

# FAMILY SUPPORT WORKER NEWSLETTER

SEPTEMBER 2023



Dear families

I hope you all had a wonderful time over the summer holidays and had a chance to relax and have some fun.

It is always lovely to see our children on their return to school and hear all the stories they have about their holidays.

I would like to warmly welcome any new families and children and I am looking forward to getting to know you all.

I will be sending a questionnaire to all families asking what support, information and workshops you would like to see in school so I would appreciate it if as many of you as possible would complete and return to me.

For those who don't know me my name is Sarah Dugard and I am the Family Support Worker for Thurlestone, West Alvington & Charleton Primary schools.

Please feel free to contact me at anytime if you have any concerns or would just like a chat to get things off your chest. No issue is too big nor too small! If you are having difficulties or worries then it is a problem worth sharing. If I don't have the answer then I will find someone who does.

My email address is [sdugard@lapsw.org](mailto:sdugard@lapsw.org) or you can contact me at West Alvington on 01548 312290.



# USEFUL INFORMATION

Baby and Toddler Group West Alvington Primary

Mini Chestnuts - our Baby and Toddler Group will be restarting at West Alvington C of E on Thursday 21 September 9am until 10am.

If you feel you are able to help run the group or with setting up at the beginning of the session I would love to hear from you.

All are welcome. Please come and join us!

## Childhood Vaccinations

Starting or returning to school is an exciting time for all children. As they will be mixing with lots of other children, making sure they are up to date with their routine immunisations gives them the best protection from what can be very harmful infections.

A list of the vaccinations your child should have had, by age, is available via this link [NHS vaccinations and when to have them - NHS \(www.nhs.uk\)](https://www.nhs.uk/immunisation/when-to-have-immunisations/)

If you are not sure if your child has had all of their vaccinations, please check their personal health record (the red book) and if you have any questions, contact your child's doctor's surgery.

If you have any concerns about vaccinations, you may wish to read about the benefits of vaccination and possible risks to your child if they were to catch these diseases.

Helpful information is available from the NHS online;

[Why vaccination is safe and important - NHS \(www.nhs.uk\)](https://www.nhs.uk/immunisation/why-immunisation-is-safe-and-important/)  
[NHS video \(on youtube\) about vaccinating your child](https://www.youtube.com/watch?v=7K8v8v8v8v8) and  
[Vaccination tips for parents - NHS \(www.nhs.uk\)](https://www.nhs.uk/immunisation/vaccination-tips-for-parents/)

## STARTING A NEW SCHOOL YEAR

The prospect of starting a new school year will be exciting for many pupils and others might feel anxious after the long summer break.

It can also be a particularly challenging time for parents and carers of children with Special Educational Needs and Disabilities.

[Young Minds has helpful information and advice on supporting your child with school anxiety.](#)

Here are a few things you can do to make their return to school as comfortable as possible:

- Talk to your child about how they are feeling
- Encourage positive talk about school and ask them what they're looking forward to
- Try not to leave shopping for uniform or stationery to the last minute - we all know how stressful it can be!
- Give your child your full focus when they return from their first day back.

The Young Minds website also has tips for working with your child's school if your child is having difficulties and finding extra help if you need it.

It might take a little while for children to get used to the change, and there will be ups and downs. Try your best to support, reassure and comfort them, without putting pressure on yourself to make it better.

## Help with childcare costs

The cost of childcare can take up a large chunk of the family budget. Whether you have toddlers or teens, you could get support.

There are several government schemes to help families with childcare costs, each one tailored to different needs, incomes and children's ages. They're not just to help pay for nurseries and childminders during term time, they can also

cover wraparound childcare before and after school as well as help during the holidays.

To find out about all the schemes, [visit the government's Child Care Choices website](#) and enter your details to see how you can save money on your childcare.

You can find local family support and childcare providers [via our Pinpoint website](#).

We have a duty to ensure there is enough childcare to meet parents' needs. [Use our online form](#) to tell us if you haven't been able to find the childcare you need.

## Are you entitled to apply for free school meals?

All children in reception, year one and year two at state schools in England automatically get free school meals.

However, if you receive certain benefits, you are encouraged to apply for free school meals when you enrol your child in school, as this can help your school to attract additional '[pupil premium](#)' funding to support your child's learning.

[Please apply through our website](#), as this is the quickest and easiest way and will result in you getting an instant decision. Alternatively, call our Education Helpline on [0345 155 1019](#).



Let's Talk **Teenagers** is an opportunity for you as a parent or guardian of a teenager(s) to hear about the challenges young people are facing today, and the

tools you can use to support your children and community and will run on the following dates

TEENAGER DATES		
<b>Tuesday 19th September 2023</b> <ul style="list-style-type: none"><li>• Teenage development including social and emotional changes</li><li>• Healthy and unhealthy relationships, including domestic abuse</li><li>• Body image</li><li>• Toxic masculinity</li></ul>	<b>Tuesday 26th September 2023</b> <ul style="list-style-type: none"><li>• Community risks including county lines and gang crime</li><li>• Unhealthy relationships with a focus on child sexual exploitation and grooming</li><li>• Social media</li><li>• Safety planning</li></ul>	<b>Tuesday 3rd October 2023</b> <ul style="list-style-type: none"><li>• Family strengthening</li><li>• How to have challenging conversations</li><li>• Role modelling</li><li>• Emotional wellbeing and self-care</li></ul>
<b><u><a href="#">To book on our Let's Talk Teenagers Session please click HERE</a></u></b>		



Let's Talk **Pre-Teens** is an opportunity for you as a parent or guardian of a young person aged approximately 9 to 12 years old to hear about the challenges they are facing today, and the tools you can use to support your children and community and will run on the following dates

<b>PRE-TEEN DATES</b>		
<b>Thursday 21st September 2023</b> <ul style="list-style-type: none"> <li>• Biology</li> <li>• Difficult emotions</li> <li>• Substance misuse</li> </ul>	<b>Thursday 28th September 2023</b> <ul style="list-style-type: none"> <li>• Relationships</li> <li>• Exploitation</li> <li>• Pornography</li> <li>• Societal Stereotypes</li> </ul>	<b>Thursday 5th October 2023</b> <ul style="list-style-type: none"> <li>• Physical risks</li> <li>• Safety planning</li> <li>• Mental health</li> <li>• Self care</li> </ul>
<p><b><u><a href="#">To book on our Let's Talk Pre-Teens Sessions please click HERE</a></u></b></p>		