



WEST ALVINGTON
CHURCH OF ENGLAND ACADEMY

West Alvington Church of England Academy Family Support Newsletter February 2022

Hello everyone,

I can't believe Half Term is here already! Spring is on its way. I just wanted to say a massive thank you to everyone for making me feel so very welcome. I am aware that I still haven't met everyone and I am hoping this will change when we come back to school.

If you would like to meet me and say Hi along with other Mums, Dads and carers I will be running Coffee Mornings at:

West Alvington- on Tuesday 8th of March from 9.00-10.00.
Charleton School- Thursday 10th March from 9.00-10.00.

Everybody is welcome and there will be chocolate biscuits!



Devon Recovery Learning Community – Being a Good Enough Parent (and Staying Sane) For parents of children aged 4-10. This Free 3-week online course will start on Thursday 22nd April, with further dates of 29th April and 6th May.

[Being a Good Enough Parent \(and Staying Sane\) for parents of children aged 4-10 \(devonrlc.co.uk\)](https://www.devonrlc.co.uk)



Cerebra Online Sleep Seminars The online Sleep Seminars aim to give you the knowledge, skills and confidence to deal with sleep issues so the whole family can get a good night's sleep. Understanding and supporting children's sleep for parents and carers of children with brain conditions aims to:

- Build on your knowledge and understanding of sleep and what impacts/improves it
- Increase your skills when addressing issues of settling, night waking, early rising and sleeping alone
- Improve your confidence to apply information gained to your own situation

Upcoming Dates: Friday 25th February 2022, 10am – 12:30pm Monday 28th March 2022, 10am – 12:30pm Places are free for parents of children with brain conditions.

<https://cerebra.org.uk/get-advice-support/sleep-advice-service/sleep-seminars/>



Babcock LDP are moving back into Devon County Council (DCC). This includes the services provided by the Babcock LDP Early Years Consultancy team. This transfer will take place on August 1st 2022. From 1st August, the services will be delivered under the name Devon Education Services. While the main Babcock LDP website won't be transferring across, the wealth of guidance resources and other information currently hosted there is being reviewed, updated and will be transferred to the relevant DCC website ahead of the

transition. Babcock LDP's existing shop will be transferring across to DCC and work is underway to move all relevant information from their other webpages across to the shop, which also includes free courses. Schools and settings will therefore be able to access information on available training and book places or other traded work in the same as they do now. Any further updates will be shared as and when available.



Emergency Contact Numbers: NHS Helpline: 111 Use 999 if a medical emergency. Multi Agency Safeguarding Hub, if you are concerned about your own safety or that of a child or young person: 0345 155 1071 National Domestic Abuse Helpline (Devon): 0808 2000 247 (24 hours) Use 999 if you are in immediate danger. YoungMinds Crisis Messenger, for free 24/7 support across the UK if you are a young person experiencing a mental health crisis. If you need urgent help text YM to 85258 Samaritans (24 hours): 116 123 Citizens Advice Bureau National Helpline: 03444 111 444.

[home - Children and Family Health \(childrenandfamilyhealthdevon.nhs.uk\)](https://www.childrenandfamilyhealthdevon.nhs.uk)



Council for Disabled Children Register for this free seminar: Covid recovery and young children with SEN & disabilities. This national seminar brings together different perspectives on the impact of the pandemic on children with SEN and disabilities and their families, from research, from families, from the data and from different experiences. This seminar is for: - Local authority staff and specialist services - PVI and nursery settings - Parents/carers of children with Special Educational Needs and Disabilities - Researchers interested in how COVID-19 has impacted young children with SEN and Disabilities The seminar will be held on Monday 7 March 9:30am - 12:30pm.

Register here: <https://bit.ly/3AQfWvP>



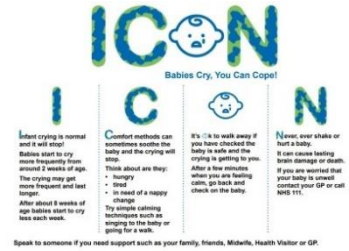
Bild has announced new dates for family members and carers of people with learning disabilities to access small group sessions on Positive Behaviour Support (PBS). A minimum of two free Zoom sessions will be provided weekly throughout February and March. One of these weekly sessions will explore a PBS topic and the other session will be open so that family members and carers can discuss anything they would like support around. Topics will include:

- What is PBS and can it really work in a family home?
- Talking to my child's school/care provision about PBS; key questions to ask • Creating Capable Environments
- Special Educational Needs and Disability support
- Partnership working; getting the best outcomes for the person you are caring for. Book a place for these dates and further into Feb/March.
- February 10th 8-8.30pm – Open discussion
- February 15th 12-12.30pm – Open discussion
- February 18th 30-8.15pm – Talking to my child's school / care provision about PBS

Click here to book: [Positive Behaviour Support: Group support sessions for family carers Tickets | Eventbrite](#)

You can also download the Bild flyer here: [Peer educator flyer 2 \(bild.org.uk\)](#)

<https://www.dcfp.org.uk/keeping-babies-safe/>

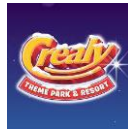


What's on in Kingsbridge and South Devon:



<https://www.southdevonaonb.org.uk/pec-events/family-art-in-nature/1645783200/>

<https://hellokingsbridge.co.uk/events/view/the-talking-forest/2908>



<https://www.crealy.co.uk/events/super-stars-of-wrestling>



<https://www.woodlandspark.com/event/winter-fun/>

ADRENALIN

<https://www.adrenalinleisure.co.uk/>



<https://www.supertrampparks.co.uk/plymouth>



<http://www.national-aquarium.co.uk/events/quiet-at-the-aquarium/>



<https://www.dartmoor.gov.uk/wildlife-and-heritage/wildlife>



<https://www.theboxplymouth.com/events>



Let's get busy!

Half term is the perfect time to get out and about. We are lucky to live so near to many beaches, rivers and open spaces that lots of entertainment is totally free!

Fresh air keeps us healthy and stops our little ones getting restless.

Get out and explore the South Hams.

If your children would like to draw a picture of what they did in half term, I will be giving out colouring books for the most creative.

I want to hear about how many creatures you found and which beach is best.

I will pick the brightest and most cheerful picture from each year group and post them on our next newsletter.

Have a great week and see you soon!

Natasha Ive

