

Uphill Village Academy



Pastoral and Wellbeing Newsletter

A warm welcome to all our children and families from the pastoral team at Uphill Village Academy



Mrs Hetherington
EYFS and Key Stage 1 Support
Sensory Room



Mrs de Scossa
Key Stage 2 Support
Star Room

learningmentor@uva.clf.uk

Our Pastoral team is here to:

- Listen
- Offer support
- Promote positive behaviour
- Identify the barriers to learning and to set targets
- Offer encouragement , build self-esteem and confidence
- Support with life challenges and changes

**We are here for everyone in the Uphill Village Academy family -
Pupils, Parents & Carers**



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Kids Xmas HAF Clubs



21st, 22nd, 23rd
from 10am

AT
Bournville Primary School,
Selworthy Rd,
Weston-super-Mare
BS23 3ST



Based at our NEW venue at
Bournville Primary School
Multi-Sports activities
Animal sensory sessions
Christmas Arts & Crafts
A trip to Puxton Park
Hot meals & snacks provided for
every child!



FREE TO CHILDREN RECEIVING
BENEFIT RELATED
FSM (Free school meals).
Funded through
North Somerset Council by
the department of education

BOOK NOW!



For 5 - 14 years

Have your HAF
reference code
ready to book...

www.healthyappetiteandactivities.co.uk



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This month's edition includes:

- Welcome from Kenton Mee, CEO of NSPCWT
- "A day of SEND" - a report from NSPCWT
- News from SENDCAS
- SEND Council
- Educational Psychology Updates
- Education Strategy
- Early Help in North Somerset
- The Baytree School expansion update
- Spring board Outreach Service
- Sirona Children's Services updates
- NHS Learning Disability Screening Tool Information.

The newsletter can be accessed in full from this link

<https://uphillvillageacademy.clf.uk/wp-content/uploads/SEND-Newsletter-November-2023.pdf>



Learning Mentor Lending library

We have a wide range of **books** and resources covering a variety of topics that we are happy for parents to borrow to support your children with life changes and experiences.



Please speak to Mrs de Scossa or Mrs Hetherington to find out more



MY FAMILY COACH

Powered by **TeamTeach**

At this time of year we should all be enjoying the lovely Christmas Festivities but for some children (and adults) this can be a difficult time of year.

My Family Coach have a huge bank of resources that can be easily accessed..... From quick reads to Podcasts and free classes

My Family Coach have added a new Quick Read blog post to their website discussing ways to help different generations find compromises and work together:

[Childcare During School Holidays: Using Family Support.](#)

Don't forget to check out their website for their latest content

www.myfamilycoach.com/

Free classes in the New year

Supporting Your Anxious Child —Thursday 8th February 2024—7.30pm

Quick reads

How to help your child understand their feelings

How to Enjoy a Family Christmas

Supporting your child with changes to their routine

Podcasts—Listen on Demand

<https://www.myfamilycoach.com/podcast-mental-wellbeing-healthy-living-family-support-why-self-care-matters-pooky-knightsmith/>

Find out why it's important to think about your own care needs, particularly when you're supporting a distressed child.

<https://www.myfamilycoach.com/podcast-mental-wellbeing-healthy-living-family-support-important-to-remember-self-care/>

In the second-part of this bumper edition, find out why it's important to remember self-care in order to support your child .

<https://www.myfamilycoach.com/podcast-calming-down-mental-wellbeing-family-using-play-to-support-emotional-regulation/>

Author Georgina Durrant explains why play is a great way to help your child calm down and understand their emotions.



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UK Government

Help for Households

You might not realise you could get help with childcare costs

Check if you're eligible today

Go to childcarechoices.gov.uk



Childcare
Choices

Foodbank vouchers

With the Christmas holidays fast approaching, if you have worries or concerns, please remember to speak to our Learning Mentors in person or via email on learningmentor@uva.clf.uk

We are always here to support our families. If your circumstances have changed or you are struggling financially, contact us for a confidential conversation and we can arrange for you to receive an e-voucher for the local food bank to help support your family over the Christmas period.

Not having access to school provided free school meals can cause extra strain and worry during the holidays, especially at Christmas time. Let us and Foodbank support you.



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