

HOLLY GROVE SCHOOL NEWSLETTER

22ND SEPTEMBER 2025

www.holly-grove.lancs.sch.uk

01282 953710

facebook.hollygroveschool

Please contact newsletter@holly-grove.lancs.sch.uk, If you would like to share any news on the newsletter, or if you would like to view this newsletter in an alternate language.

HELP

We are reaching out to ask if anyone has a spare clothes rail they could donate to the school to support our pre-loved uniform shop?

REMINDER

Flu Immunisations will take place on 22nd September 2025 in school.

The hairdresser will be in school on Monday, 29th September and Tuesday, 30th September 2025.

The cost of the haircut is £10.00.
Please send a cash payment into school in an envelope with your child, and include their name on it.
Please send this in no later Wednesday, 24th September 2025.

Staff Development



Wednesday 3pm-4:30pm

Wednesday 24th September

Safeguarding

Wednesday 1st October

Evidence Me updates

Wednesday 8th October

Safer Eating Training

Wednesday 15th October

Communication/Reading Workshops

Wednesday 5th November

Attention Autism

Wednesday 12th November

Class Teams/Supervision

Wednesday 19th November

Online Safety/AI

Wednesday 26th November

Christmas Prep



Chill and Chat



We are holding our next Chill and Chat group on

**TUESDAY 23RD SEPTEMBER 2025
FROM 1-3PM.**

This is an informal group for our parent's/carer's and you are welcome to attend, have a brew and a chat.

There will be no guest speaker at the group this week, however, it is an opportunity for you to unwind and chat with other parents. Our new family support worker will be attending, so you will have the chance to chat with Carley and Shagufta .

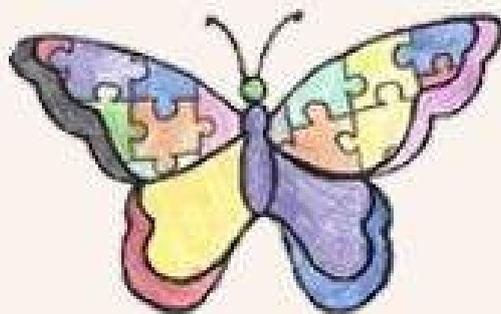
PLEASE FEEL FREE TO BRING IN ANY SNACKS TO SHARE.



One of our wonderful Teaching Assistants, Rebecca and her family are taking on a special challenge to raise money for Cancer Research UK. This cause is very close to their heart, as they are doing it in support of a dear friend. We're so proud of the effort they are putting in and wish them every success. If you'd like to support their fundraising, please click the link.

[link.https://fundraise.cancerresearchuk.org/team/walking-whittakers?slug=walking-whittakers&sort=amount](https://fundraise.cancerresearchuk.org/team/walking-whittakers?slug=walking-whittakers&sort=amount)





THE GEORGIA
FOURIE

Butterfly Ball

2026

Do you know anyone – or any business – who would love to support our charity by donating a raffle prize for the Butterfly Ball 2026? ❤️ Prizes could be vouchers, hampers, beauty items, or bottles – big or small, every donation makes a difference!

If you can help, please drop prizes at the school office or contact Courtney Fourie.

Thank you for helping us make next year's ball truly magical! 🌸

06.06.26

Save the Date

The Georgia Fourie Butterfly Ball

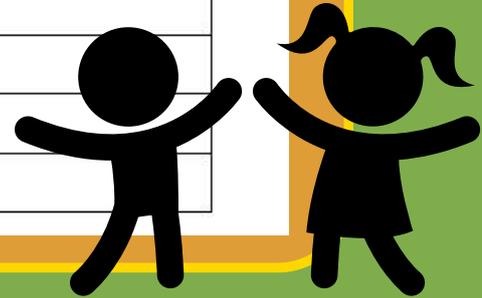
6TH JUNE 2026 - 7PM
BURNLEY FOOTBALL CLUB

Stay and Play

Stay and Play Afternoons – Autumn Term 2025 1.30-2.30pm (unless otherwise stated)

Aisling's Class	Monday 20 th October (1.45pm-2.45pm)	
Katie's Class	Wednesday 15 th October	
Samantha's Class	Thursday 2 nd October	
Adam's Class	Thursday 16 th October	
Josh's Class	Tuesday 7 th October	
Leah's Class	Tuesday 14 th October	
Laura's Class	Thursday 2 nd October	
Courtney's Class	Wednesday 22 nd October	
Julie's Class	Wednesday 22 nd October	
Jenny's Class	Tuesday 14 th October	
Libby's Class	Wednesday 15 th October	
Michael's Class	Wednesday 22 nd October	

Here is a list of each class's stay and play sessions for the Autumn Term. You are very welcome to attend the session of the class your child belongs to.



Sign of the week

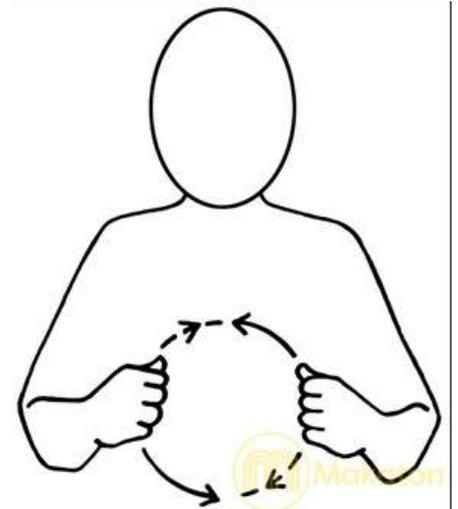
Seat belt (Driver)

Car

We are putting 2 different Makaton signs every week onto the newsletter.

These are our school signs of the week and your child will be practising them in class.

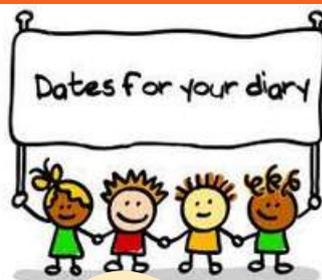
These will give you the opportunity to practise different signs with your child at home.





We really welcome any positive comments or suggestions you may have about Holly Grove School. Please click the link to share your views with us. Please note this is for comments and suggestions only and although checked regularly will not be checked daily. Any queries, concerns or complaints should be submitted in the normal way by contacting your child's class teacher, a member of SLT or by following the Procedure for Handling Complaints Policy which can be found on our school website or by requesting a copy from the school office.

<https://docs.google.com/forms/d/e/1FAIpQLSfTyPviLN3pzurXOKyakrxOY-1cIISF5rlyZBfDNltKBx3WfQ/viewform?usp=header>



22ND-26TH SEPTEMBER Multicultural Week

MONDAY 22ND SEPTEMBER Flu Immunisations

TUESDAY 23RD SEPTEMBER Chill and Chat

FRIDAY 26TH SEPTEMBER Pendleside Hospice Coffee Afternoon

MONDAY 29TH TUESDAY 30TH SEPTEMBER Hairdresser

FRIDAY 3RD OCTOBER Non Uniform Day

MONDAY 6TH OCTOBER Harvest Day

6TH AND 7TH OCTOBER School Photographer

You can access all our policies and privacy notices on the school website www.holly-grove.lancs.sch.uk



HOLLY GROVE HEROES



Aisling's Class - Parker

Katie's Class - Izaan

Samantha's Class - Fatimah

Leah's Class - Kai

Josh's Class - Ayat

Courtney's Class - Freddie

Laura's Class - Marcus

Julie's Class - Ryan

Adam's Class - Ibrahim

Libby's Class - Kyle

Jenny's Class - Lucy

Michael's Class - Roxana



HAPPY

BIRTHDAY

Staff

Children

Laura MC

Kai W
Ahyan





BAG 2 SCHOOL

Holly Grove is in partnership with Bag 2 School.

Bags 2 School is a company that specialises in good quality second-hand clothing.

Please help the school raise money by donating good quality adult or child clothing you may no longer need.

**Please return your donations on
7TH of October 2025.**

**Please note, no school or work uniforms
can be accepted.**



**ADHD LANCASHIRE
ESTABLISHED
SINCE 2011**

SUPPORTING PARENTS & CAREGIVERS OF CHILDREN WITH ADHD

**AWARENESS, STRATEGIES,
AND SELF-EMPOWERMENT**

**Founded by
Bernadette Ashton**

Visit Our Website

**ADHD LANCASHIRE PARENT
SUPPORT SERVICES**





"Online Safety Warning!!

There seems to be a TIKTOK craze where children are watching and copying challenges to burn themselves with a deodorant spray. These burns can become infected and potentially require plastic surgery if deep and, in some cases, need antibiotics and likely some residual scarring.

At Holly Grove School, we always encourage parents to physically monitor their children using the internet and to ensure parental controls are always on. If you need any guidance with this or have any other online safety concerns, please do not hesitate to contact school to arrange a discussion with Laura Byrne (ICT/COMPUTING/ONLINE SAFETY LEAD)."



Free!



FREE Awarding Body: NCFE / CACHE / TQUK Course Duration: 6 / 12 Weeks

Mental Health First Aid Level 2

Course Overview

Welcome to the Mental Health First Aid Level 2 course, designed to equip you with the knowledge and skills to support individuals with mental ill health. In this course, we will explore the topic of mental health in-depth, delving into the various mental health conditions that individuals may face, and understanding how to support and provide appropriate assistance to those who are experiencing mental ill health.

Throughout the course, we will cover the essential aspects of creating a mentally healthy environment, identifying risk factors, and offering support and signposting to appropriate resources. You will learn how to approach conversations about mental health, recognise signs of distress, and respond appropriately to individuals experiencing mental health difficulties.

By the end of the course, you will have a comprehensive understanding of mental health, and how to support individuals experiencing mental ill health, ensuring you are equipped with the knowledge and confidence to help those around you. Let's begin the journey towards creating a more mentally healthy world.

What is the cost?

As a result of government funding, this qualification is currently offered at no cost. However, please note that the number of funded places can be limited. To ensure you secure your spot, we recommend booking early.

How do learners benefit?

Taking the Mental Health First Aid Level 2 course will benefit learners by equipping them with the skills and knowledge to support individuals experiencing mental ill health.

By understanding the signs and symptoms of different mental health conditions, learners will be able to recognise when someone is in distress and provide appropriate support and signposting to resources.

The course will also cover how to create a mentally healthy environment and identify risk factors that can impact an individual's mental health.

Overall, learners will develop a more confident in their ability to support others, creating a more inclusive community.

FREE Awarding Body: NCFE / CACHE / TQUK Course Duration: 6 / 12 Weeks

Counselling Skills Level 2

Course Overview

Welcome to the Counselling Skills Level 2 course! This course will provide you with an introduction to the core counselling skills that can be used in a counselling relationship and in other helping activities. You will learn how to effectively communicate with clients, build rapport, and create a safe and supportive environment.

In addition to learning the practical skills, you will also explore how counselling theory underpins the use of counselling skills. Understanding the theoretical principles behind counselling can help you to better apply the skills in practice and develop a deeper understanding of the client's needs.

This course will also cover the ethical framework that informs the use of counselling skills. You will learn about the importance of maintaining boundaries, confidentiality, and informed consent when working with clients.

Finally, the course will help you develop the skills and qualities necessary to be an effective counsellor. You will learn how to reflect on your practice, receive feedback, and develop your self-awareness. Whether you are new to counselling or looking to enhance your existing skills, this course will provide you with a solid foundation in counselling skills.

What is the cost?

As a result of government funding, this qualification is currently offered at no cost. However, please note that the number of funded places can be limited. To ensure you secure your spot, we recommend booking early.

How do learners benefit?

Taking the Counselling Skills Level 2 course can benefit learners by providing a solid foundation for those interested in pursuing a career in counselling or other helping professions.

It can also help individuals to develop stronger personal relationships, improve their existing skills and knowledge, potentially leading to better job performance and career opportunities, and develop a deeper understanding of ethical principles and their application in counselling.

By taking this course, learners can develop the necessary skills, knowledge, and principles that are essential for success in counselling and related fields.

01226 958 888
www.wefindanylearner.co.uk
info@wefindanylearner.co.uk

WE FIND ANY LEARNER.co.uk

SEE www.wefindanylearner.co.uk

WE FIND ANY LEARNER.

FREE Awarding Body: NCFE / CACHE / TQUK Course Duration: 6 / 12 Weeks

Understanding Autism Level 2

Course Overview

This Understanding Autism Course covers the following topics:

- Sensory Processing:** How individuals with autism process sensory information, affecting their behaviour and communication.
- Characteristics:** The social interaction and communication difficulties and repetitive behaviours or interests that may be present in individuals with autism.
- Co-occurring Conditions:** The common conditions that occur alongside autism, such as anxiety, ADHD, and sensory processing disorder.
- Misconceptions:** The common misconceptions surrounding autism that can impact individuals with autism and their families.
- Speech, Language, and Communication:** The communication difficulties that individuals with autism may experience, and how to support effective communication.
- Legal Frameworks:** The legal frameworks that underpin support for individuals with autism, such as the Equality Act 2010 and guidance from organisations like Mencap.

Completing this course will provide you with a comprehensive understanding of autism and equip you with the knowledge to provide effective support.

What is the cost?

As a result of government funding, this qualification is currently offered at no cost. However, please note that the number of funded places can be limited. To ensure you secure your spot, we recommend booking early.

How do learners benefit?

This Level 2 Autism Course is an excellent way to enhance your professional development and prepare for careers in Education and Children's. This course is particularly useful for job roles such as Teaching Assistant, Training Officer, and Learning Worker. By gaining a comprehensive understanding of autism and how to support individuals with autism, you can contribute to making the workplace a more inclusive environment.

Completing this course can help your CV stand out and increase your chances of securing employment in many different job roles. The entry information for these job roles, ranging from £11,500 to £20,000 per year, is taken from the National Careers Service.

01226 958 888
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WE FIND ANY LEARNER.co.uk

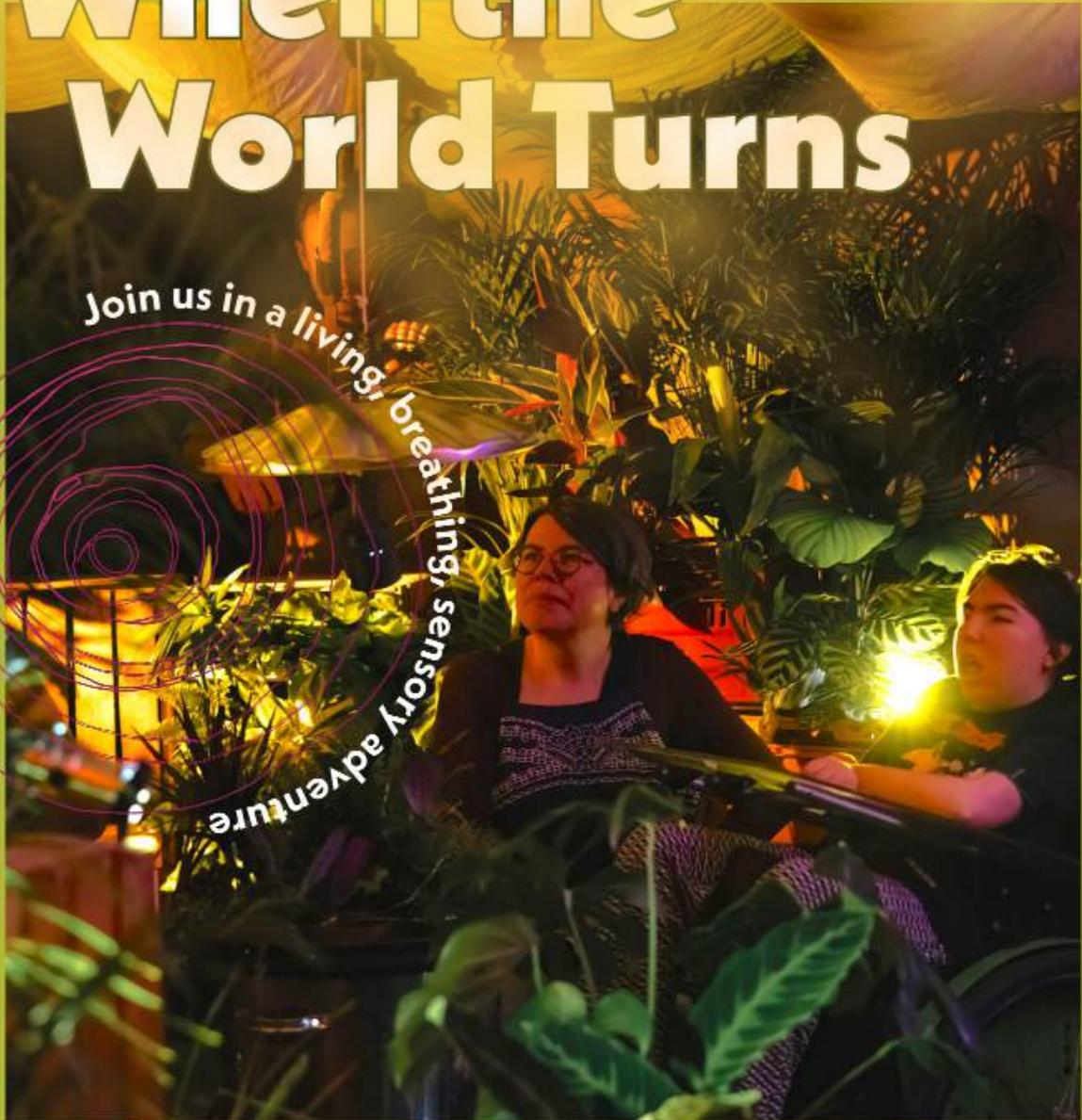
Follow THE Link





When the World Turns

“a gem of an experience”
★★★★ The Scotsman



Join us in a living, breathing, sensory adventure

For disabled children who experience the most barriers to access

Sunday 12th October 2025 | 10.30am + 1.30pm

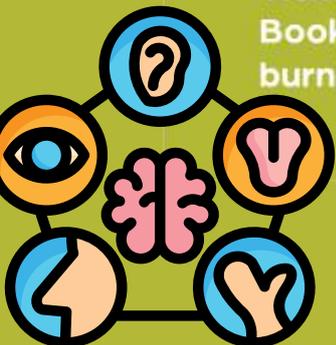
Free sensory room play
before and after the show

Tickets Adult £10 | Child £8

Book tickets at
burnleyyouththeatre.org



**BURNLEY
YOUTH
THEATRE**



SHOWTIME



{my}dentist
Padiham Road

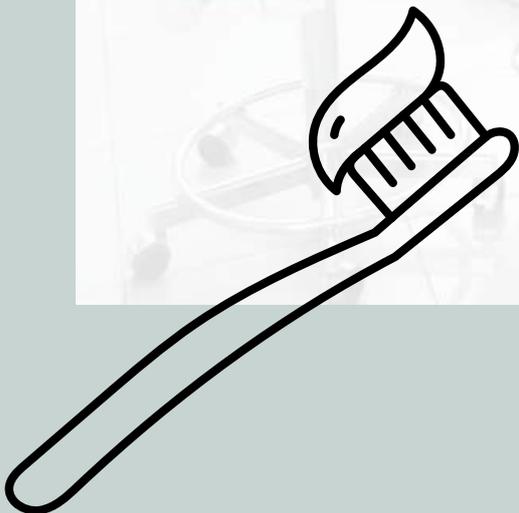
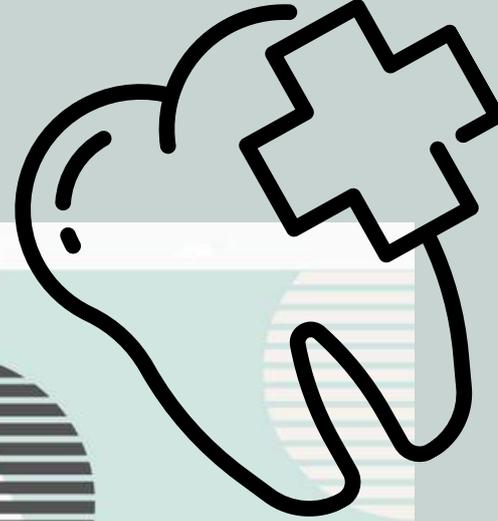
NOW ACCEPTING NEW NHS CHILD PATIENTS

We are focusing on improving access to children's dental care within the area.

To register your child with one of our NHS dentist's, please call us on 01282 456128 or visit us in practice!



Contact Us:
01282 456128



Shhh!

CIRCUS

GREAT HARWOOD
SHOWGROUND | WHALLEY ROAD | A680 | BB6 7TD

CIRCUS MONDADO

SEN / QUIET PERFORMANCE
THU 2ND OCT
6.00PM

PRE BOOK AT
THE ONSITE OFFICE

OFFICE OPENS
TUESDAY 23RD
SEPTEMBER

NO BLACKOUTS
QUIET MUSIC
NO BANGS/LOUD NOISE

SEN / QUIET PERFORMANCE
2ND OCTOBER
6PM



GEORGIA FOURIE
BUTTERFLY FUND
PRESENTS

CASH
PRIZES FOR
THE
WINNERS

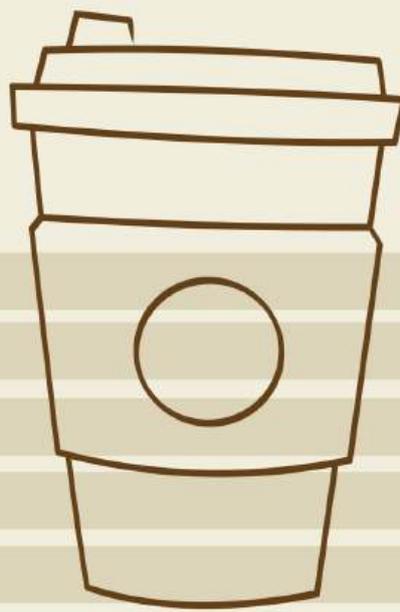
LET IT SHINE!

TALENT SHOW!

FRIDAY
17 OCT | 7 PM

ROSEGROVE UNITY, BURNLEY

TICKETS £10 ADULTS £5 UNDER 12S
INCLUDES PIE & PEAS SUPPER, QUIZ,
ENTERTAINMENT AND RAFFLE



HOLLY GROVE COFFEE AFTERNOON

26.09.25 • 1:30-2:30PM

RAISING MONEY FOR PENDLESIDE
HOSPICE

DONATIONS OF CAKE AND SWEET TREATS
WELCOME!

Self-Care September 2025



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

1 Find time for self-care. It's not selfish, it's essential

2 Notice the things you do well, however small

3 Let go of self-criticism and speak to yourself kindly

4 Plan a fun or relaxing activity and make time for it

5 Forgive yourself when things go wrong. Everyone makes mistakes

6 Focus on the basics: eat well, exercise and go to bed on time

7 Give yourself permission to say 'no'

8 Be willing to share how you feel and ask for help when needed

9 Aim to be good enough, rather than perfect

10 When you find things hard, remember it's ok not to be ok

11 Make time to do something you really enjoy

12 Get active outside and give your mind and body a natural boost

13 Be as kind to yourself as you would to a loved one

14 If you're busy, allow yourself to pause and take a break

15 Find a caring, calming phrase to use when you feel low

16 Leave positive messages for yourself to see regularly

17 No plans day. Make time to slow down and be kind to yourself

18 Ask a trusted friend to tell you what strengths they see in you

19 Notice what you are feeling, without any judgement

20 Enjoy photos from a time with happy memories

21 Don't compare how you feel inside to how others appear outside

22 Take your time. Make space to just breathe and be still

23 Let go of other people's expectations of you

24 Accept yourself and remember that you are worthy of love

25 Avoid saying 'I should' and make time to do nothing

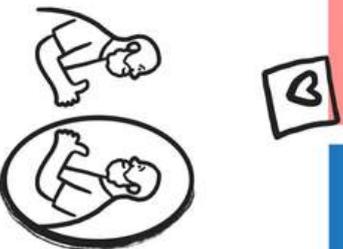
26 Find a new way to use one of your strengths or talents

27 Free up time by cancelling any unnecessary plans

28 Choose to see your mistakes as steps to help you learn

29 Write down three things you appreciate about yourself

30 Remind yourself that you are enough, just as you are



ACTION FOR HAPPINESS

Happier · Kinder · Together



CYGNET COURSE

AUTUMN 2025

Cygnet is a support programme for parents and carers of children and young people aged 5- 18 who are autistic. The course will run over seven weeks (one session per week) and you will need to commit to all sessions. Sessions are led by Lyndsay Daly and Emma Walsh. Places are limited.

Each Monday morning

9:30am - 12:30pm

29th September - 17th November 2025

(half term break 27th October)

at Ewood Conference Room, Tor View

**Please email office@torview.svt.org.uk or
call the office on 01706 214640 if you
would like a place.**

BARNARD'S

**Changing childhoods.
Changing lives.**



Core 4th Edition

SEN coffee morning



SEN PARENT SUPPORT NETWORK



**SEN
ACTIVITIES**
INCLUSIVE SESSIONS FOR
ALL AGES

Looking for a friendly and fun way to connect with other SEN families?

Join our monthly parent support network coffee morning for an informal drop in and chat with like minded people.

Parenting is better with a bit of laughter and great company!

What's included:

- FREE refreshments
- Sessions delivered by external agencies
- Share stories
- Swap tips in a relaxed, supportive atmosphere
- Signposting & support

**Monthly on a Wednesday
9:15AM - 10:30AM**

FREE

Dates for your diary:

- 23rd April - Let's get brushing (Oral Health Training)
- 21st May - New Era
- 18th June - Parent Led Session
- 16th July - Lancashire Mind
- 10th September - Sendias
- 8th October - Parent Led Session
- 5th November - ADHD Northwest
- 10th December - Carers Link

BASICALLY CHEER CIC, COG LANE, BURNLEY, LANCASHIRE BB11 5AH

MOBILE: 07766743934

EMAIL: HELLO@BASICALLYCHEERCIC.COM

Wed, 10 Sep at 09:15

SEN coffee morning

Basically Cheer CIC · Burnley

Going



become

FAMILY MATTERS

Time out for parents courses

£25

JUNE/JULY

ADHD

Big energy turns to big emotions all too quickly! Explore strategies to help your child thrive with ADHD and feel more confident too.

ASD

Every child is unique – as is parenting a child with autism. Support your child with calm, confidence and connection.

Handling Anger in the Family

When calm turns to chaos, connection matters most. Handle anger with confidence and build a more peaceful family dynamic.

The Teenage Years

From "I love you" to "Whatever" in 0.2 seconds! Get the tools you need to stay calm, keep connected, and ride the teen wave with confidence.

AUGUST

Primary Years with free Kids Club 0-11 yrs

From cuddles to eye-rolls in a flash! Tackle the ups and downs of parenting 5-11s with confidence and calm.

SEPTEMBER

Dads

From hero to "so embarrassing" overnight! Build strong bonds, tackle challenges, and parent with confidence.

ADHD

Big energy turns to big emotions all too quickly! Explore strategies to help your child thrive with ADHD and feel more confident too.

ASD

Every child is unique – as is parenting a child with autism. Support your child with calm, confidence and connection.

Connect with us



Your choice - Your Way
Join us in person or online



OCTOBER

ASD

Every child is unique – as is parenting a child with autism. Support your child with calm, confidence and connection.

Handling Anger in the Family

When calm turns to chaos, connection matters most. Handle anger with confidence and build a more peaceful family dynamic.

Primary Years

From cuddles to eye-rolls in a flash! Tackle the ups and downs of parenting 5-11s with confidence and calm.

NOVEMBER

The Teenage Years

From "I love you" to "Whatever" in 0.2 seconds! Get the tools you need to stay calm, keep connected, and ride the teen wave with confidence..

Handling Anger in the Family

When calm turns to chaos, connection matters most. Handle anger with confidence and build a more peaceful family dynamic.

Early Years (0-4yrs) with free Day Tots Club

Big futures begin in the early years. Build strong bonds, boost early learning and feel confident in your parenting.



Scan the QR code to see course dates, times and full details and to book your place online

Need more info?
Contact our office - we're happy to help

New Era
Chapel Annexe
Chapel Place, Hammerton Street
Burnley BB11 1LE
01282 435302 078777 14693
Email info@neweraburnley.co.uk



Family Courses

Parenting is a journey full of rewards and challenges, and we're here to help you every step of the way. Our courses are designed to strengthen the bond...

© New Era Enterprises

CARERS MEETUPS

MONTHLY / 11AM-1PM

Carers and the person you care for can join us for a cuppa and delicious lunch at one of our Carers Cafes across East Lancashire. If you haven't been to a Carers Cafe before don't worry as a staff member will be there to greet you with a warm welcome.

4th MONDAY

HYNDBURN

Carers Link Facility,
54-56 Blackburn Road,
Accrington, BB5 1LE

4th WEDNESDAY

BURNLEY

Down Town,
Charter Walk
Shopping Centre
Burnley, BB11 1AE

3rd TUESDAY

RIBBLE VALLEY

Colborne House Cafe,
15 Wellgate, Clitheroe,
BB7 2DP

3rd FRIDAY

PENDLE

Lakeside Cafe,
Ball Grove Drive,
Colne,
BB8 7HY

1st THURSDAY

ROSSENDALE

Haslingden
Community Link,
Bury Rd, Haslingden,
Rossendale, BB4 5PG

3rd WEDNESDAY

FORMER CARERS

Carers Link Facility,
54-56 Blackburn Road,
Accrington, BB5 1LE

Lancashire SEND Roadshow

2025/2026

The roadshows are for families and practitioners to find out more about support and services available for Children and Young People with Special Educational Needs and Disabilities (SEND) and their parents and carers.

These Roadshows are happening across Lancashire bringing the SEND Local Offer to your area.

The SEND Local Offer brings together all services in Lancashire for children and young people aged 0-25 with SEND, and their families.



North Lancashire Directions Group



8 Aug · Timeline photos

Lancashire SEND Roadshow

Dates across Lancashire are:

25th Sept 2025 9:30 – 1 pm	Kirkham Family Hub
22nd Oct 2025 9:30 – 1 pm	Skelmersdale Family Hub and The Zone
3rd Dec 2025 9:30 – 1pm	Pendle and Burnley 1882 Lounge Burnley Football Club
28th January 2026 9:30 – 1 pm	The Park Family Hub Accrington
4th February 2026 9:30 – 1 pm	Inspire Youth Zone Chorley
26th March 2026 9:30 – 1 pm	Clitheroe Family Hub
15th April 2026 9:30 – 1 pm	Lune Park Family Hub Lancaster
6th May 2026 9:30 – 1 pm	Rawtenstall Family Hub and the Zone
16th June 2026 9:30 – 1 pm	Fleetwood Library
1st July 2026 1:30 – 4:30 pm	Moor Nook Ribblesdale Family Hub

To book please use the following <https://forms.office.com/e/yVJR4rwpk>



Burnley, Pendle, Rossendale

Additional Needs Groups & activities

Sept-Dec 2019



Busy Bees Stay and Play Support Group @ Colne Children's Centre BB8 0EL
Mondays 9.30-11.30 Ages 0-5
01282 690536
info@homestartpendle.plus.com

Uniqcorns SEND group @Burnely Central Zone
Tuesdays 7.00-9.00
Ages 12-19+
Kelvin 07880 401463

Action For ASD Stay and Play Burnley
Thursdays 9.30-11.30
5th Sept, 3rd Oct,
7th Nov, 5th Dec
Ages 0-5 £2.50 per child
01282 415455

Cotton Shed Theatre @Haslingden Primary School Rossendale
Ages 4-7 Tues 4.30-5.30
Ages 8-11 Tues 5.45-7.00
Ages 12-15 Mon 5.30-6.45
Ages 16+ Mon 7.15-8.30
£5.00 (£4.50 Siblings)
01706 214309
info@cottonshed.co.uk
www.cottonshed.co.uk

Homestart @The Family Tree Centre Brierfield
Mondays 12.30-2.30 Ages 0-5
07702555078
rachaelt@homestarteastlancs.org

Shining Stars @South West Burnley Neighbourhood Centre
Thursdays 3.30-5.30
Ages 5-11
01282 628530

Action for ASD Parent carer Coffee Morning Burnley
Fridays 11.00-1.00
6th +20th Sept, 4th +18th Oct,
1st,15th,29th Nov, 13th Dec
01282 415455

Air Autism @Air Unlimited Inflatables Burnley BB11 3AQ
Mondays 6.00-8.00
£6.50 carer FREE
01282 930300
www.airunlimited.co.uk

Kidz to Adultz North 14th November 9.30-4.00
Event City, Barton Rd Manchester FREE entry
<https://www.kidzexhibitions.co.uk/kidz-north/>

northlancsdirectionsgroup@gmail.com

Feel Good Fridays

@ Holly Grove

Relaxed • Friendly • Supportive •
By Parents for Parents

Come and join us for a warm drink, a chat, and a chance to share stories, worries, tips, and laughter with other Holly Grove parents.

Location:

Upper School Dinner Hall

(Enter via the Main Turning Circle entrance)

Time: 9 am - 11 am

Dates for 2025-2026:

3rd October

7th November

5th December

9th January

6th February

6th March

17th April

1st May

5th June

3rd July



East Lancashire Young People's Mental Health

**Concerned about your Mental Health?
Are you under 18 or concerned about
someone under 18?**

Advice sessions are available on-line via
'Attend Anywhere'
Delivered by ELCAS
tinyurl.com/ELCAS-LSCFT



Enter the word "ELCAS" as the first name and "drop in" as the second name followed by your date of birth.

You will then enter our virtual waiting area where we will collect you.

Wednesday 1st October 25

1pm – 3pm

Wednesday 8th October 25

3pm – 5pm

Wednesday 15th October 25

5pm – 7pm

Wednesday 22nd October 25

1pm – 3pm



DECIDER LIFE SKILLS FOR PARENTS



ABOUT THIS EVENT....

JOIN US FOR AN EXCITING ONLINE EVENT DESIGNED EXCLUSIVELY FOR PARENTS! THE DECIDER LIFE SKILLS FOR PARENTS WORKSHOP AIMS TO EQUIP YOU WITH ESSENTIAL SKILLS TO SUPPORT CHILDREN AND YOUNG PEOPLE RECOGNISE THEIR OWN THOUGHTS, FEELINGS AND BEHAVIOURS, ENABLING THEM TO MONITOR AND MANAGE THEIR OWN EMOTIONS AND MENTAL HEALTH.

THIS EVENT WILL BE A PACKED INTERACTIVE SESSION LED BY EXPERIENCED PRIMARY MENTAL HEALTH PRACTITIONERS WITH AN OPPORTUNITY TO CONNECT WITH OTHER PARENTS, SHARE EXPERIENCES, AND ASK QUESTIONS. YOU WILL LEARN ABOUT 'THE FIZZ', HOW THE BODY RESPONDS TO WORRY AND STRESS, AND HOW TO INCORPORATE AND IMPLEMENT EACH OF THE 12 DECIDER LIFE SKILLS INTO EVERYDAY LIFE. RESERVE YOUR SPOT NOW FOR THE DECIDER LIFE SKILLS EVENT AND EMBARK ON A TRANSFORMATIVE JOURNEY TOWARDS INCREASED MINDFULNESS, LESS STRESS AND MORE EFFECTIVE COMMUNICATION FOR YOU AND YOUR FAMILY.



● ALL SESSIONS TAKE PLACE ON MS TEAMS ON THE FOLLOWING TUESDAYS FROM 4-5PM ●

- 15 APR 2025
- 27 MAY 2025
- 8 JUL 2025
- 19 AUG 2025
- 30 SEPT 2025
- 11 NOV 2025



PLEASE SCAN FOR
MORE INFORMATION



TO BOOK A PLACE PLEASE SEND YOUR
PREFERRED DATE, NAME AND EMAIL
ADDRESS TO THE INBOX BELOW

pmhw.mytime@barnardos.org.uk 





Pupil Holiday Dates – 2025/2026

Autumn Term 2025

Re-open		Wednesday 3 September 2025
Half Term	5 days	Monday 27 October Friday 31 October (inclusive)
Re-open		Monday 3 November

Christmas - Closure after school on Friday 19 December 2025

Spring Term 2026

Re-open		Monday 5th January 2026
Half Term	5 days	Monday 16 February to Friday 20 February (inclusive)
Re-open		Tuesday 24 February

Easter - Closure after school on Friday 27 March 2026

Summer Term 2026

Re-open		Monday 13 April 2026
May Day	1 day	Monday 4 May
Half Term	5 days	Monday 25 May to Friday 29 May (inclusive)
Re-open		Tuesday 2 June

Summer - Closure after school on Friday 17 July 2026