



The Weekly Bulletin

Inspire, Create, Discover, Together



Wellbeing Workshops

Message from Psychology in Schools Service

We are pleased to announce our upcoming free online parent/carer workshops for early 2024! Please see the two flyers attached for dates and booking information for parent/carer workshops on mental health and wellbeing, and our childhood neurodiversity series. Please do share these with your staff/teams, on social media and to families who might find these workshops beneficial.

If you would like a social media friendly smaller image to advertise these workshops on your social media channels, please let us know and we can provide these.

All our upcoming workshops can be booked for free on our Eventbrite page. Information on all our workshops, past and present, as well as workshop recordings, can be found on our website

URL: <https://www.nsft.nhs.uk/parent-workshops/>

URL: <https://www.eventbrite.co.uk/o/psychology-in-schools-team-nsft->

Suffolk Police Drink & Drug Campaign

Norfolk and Suffolk Constabularies are calling on the public to consider there really is #NoExcuse when it comes to getting behind the wheel if you've had a drink or taken drugs this Christmas. Combining drink and drugs and then choosing to drive can have catastrophic consequences as drivers who have consumed both are 23 times more likely to be involved in a fatal collision.

This year's campaign starts Friday 1 December 2023 and will finish on Monday 1 January 2024. As a part of the campaign, officers from the Roads and Armed Policing Team will be breathalysing every driver they speak to throughout the month. This gives the perfect opportunity to engage with drivers and discuss the dangers of drink driving. Anyone with information about suspected drink or drug driving should contact Suffolk Police via the following channels:

Report online: <https://www.suffolk.police.uk/tell-us> or
Phone: 101

Whole School Notices

- **Santa Run Update** - thank you for your support of the Santa Run sponsored event again this year for FoBs. Due to time tabling constraints this will take place in school throughout the day next Friday with the children and staff only.
- **Menu Change for Last Day of Term** - Wednesday, 20th December: Fish & chips or vegan nuggets or cheese roll
- **Year 6 Trip Reminder** - please ensure the children are dropped off at Abbeygate 6th Form college on Monday morning. They will return to school on the public bus.

Dates for Your Diary

December

- 11th - Year 6 trip to Abbeygate 6th Form College -AM
- 12th - Reception Nativity performance - 9.30am
- 12th - KS1/Y3 Nativity performance - 2pm
- 13th - Reception Nativity performance - 2.00pm
- 13th - Y4/5/6 Carol Concert at the Church - 6pm
- 14th - Sinbad the Sailor Panto - **wear Xmas jumpers & bring £1**
- 14th - KS1/Y3 Nativity performance - 6pm
- 15th - FoBs Santa Run - see above note
- 19th - End of Term Service in Church - 9.30am
- 19th - Christmas Lunch - **wear Christmas jumpers**
- 20th - End of Term

Sponsored by FoBS

West Midlands Children
Touring Theatre

Presents

SINBAD THE SAILOR

Thursday 14th December

Wear a Christmas Jumper
£1 donation



Childhood Neurodiversity PST Workshop Programme

Parent/Carer Workshops January - May 2024

Neurodiversity means that across the population there is variation in people's brains. Having people in society who see the world differently and have unique skills is an important part of life to be celebrated. The term "neurodivergent" refers to people whose brains work differently to the typical cultural standards. Neurodivergence includes conditions that people are born with including autism, ADHD, learning disability and learning disorders.

This programme of free virtual workshops for parents and carers will explore nurturing the unique strengths of neurodivergent children and young people and provide advice on how to support them with the challenges they face. Any parent or carer is welcome to join regardless of whether their child has a diagnosis. The workshops are live on Zoom and are 75 minutes long. Recordings of the workshops and resource packs will be sent after the live event to everyone who has registered.

Childhood Neurodiversity: Supporting Language and Communication

This workshop will discuss language and social communication, including how parents/carers can support their children to communicate. This workshop will be co-delivered with the Integrated Community Paediatric Services Speech and Language Therapy Team.

Tuesday 9th January 2024 – 13:00 [Book Here](#)

Childhood neurodiversity: Supporting Children with Planning, Organising and Remembering

This workshop will explore cognitive difficulties in childhood such as planning, organising and remembering things. The workshop will consider how these difficulties can impact on day-to-day life and give advice on how parents/carers can support their children with cognitive difficulties.

Wednesday 7th February 2023 – 13:00 [Book Here](#)

Childhood Neurodiversity: Understanding and Supporting Sleep Difficulties

Sleep difficulties can have a huge impact on a child's emotions, behaviour, learning and health. This workshop will explore sleep difficulties for neurodivergent children, and how parents/carers can support their children with sleep.

Wednesday 6th March 2023 – 13:00 [Book Here](#)

Childhood Neurodiversity: Supporting Social Relationships

This workshop will discuss social relationship difficulties for neurodivergent children, and how parents/carers can support their children with understanding and managing social relationships.

Tuesday 2nd April – 13:00 [Book Here](#)

Childhood Neurodiversity: The Benefits and Problems with Using Technology

This workshop will discuss the potential benefits and risks to neurodivergent children using technology such as apps and social media. It will explore how families can use technology to support their neurodivergent child.

Monday 6th May – 13:00 [Book Here](#)

Scan the QR code to find out more and book a place on a workshop or visit nsft.uk/workshops.

