## Newsletter



Term 6 Week 4

Friday 8th July 2022

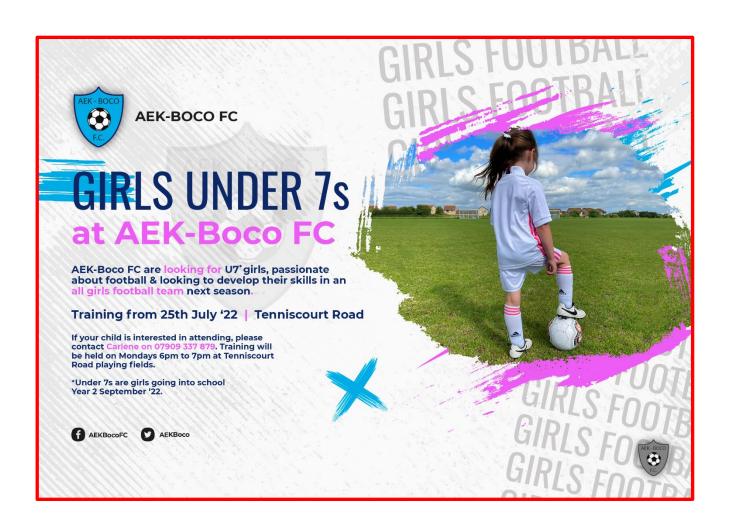
### www.barrscourtprimaryschool.co.uk www.facebook.com/barrscourtps

We only have school 9 days left until the summer holidays! This week some of the children Red Area enjoyed themselves at Grimsbury Farm – they had a great time and learnt how to look after animals and their habitats. Green and Blue have been busy preparing for their performances - they both sound amazing!

Next Friday is the summer disco and picnic. Families are welcome to bring blankets and chairs and set themselves up on the school field while the children are in the disco. The cabin will be open and serving both alcoholic and soft drinks - please don't bring your own alcoholic beverages into school because our license does not cover this. Karen will also be running a BBQ serving burgers and sausages. All proceeds will be going to either the PTFA or school funds, so it will all make a difference to the children. The event will finish at the slightly early time of 6:30 pm and not the advertised 7 pm. Please take any rubbish home with you or use the bins provided. The field after sports day was left completely rubbish-free and made the tidy-up very easy for the staff, thank you.







## **Breakfast Club**

From September, Breakfast Club will be opening from **7:45am**. Hopefully, this will help parents or carers who need to get to work a little earlier.

"We recognise every child is unique and every child's different"



"Everyday's a holiday at Kingswood Out of School Club"

# EST 2015

Available to children aged 3-11 years 9:00-15:00 £15 or 9:00-17:00 £20 Additional hours available on request

Crafts · Construction · Music · Games · Xbox ·

Movies • Sport • Outdoor space • Climbing frame • Baking

• Day trips • Local visits • Sensory area

OFSTED registered • All staff qualified and DBS checked • Paediatric trained • Expertise with SEND



Kingswood Out of School Club.
The Mazenod Rooms, Court Road, Kingswood, Bristol, BS15 9QB

Michelle 07790712291 or Liz 07557361353

Find us on Facebook - Kingswood Out of School Club kswoodoosc@gmail.com

All booked sessions MUST be paid in full\*

The Holidays can be a difficult time for some families and South Gloucestershire Council has a range of different organisations that can offer support and guidance. If you would like to talk to someone in about any of the service, please come and see me, or send an email to the school office.

#### Supporting Families in the Holidays

Supporting families in school holidays | BETA - South Gloucestershire Council (southglos.gov.uk)

#### Young people's mental health

- Off The Record: Free, self-referral counselling service for young people age 11-15, who are experiencing low mood, depression, anxiety, phobias, self-harm, eating problems and/or anger. Young people can call, email or text, and services operate in Patchway, Kingswood and Yate. Also offer parent support groups and sessions. Can also see <a href="Facebook">Facebook</a>, <a href="Twitter">Twitter</a> and <a href="Instagram">Instagram</a> for more information and up to date groups and activities.
  - Tel: 0808 808 9120. Text: 07896 880011. Website: www.otrbristol.org.uk. Email: hello@otrbristol.org.uk
- Kooth: Free, safe and anonymous online support for young people 11-18. Monday Friday 12pm –
  10pm, Saturday Sunday 6pm 10pm. On Kooth you can: Chat to our friendly counsellors; Read articles
  written by young people; Get support from the Kooth community; Write in a daily
  journal. https://kooth.com/
- **Childline:** Free counselling via online webchat, and free support/advice available 24/7 via confidential helpline, and emails via the website. Tel: 0800 11 11. Website: <a href="www.childline.org.uk">www.childline.org.uk</a>
- Young Minds national charity offers confidential online and telephone information and support for anyone worried about the emotional, behaviour, or mental health of a child/young person up to 25 years of age, including ADHD, Autism and Aspergers. Parents Helpline: 0808 802 5544 Website: <a href="www.youngminds.org.uk">www.youngminds.org.uk</a>
- Young Minds Crisis Messenger Service for free 24/7 support across the UK of you are experiencing a mental health crisis. Text YM to 85258.

#### Adult mental health

- South Gloucestershire Talking Therapies Vitaminds: Therapeutic interventions including counselling and group courses, in line with people's differing needs, age 16+. Self-referral via the website: <a href="https://www.wellaware.org.uk/projects/talking-therapies-south-gloucestershire/">https://www.wellaware.org.uk/projects/talking-therapies-south-gloucestershire/</a> Tel <a href="https://www.vitahealthgroup.co.uk/nhs-services/nhs-mental-health/bristol-north-somerset-south-gloucestershire/">https://www.vitahealthgroup.co.uk/nhs-services/nhs-mental-health/bristol-north-somerset-south-gloucestershire/</a>
- Samaritans: Free, confidential emotional support for those experiencing despair, distress, self-harm or suicidal feelings.

Tel: 116 123 (free, from any phone, 24/7). Website: www.samaritans.org. Email: jo@samaritans.org

#### Family/parenting support

- NHS website: Advice for parents on a range of parenting issues, including talking to teenagers, fussy eating and teenage aggression. Website: <a href="https://www.nhs.uk/family">www.nhs.uk/family</a>
- Parent Buddies is a confidential, universal, one-to-one listening service offering short-term support depending on family need. Volunteers are trained to provide parents/carers with listening, and signposting to specialist services. <a href="https://www.parentbuddies.co.uk/">https://www.parentbuddies.co.uk/</a>
- CCP Caring for Communities and People Offer outreach support for families at an early help level. Families can self-refer. <a href="www.ccp.org.uk">www.ccp.org.uk</a>