsgrove on Wednesday 12 February from 10am-12.30pm.

Held by Portsmouth SEND Local Offer and Portsmouth Parent Voice you will have the opportunity to meet professionals and other parents for invaluable support and advice. Refreshments available, children welcome. We are taking bookings so that we can plan the space accordingly. You can attend any time between 10am and 12.30pm. Please complete the details below to register your attendance at our February event. Click here for online booking.

**My Happy Mind App**
These resources can be accessed online on your computer, or through an app on your phone. The Parent App will support you as a parent in understanding what your child is learning, activities for you to do together at home and also a Kids Zone featuring myHappymind Games plus much more!

To access these materials just go to https://myhappymind.org/parent-resources to create your free account. You will need to enter your name, email, and authentication code.

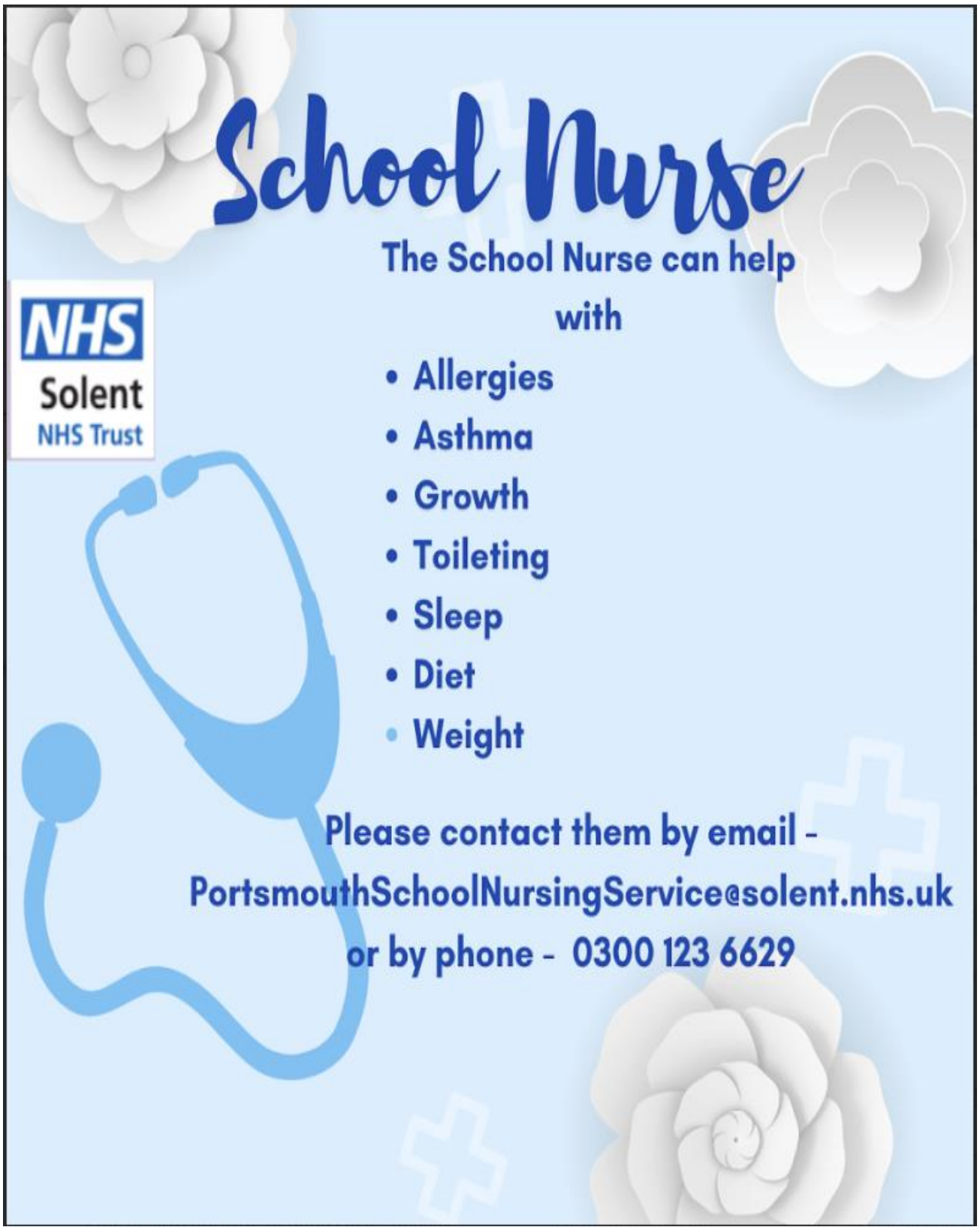
Your authentication code is **116221**
Or simply scan this QR code to sign up
Once you have created your account, you will receive an email with the next steps on downloading the app.

**Parenting Service**
Portsmouth has a wealth of FREE parenting support available across the city. Please see the Portsmouth Safeguarding Children's Partnership website for the links to a variety of support services, including how to access support from the Family Hubs.

https://www.portsmouthscp.org.uk/7-information-for-professionals-and-volunteers/family-support-plan-resources/expectant-new-parents-carers/positive-parenting/

**School Nursing Service**

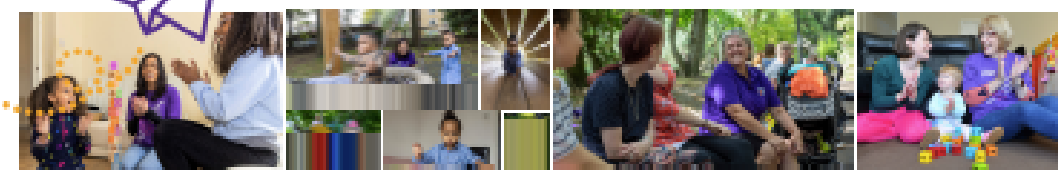
The School Nursing Service will be changing slightly in the new year and therefore service delivery may look slightly different. For your information clinics will no longer run in school, however you can self-refer to the service at any time or contact the duty line any day on 0300123 6629. If you have any questions please speak to a member of the school office who can help enable you to complete the referral.



**Home Start Portsmouth**

HOME START Portsmouth

# UPCOMING COURSES



www.hsportsmouth.org.uk | 023 9273 4400 | office@hsportsmouth.org.uk

## Antenatal Course

Understanding Your Pregnancy is a six-week course which will take new parents through topics such as:

- Helping you and your baby through pregnancy, labour and birth
- Getting to know your baby in the womb
- Stages of labour
- Feeding your baby
- Caring for your baby

**8th January 2025**
Wednesdays - Milton Park Family Hub: 9.30 - 11.30am
**27th January 2025**
Mondays - Northern Parade Family Hub: 12.30 - 2.30pm
**24th February 2025**
Mondays - Buckland Family Hub: 9.30 - 11.30am

**NEW Twilight Antenatal sessions**
**21st January 2025**
**Tuesdays - Online Family Hub**
**6pm - 8pm**

## Understanding Your Baby

A six-week course which will take new parents through topics such as:

- You and your baby's feelings
- Baby brain development
- Communication and crying
- Developing healthy sleep patterns
- Feeding and weaning
- Play and development
- Childcare

**9th January 2025**
Wednesdays - Northern Parade Family Hub: 12.30 - 2.30pm
**23rd January 2025**
Thursdays - Milton Park Family Hub: 12.30 - 2.30pm
**4th February 2025**
Tuesdays - Somerstown Family Hub: 12.30 - 2.30pm

## Understanding Your Child

A 10-week course for sensitive and effective parenting, exploring issues such as:

- Tuning into children
- Communication through behaviour
- Exploring feelings
- Parenting styles
- Tantrums and what they might mean
- Sleep patterns
- Behavioural difficulties

**17th January 2025**
Fridays - Paulsgrove Family Hub: 9.30 to 11.30am

## Nurturing Programme

A 10-week parenting course which empowers parents to build on positive relationships, reflect on their parenting style, and create a toolkit of parenting strategies.

**13th January 2025**
Mondays - Somerstown Family Hub: 9.30 - 11.30am

## RNRM Nurturing Programme

This Nurturing Programme is also run for a special 5 week edition with content tailored to all Navy/Marines parents across Hampshire.

**29th January 2025**
Wednesdays - Cockleshell Community Centre: 10am - 12pm

## NEW & UPCOMING

**Baby Peep**
Practitioners and families share ideas and simple, low-cost activities that support learning in everyday life - talking, singing, sharing books and playing together.

**15th January - 12 February**
Wednesdays - Paulsgrove Family Hub
10am - 11.30am

**18th February - 18th March**
Somerstown Family Hub - 10am - 11.30am

**Perinatal support**
Our new coordinators Sophie and Andrew have begun engaging with parents in the perinatal period, with a focus on mental health and dads/male carers respectively.

**Home-Start x Boogie Mites**
Our collaborative Music and Movement sessions continue in the new year.

**9th January 2025**
**Thursdays for 6 weeks**
Somerstown Family Hub: 10.15 - 11am
Paulsgrove Family Hub: 1.30 - 2.15pm

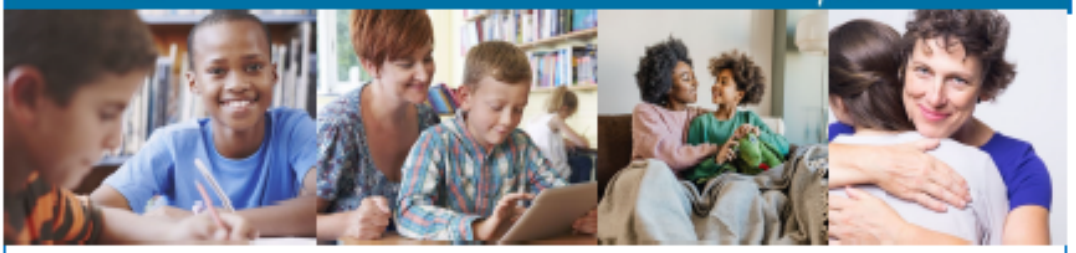
**New Year Volunteers**
We're looking forward to welcoming more vital volunteers on to our induction course beginning 22nd January 2025

**Home-Start Portsmouth | A charitable company limited by guarantee | Charity no. England 1124943 | Company no. 6636439**
**Registered office: The Haven, 17 Lake Road, Portsmouth, PO1 4HA**

**Triple P Course**

Small changes,
big differences.

Triple P
Positive Parenting Program
for every parent



**Triple P Stepping Stones for parents of children with a disability**

Suitable for children aged 4 - 9 yrs

The Triple P Stepping Stones course is for parents or caregivers of children with a disability. This program is for those who are Interested in learning a broad-based range of parenting skills to promote child development and potential or simply wish to adopt a positive parenting approach to manage or prevent negative behaviour from developing.

**Wednesday 29th January to 26th March 12:30—2:30**
**at Buckland Family Hub, Turner Road,**
**Portsmouth PO1 4PN**

Portsmouth Family Hubs

To book a place please send an e-mail to the Parenting in box at ParentingService@portsmouthcc.gov.uk

With your contact details, and your child's name and DOB.

www.triplep.net

Yours sincerely

Mrs Hudson
**SENDCO/Assistant Headteacher**