

A message from our Home School Link Worker.



Who am I?

I hope the children are settling into their new classes and the school routine. I thought I would take a few minutes to introduce myself to some of our new families and remind others of my role within the school. My name is Nicola Bevan and I work as the school ELSA (Emotional Literacy Support Assistant), nurture group assistant and Home School Link Worker. (Some of you may see me standing at the gate each morning welcoming the children into school).

My role at Whiteley Primary is to offer support and advice to families on a wide range of issues such as positive parenting, managing angry outbursts, anxiety, family separation, and bereavement. I am also responsible for attendance and punctuality within the school.

Along with working with families individually, I also work closely with outside agencies who may be able to provide more specialist support such as the school nurse team, parenting practitioners and CAMHS.

Parents can arrange a meeting with myself by contacting the school office.

If you would like any further information, please get in contact or pick up a leaflet about me and my role, from the school office.

Events Coming Soon:

School Nurse Drop In:

This term, the school nurses are coming in on Monday 4th November to offer a “drop in”. The school nurses can give support and advice on a wide range of issues such as behaviour, diet, toileting and sleep routines. It is a very informal drop in, which usually takes place in the school staff room. You will have the opportunity to chat with a nurse and discuss your child and their needs. No booking is required - just turn up between 9.00am and 10.30am.

Parenting Programme:

Sarah Sawyers, an experienced family practitioner, is running a course on positive parenting at Cornerstone Primary School. (A flyer for this came out to you on parent mail earlier in the term). The course starts on Wednesday 9th October from 9.30am till 11.30am for 6 consecutive Wednesday sessions (excluding the half term week) with the final session on Wednesday 20th November. The cost of the whole course is £10 per person. The course focuses on children between the ages of 5 -11. It helps parents look at how to support their child as they start to find out how the world works, learn how to manage their feelings, find out what they are good at and experience the consequences of keeping or breaking the rules. You can contact Sarah directly on 01489579669 family@lhfc.org.uk or I can contact her on your behalf. There are still places available.

Other useful contacts:

Below are details of two other parenting practitioners that deliver parenting talks in and around our area.

Barbara Hay – awesome coaching for kids. Barbara is giving a number of parent talks. The first being in Portsmouth on 5th October @6.00- 8.00pm. There is another on 12th November. This talk focusses on understanding your child’s behaviours, and how to respond to them. It has a cost of £5. For more information, call Barbara on 02392176280. awesomecoachingforkids.co.uk

Lorraine Lee – Lorraine is a very experienced practitioner; her talks are very well received. You would have to travel further afield, often around the Winchester area, but they are well worth the drive! www.lorrainelee.org

On a Final note:

“Parenting is a breeze,” said no parent ever!!

Parenting can be a minefield, which can be difficult to navigate at times. Never feel like you have to do this alone. If you have any concerns about your child please do not hesitate to get in contact.

Nicola.

