Sandhurst Weekly News

Friday 28th June 2024

Headteacher's Weekly Review

It is hard to believe that we only have three weeks of this academic year left. There is so much to get to before the summer holidays but I'm sure we will find a way!

On Monday we were invited to attend the Flag Raising Ceremony taking place at Sandhurst Community Centre, at Sandhurst Memorial Park. We are proud of the towns links to the British Army and were pleased to be invited to attend. Our students were a credit to the school. Please see the photos further in the newsletter.

Having completed the Year 11 exams we are now coming to the end of the Year 10 mock exams. Year 10 have been fantastic and they should feel really proud of their efforts. Now comes the turn of Year 9. This is a really good opportunity to start their GCSEs positively and confidently. Good luck to everyone!

The first phase of our building works for our Specialist Resource Provision has started. The team seems to be making rapid progress and walls are already starting to appear. This is a really exciting time for the school as I am hoping this project represents the start of the much needed investment our school site and buildings need.

Congratulations to Ben, our school chef who has won the Culinara Chef of the Year Award 2024. As someone that has spent many, many years sampling school food, I can confidently say that the quality of his work is fantastic and that this accolade is much deserved. His winning dish will be added to the school menu so the children will get the opportunity to try it too.

And finally, I just wanted to plug our final make a difference day which will take place on Saturday 13th July between 9.00am - 12.30pm. We will be focusing on the Maths department so all volunteers are very welcome. If you are able to help, whether for an hour or the full morning please let Claire Read know by emailing cread@sandhurstschool.org.uk

Have a lovely weekend.

Mr G Croxon Headteacher





Headteacher's Award



Friday 28th June 2024

The winner of this week's Headteacher's Award are:

Lily Bruce - 7B2

Millie Alton 7B1

Xavier Beckley 9G2

Donavan Bent 10Y2

Dominic Bevan 7B1

Ashleigh Broad 7Y1

Lily Bruce 7B2

Lucas Burge 10B2

Jessica Grumbt 7Y1

Sudharsan Gurung 9G1

Jacob Hill 7B2

Elaijuh Hilomen 10Y2

Alfie Horton 9Y2

Oliver Hulse 7R1

Summer Inions 7G2

Simran Jandu 7R2

Ellie Johnson 7R2

Freya Locke 9Y2

Jorge Meneses 9R1

Tilly Mills 8B1

Caelan Pearce 10R2

Cesare Pezza 8G2

Isaac Plant 9G2

Thomas Routh 10R1

Lucas Russell 10B2

Reuben Sarkari 7B2

Layla Shaddock 7B1

Kai Sharman 7Y1

Maja Skarzynska 8G2

Zak Temperley 10G2

Eliza Thornton 7G2

Holly Weston 9G1

Laura Zegocinska 9Y2

2024 DATES FOR YOUR DIARY



Monday 1st July	Year 7 Visit to Harry Potter World	
Tuesday 2nd July	Year 7 Visit to Harry Potter World	
Wednesday 3rd July	Year 6 Transition Day 1	
Thursday 4th July	Year 6 Transition Day 2	
Thursday 11th July	Summer Showcase	
Friday 12th July	Sports Day (School finishes at 1:00pm)	
Saturday 13th July	Make a Difference Day (9:00am to 12:30pm)	
Friday 19th July	riday 19th July (School finishes early - to be confirmed)	



Please ensure your child brings a water bottle to school, especially with the warmer weather.

There are water fountains in the courtyard and canteen.

Please refill the bottles during break and lunchtime not during lessons.



Pastoral



On Monday, a group of students from Years 7-10 were selected to attend the annual Raising of the Flag ceremony at Sandhurst Memorial Ground, invited by Sandhurst Town Council.

This occasion recognises and celebrates the service that military provided for us during Armed Forces week. They also enjoyed delicious refreshments afterwards which were welcomed!

Mr R Houston







Pastoral



Congratulations to Aliana (8Y2) and Ellie (7R2) who have both accrued over 400 house points and were able to claim £10 Amazon vouchers from the Awards Store, presented here by Mr Croxon, Headteacher.





Congratulations to Lily (7B) who has earned sufficient house points to be awarded her gold achievement badge today - that's a total of 550 house points: 150 for bronze and 200 each for silver and gold. Mrs Richardson presented her with her badge.









Focus on Year 10:

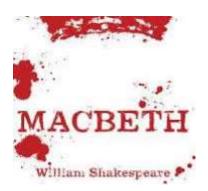
We have now said goodbye to our lovely Year 11 cohort. We know that the vast majority gave their absolute best in their exams and we look forward to seeing their results in August.

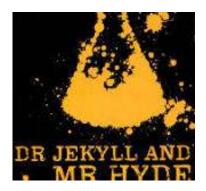
Our Year 10s have just finished their English exams - they wrote both a Language and a Literature paper - and it is evident that many of them worked hard to prepare for this. It is vital that Year 10 students continue to revise from this point forward as they need to retain the knowledge they have until they write their GCSE examinations.

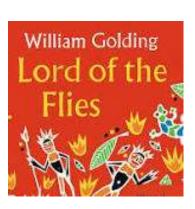
They should have a solid knowledge of the following:

- Language and structural techniques
- Ability to quote correctly
- Ability to write an extended piece of descriptive writing using the correct structure as taught in class
- Ability to craft analytical paragraphs including context and effect on the reader
- Quotes from each of the following texts: Macbeth, The Strange Case of Dr Jekyll and Mr Hyde, Lord of the Flies

It is suggested that students reread their texts (starting over the holidays) as this will definitely ensure a more secure understanding of the plots/themes and characters and keep their knowledge at the forefront of their minds.







Some good revision websites include:

https://www.bbc.co.uk/bitesize/subjects/zr9d7ty (Language)
https://www.bbc.co.uk/bitesize/subjects/zckw2hv (Literature)
https://www.youtube.com/c/MrEverythingEnglish (Language and Literature)

Please do encourage your child to make good use of these resources - the effort is never wasted!

Mrs F Patrick English Teacher







Our English Stars this week for their amazing hard work are:

Mr Houston - Oleh Dorozh (Year 8)

Mrs Feiteira - Jacob Hill (Year 7)

Mrs Byron - Laela Shaddock (Year 7)

Mr Robertson - Lola Keen (Year 9)

Mr Riley - Finley Gillett (Year 7)

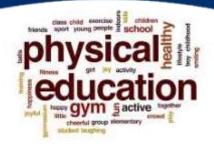
Miss Maree - Reuben Sarkari (Year 7)

Mrs Angdembe - Kaden Lay Murphy (Year 8)

Mrs Cook - Molly McDade (Year 10)

Mrs Patrick - Madison Guest (Year 9)











On Tuesday Sandhurst went to Ranelagh to compete in their final rounders tournament of the year. Despite the extremely hot weather the girls were eager and excited to get started.

We started off strong against Brakenhale with some excellent strikes from Freya and Yasmin giving us valuable rounders. Some faultless bowling from Lola and excellent catches from Ivy led Sandhurst to victory in their first game of the tournament.

Onto the second game against Ranelagh. Sandhurst continued their excellent batting with Grace and Laura gaining us multiple rounders. Some accurate throws from Holly at backstop straight to Emily on 2nd prevented Ranelagh from scoring many rounders and Sandhurst continued their winning streak.

In our last game against EP Sandhurst knew they needed to win the game to win the tournament. The Year 9s worked extremely well together displaying amazing teamwork and communication skills.

Overall Sandhurst won the tournament and were undefeated throughout! This is an amazing achievement for everyone involved and a well deserved win! Well done!

The team: Ivy, Freya, Yasmin, Laura, Lola, Grace, Holly and Emily.

Final Results:

1st - Sandhurst

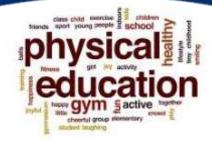
2nd - Brakenhale

3rd - Ranelagh

4th - Easthampstead Park

Miss C Heighes
PE Teacher









Year 7 Athletics

On an extremely hot Wednesday afternoon Year 7s took part in Bracknell Forest athletics competition at Edgbarrow School. Despite the heat Year 7s were fantastic and represented the school superbly.

They competed against 6 other schools from Bracknell Forest in 9 events both track and field. Below are some notable achievements from the event:

Tobias came 2nd in his 600m race.

Fletcher came 2nd in his 600m race and 2nd in long jump.

George won the shot put, 3rd in discus and 3rd in his 150m race.

Max won the discus and came 3rd in shot

Jacob came 2nd in Javelin.

Millie won the Javelin.

Lydia and Serena both came 3rd in their 75m races

Eva came 3rd in discus, javelin and her 300m race.

Everyone gave 100% and contributed to the points of the team. Well done to everyone involved, you were amazing and should be proud of the effort and commitment you displayed.

The team: Jess H, Eva, Lydia, Serena, Jess LP, Louisa, Ellanna, Millie, Josh, Tobias, Jacob LP, Fletcher, George, Max, Jacob H and Freddy.

Miss C Heighes
PE Teacher







Class 7B - Original Muffin Competition

Class 7B took part in the muffin competition this week.

Winners were:

1st - Ashleigh

2nd - Della

3rd - Jacob

Mrs C Jackson-Jones









Cooking and Nutrition



Class 8B - MasterChef

Class 8B took part in the school MasterChef competition this week.

Winners were:

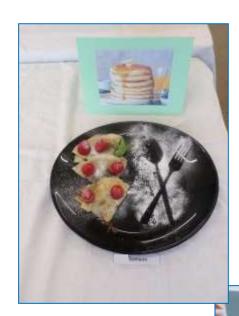
1st - Samson

2nd - Oliver

3rd - Harsh

Mrs C Jackson-Jones











Class 9B - MasterChef

Class 9B took part in the school MasterChef competition this week.

Winners were:

1st - Freddie

2nd - Diogo

3rd - Grace

Mrs C Jackson-Jones



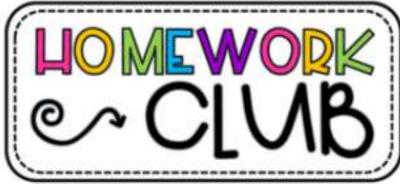






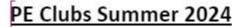








3:00 - 4:00pm in PC4



Clubs run from 3:10pm to 4:00pm.

	Monday	Tuesday	Wednesday	Thursday	Friday
After School	Rounders - all years Mrs Evans Miss Heighes	Athletics - all years Mr King Mrs Evans Mr Proctor- Searle Mrs Davis Miss Heighes	Cricket - year 7 Mr Martin Cricket - year 8, 9, 10 Mr Proctor- Searle		•
			Tennis - all years Mr King		

For the majority of the PE clubs students can just turn up and participate. They should arrive at the PE changing rooms with their kit and they will be signed in by one of the PE staff. They do not need to register in advance.





ATTENDANCE REPORTING GUIDE What YOU must do:

Report your child's absence before 8.30am each day of their absence via the STUDYBUGS app, email <u>attendance@sandhurstschool.org.uk</u> or telephone the attendance office on 01344 775678.

Tell us in advance of any medical appointments and provide appointment cards, letters or screenshot of text .

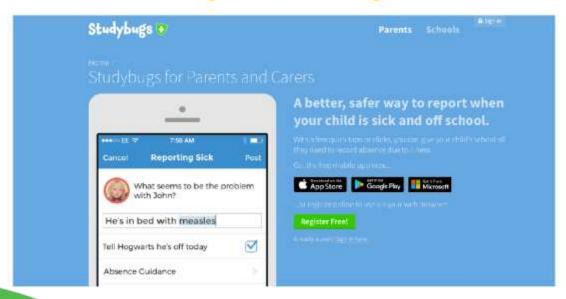
What WE will do:

Check you child absence every day.

Contact you to discuss your child's attendance.

Invite you into school for an attendance meeting if we are concerned.

If you and your child are experiencing difficulties with school attendance then talk to us as a first step so we can help!







Could you help us with our careers activities?

We are looking for any parents/carers (or siblings, aunties, uncles or grandparents!) who can help us with our careers provision through the upcoming academic year.

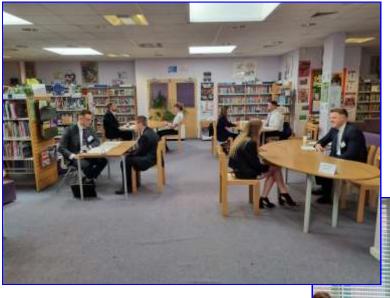
We arrange a number of activities for the students, from careers talks to interview skills day and we are always keen to include our students' families in what we do.

If you are interested in signing up to help us through the year then please complete the following form.

Careers volunteer sign up

If you have any questions you can contact me on choekstra@sandhurstschool.org.uk

Many thanks Mrs C Hoekstra







SCHOOL NURSE DROP IN SESSIONS

Week B, Thursday Lunch in the SLC Reflection Room

- Bullying
- Emotional Wellbeing
- Stress & Anxieties
- Friendships
- Mental Health
- Drugs & Alcohol
- Smoking & Vaping
- Sex & Relationships

Its OK to ask for Help;

School Nurses are able to offer confidential advise and support should you need it. The Nurse is able to speak to you regarding any concerns you may have about your health.

If you are unable to attend the dropin sessions, please speak to either your Head Of House or the Pastoral Office.

The School Nursing Service also offers drop in sessions or advice and guidance on healthier lifestyles!









PROSPECT IN THE COMMUNITY

Here at Prospect, we don't just sell and let homes in the local area; we are local people ourselves and love being a part of the local community. That is why we set up the Prospect Foundation to give back to the amazing community that has given us so much over the years.

In the spirit of giving back to our community, we are also reintroducing our school donations this year. When you sell with Prospect, we will donate £250 of your selling fee to a local school of your choice.







supporting





- Join our weekly lottery from just £1 a week
- It's an easy way to support our school and help raise funds
- 40% of ticket sales come back to us
- There's a guaranteed winner every week as well as the chance to win £25,000
- It's easy to sign up online so start supporting our school today!



Support school today Just £I per week

40% to your school

£25,000 jackpot!

Cash prizes every week



How it works

It's simple - choose 6 numbers between 0-9 and if they match the weekly lottery draw, you win great prizes with a jackpot prize of up to £25,000! One of our supporters will win a cash prize every week. Tickets cost just £1 per ticket per week and 40% of all ticket sales are donated to your school.

Draws are conducted every Saturday at 8pm and results are posted online. Winners will be notified via email and the winnings will be paid straight into an account of their choosing.

The easiest and quickest way to join our lottery is online where you can set up your payment either by direct debit or one off payment card. Alternatively, set up can be done over the phone using the contact details below.

It's so easy to join and you could make a real difference to your school.

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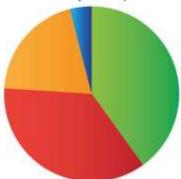
The maths...

100 tickets sold means

- = £30 a week cash prize
- = £2.080 a year for your school

Where does your money go?

Tickets cost just £1 per week



- 40p goes directly to your school
- 36p goes towards lottery winner's cash prizes
- 20p goes towards lottery administrative costs
- 4p for VAT

BUY TICKETS ONLINE TODAY

www.YourSchoolLottery.co.uk/play



support@yourschoollottery.co.uk



01865 582 828

NEW PLAYERS WANTED For 2024/25 Season



Bracknell Rugby Club U13s

Going into School Year 8 in September 2024 and want a new sporting challenge?

Bracknell Rugby Club Under 13s are looking for new players to join the team for the upcoming season.

Whether you're an experienced player or brand new to the sport, all are welcome.

Join Berkshire's Junior Club of the Year for 2023/24!

Try a training session for FREE!



For more information contact -

Clare Brumpton (Team Manager) on

07971 483878 or cbrumpton1@gmail.com





Managing Anxiety - https://www.eventbrite.co.uk/e/managing-anxiety-tickets-837376855717?aff=oddtdtcreator

Hosted by The Autism Group:

What to do when worries take over. Looking at what causes anxiety & some tried & tested strategies to tackle it.

AUTISM SUPPORT

For parents & carers of primary & secondary school aged children.

Online:

Tuesday 9th July 2024.

10am - 12pm

Adolescence - https://www.eventbrite.co.uk/e/adolescence-tickets-887544949837?aff=oddtdtcreator

Hosted by The Autism Group:

Understanding & responding to the challenges & changes for parenting & caring for autistic teenagers.

AUTISM SUPPORT

For parents & carers of secondary school aged children - Age 11 plus.

Online:

Tuesday 16th July 2024.

10am - 12pm

Autism Course - A 3-week course - https://www.eventbrite.co.uk/e/autism-course-under-and-over-5s-berkshire-east-registration-923703049687?aff=oddtdtcreator

<u>Session 1</u>: Introduction to Autism, what is Autism, Myths and facts & Assessment overview.

<u>Session 2</u>: Autism and Behaviour, becoming a detective, Sensory differences, Anxiety, Sleep.

<u>Session 3</u>: Autism and Building a Support Toolkit, Communication, Visuals and routines, Identifying and supporting emotions, De-escalation and low arousal.

AUTISM SUPPORT

For parents & carers of children up to the age of 18.

Online:

Wednesday 3rd, 10th and 17th July.

7pm - 9pm

Sleep - Autism & ADHD - https://www.eventbrite.co.uk/e/sleep-autism-and-adhd-berkshire-east-registration -918780064907?aff=oddtdtcreator

Hosted by Parenting Special Children:

The workshop will cover: Children's sleep cycles and sleep needs, The reasons behind night settling and night waking, Strategies to feel less stressed when sleep training, new parenting strategies for settling your child to sleep, and staying asleep.

AUTISM, ADHD & DU-AL DIAGNOSIS SUP-PORT

For Parents & carers of pre school, primary & secondary school aged children.

Online:

Monday 1st July 2024.

7pm - 9pm

Girls & Autism - https://www.eventbrite.co.uk/e/girls-and-autism-tickets-837376544787?aff=oddtdtcreator

Hosted by The Autism Group:

A look at the behaviours & challenges that may be experienced by autistic girls.

AUTISM SUPPORT

For parents & carers of primary & secondary school aged children

Online

Wednesday 3rd July 2024.

10am - 12pm



WHAT IS PROMISE INCLUSION'S FAMILY LIAISON SERVICE?

SPECIFIC SUPPORT FOR CARERS OF THOSE WITH LEARNING DISIBILITIES AND /OR AUTISM

EMOTIONAL SUPPORT-IF YOU ARE IN CRISIS, UPSET OR JUST NEED TO TALK.

SIGNPOSTING-CONNECTING YOU WITH OTHER ORGANISATIONS AND PROFFESSIONALS.

FORM FILLING-HELPING COMPLETE FORMS FOR BENEFITS/HOUSING/SUPPORT/SERVICES.

MEETING SUPPORT-ENSURING YOU GET ALL THE INFO YOU NEED FROM PROFFESSIONAL MEETINGS

We offer coffee mornings, evening groups, events, and trips for carers to take a break, socialise, and receive support from new friends who understand their situation.

PHONE US: 0300 777 8539 EMAIL:KELLY@PROMISEINCLUSION.ORG



BOOK NOW



Camos Start at 9am

Drop Off From 8:30am

5-12 Year Olds to 3pm

£25 Per Day

4 Year Olds to Tom

£19.50 Per Day

DISCOUNTS AVAILABLE

- O 10% SIBLING DISCOUNT
- O 20% HAF DISCOUNT
- MULTI-DAY DISCOUNT RATE



SPORTS CAMPS

VISIT OUR WEBSITE FOR

- O BOOKINGS
- O DAYS & DATES
- O MORE VENUE DETAILS







FOOTBALL CAMPS

BRACKNELL - GARTH HILL COLLEGE

SLOUGH - CLAYCOTS TOWN HALL

AAIDENHEAD - ST LUKE'S PRIMARY

WOODLEY - WOODFORD PARK 3G

CAVERSHAM - THAMESIDE PRIMARY

BRACKNELL - ST MARGARET'S PRIMARY

WOKINGHAM - FLORES MONTAGUE PARK

MULTI-SPORTS CAMPS

AMBS LANE PRIMARY

PRIMARY BRITWELL BRACKNELL - ST MARGARET'S

PRIMARY

SLOUGH - CLAYCOTS PRIMARY TOWN HALL

WINDSOR - HILLTOP FIRST SCHOOL



U-SPORTS.CO.UK/BERKSHIRE-HOLIDAY-CAMPS

uSportsWebsite

Discounts ClassForKids

How To Book Your Camp



With **USports**

1

Search for the uSports website or scan the QR code

If you aren't on the camp specific page already:

2

Click Parents > Holiday Camps > Berkshire Holiday Camps

3

Use the search filters to find the venue or type of camp which you would like to book on to

4

Click Find Out More for more information OR book by clicking the appropriate Book Now age for your child (4 years or 5-12)

Once you click Book Now on the uSports website you will be taken to ClassForKids

1

Log in or create an account

2

Select which days you want your child to attend

3

Enter your childs details

4

Select complete order & then either pay by card or childcare vouchers. This is where you can also enter and discount codes.

10% SIBLING DISCOUNT

This will be applied automatically when you book more than one child under one booking

20% HAF DISCOUNT

If you usually receive HAF funding through Pupil Premium, email us to claim your unique discount code. There are no free HAF spaces during half term. Please note that there is no food provided with this booking

MULTI-DAY DISCOUNT

This will be applied automatically when you book all the days running in a week at one camp

U-SPORTS.CO.UK/BERKSHIRE-HOLIDAY-CAMPS

FREE EVENT
EVERYONE WHO SUPPORTS THE AIMS
OF PRIDE IS WELCOME.
VOLUNTEERS EVEN MORE WELCOME

Wokingham Pride

SATURDAY 13TH JULY 2024

11:00

PHOTOS - WOKINGHAM MARKETPLACE

11:30 - 12:00

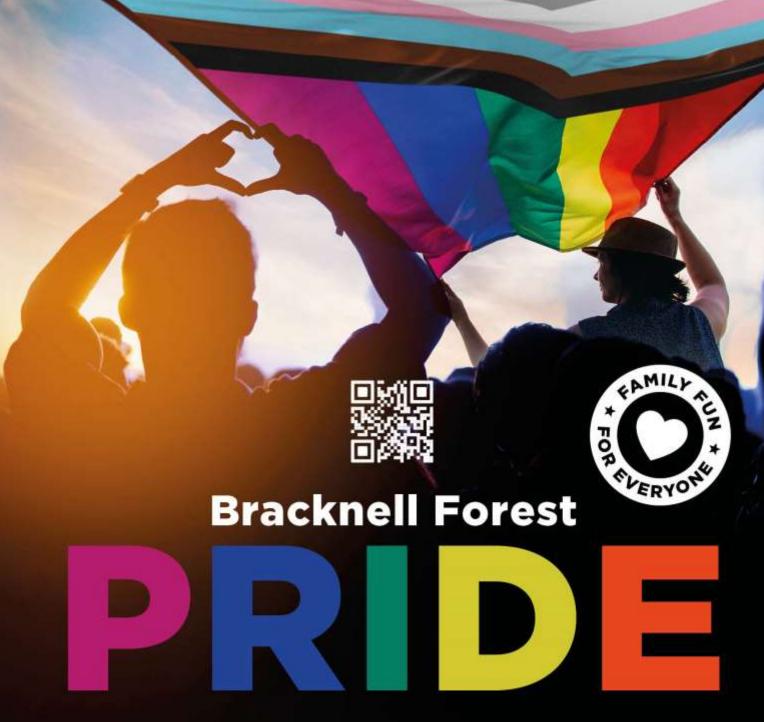
PRIDE PARADE FROM THE MARKETPLACE TO

ELMS FIELD

12:00 - 4:00 PICNIC AND BANDS AT ELMS FIELD

THANK YOU TO THE EQUALITY FORUM, WOKINGHAM TOWN COUNCIL WOKINGHAM BOROUGH COUNCIL, WOKINGHAM LIONS AND HARLEQUIN MARQUEE HIRE FOR YOUR GENEROUS SUPPORT OF WOKINGHAM PRIDE VISIT THE WOKINGHAM PRIDE FACEBOOK PAGE TO FIND OUT MORE EMAIL - WOKINGHAMPRIDE@GMAIL.COM

FACEBOOK PAGE - FACEBOOK COM/WOKINGHAMLGBTQ



SATURDAY 20 JULY 2024

Join us **between 12 noon and 7pm** to celebrate Bracknell Forest's Pride festival. Come and enjoy the festivities with live music, dance, glitter, family fun, support and advice!







thelexiconbracknell.com

image is for illustration purposes only / T&Cs apply









Community Event hosted by Thames Valley Police

Teams of 6 to get through the course. Adult and children teams

Sunday 15th September 2024 11am – 3pm at the Morgan Recreation Park Lower Broadmoor Road, Crowthorne, RG45 7LD.

Register your interest and teams with PCSO Ann Marie Kennedy via email:

ann-marie.kennedy@thamesvalley.police.uk

Custard pie throwing, goal kicking, running, assault course, dressing up team event, with all the local community. Best team will get a prize and other prizes will be awarded on the day.



Sandhurst Nursery Raffle

Hello all, we are doing a raffle to raise money to help support one of our lovely mums and colleague Jess. On 28th March 2024 Jess received devastating news of an aggressive t-cell lymphoblastic lymphoma diagnosis. Despite this challenging journey Jess has shown exceptional courage, bravery and determination to overcome and fight this disease. At just 33 Jess has so much to live for, with her biggest motivation being her family, her husband and 2 year old son. Despite their positive outlook, this time is also full of anxiety, pressure and worry. Jess's treatment plan is aggressive and will likely include a 6 month, or longer, stay in a hospital which is far from home.



Tickets available from the nursery from 3rd june and will be drawn on the 2nd july.

Contact Tanya Shroll on fb or email the nursery sandhurstnursery24@gmail.com.





OUR CLUBS OFFER ...

CLASSES FOR KIDS

Gymnastics, Ninja and Dance classes for children up to 16 years old. Our great selection of classes teach new skills and are lots of fun. Book a free taster session today. Classes from only £6.99* after your free taster class.





FUN & GAMES ...

HOLIDAY CAMPS

Our holiday camps keep kids active as well as being full on energy! Children learn new skills doing Gymnastics or Ninja, take part in craft activities as well as playing group games. Members and non-members welcome. Book online today!

BIRTHDAY PARTIES

For a party they'll never forget, it has to be at Gymfinity Kids. We offer both Gymnastics and Ninja themed parties. Members and non-members welcome. Call us today to find out more.



BOOK YOUR FREE TASTER SESSION AT:

gymfinitykids.com





HOW TO FIND US...

Gymfinity Kids Bracknell

65 Princess Square (Next to PureGym) Bracknell, RG12 1LS

T: 01344 203280

E: info@gymfinitykids.com

T&C's apply. See website for details.







Gymfinity Kids

gymfinitykids.com

Charity Football Match in aid of The Royal Marsden Cancer Charity

Courtney Hector who used to attend Sandhurst, sadly passed in December 2022 from a terminal brain tumour at the age of 19.

A foundation in her name - Courtney's Team Marsden Foundation has been set up and it is an umbrella of The Royal Marsden Cancer Charity where she was treated

We are holding a football match and fun day on Sunday 21st July at Ascot United Football Club, please see the flyer below to book tickets.





SOUTH HILL PARK, BRACKNELL, RG12 7PA

Raise money for YOUR charity – every penny YOU raise goes to the charity of YOUR choice

The Rotary Club of Easthampstead invites you to take part in the Bracknell Together Walk 2024

A fun walk of 5, 7.5 or 10 kms in and around the beautiful grounds of South Hill Park and Swinley Forest - you choose the distance that's right for you. A family event suitable for all ages & abilities (with wheelchair friendly paths)

Save time on the day, register NOW online at www.bracknelltogetherwalk.org

Entry is FREE for all accompanied children under 14

You can boost your charity fundraising with £1,000 cash prizes from Rotary

We thank Duncan Yeardley Estate Agents, Peas and Carrots Ltd and the Village Hotel Bracknell for their support

Start anytime between 9 am & 12 noon

Finish your walk anytime up to 2 pm



Welcome pack & finishing certificate

for every participant

Hot & cold food & drinks served all day

Supporting Your Children Workshops

To book a space please email your full name to Inge.Taylor@bracknell-forest.gov.uk

These sessions are universal (not specific for SEND) and for adults supporting children not the children themselves so please arrange childcare if needed

Each course is a standalone 2-hour session - please be aware that spaces are offered on a first come first served basis and parents should not just turn up

Once you have completed an enrolment form your space will be confirmed

Please only book onto the sessions if you are going to be able to attend to avoid other parents missing out on the opportunity to have a place or let me know if you can no longer attend.

Helping children to overcome anxious thoughts and worries.

A 2-hour session looking at:

- What happens when children become anxious?
- Impact current events have had on children's mental health.
- Techniques for helping children deal with their fears / worries.



Managing Behaviour in a Positive Way

A 2-hour session looking at:

- Gain insight into your parenting style / relationship with your child.
- Learn or revisit positive ways of managing behaviour!
- Strategies to deal with unacceptable behaviours.

Thursday 20th June 2024

@ Bracknell Open Learning Centre

Supporting Children to get a Healthy Night's Sleep

A 2-hour session looking at:

- The different sleep issues facing our families.
- Tips on how to get a good night's sleep.
- Help children develop good sleeping habits.

Tuesday 11th June 2024

@ Bracknell Open Learning Centre

6.30 - 8.30 pm

Anxiety

Parenting pre / early-teens in a Positive Way (aged 10 - 13)

A 2-hour session looking at:

- Gain insight into the impact of your parenting style!
- Positive techniques for managing older children's behaviour.
- Boosting your relationship and communication with your child.

Please let me know if you would like to go on the waiting list for future sessions

Encouraging Resilience – Keep Calm and Bounce Back

A 2-hour session looking at:

- How to build natural resilience.
- Encouraging positive social skills.
- Encouraging children out of their comfort zone and not to give up.

Thursday 6th June 2024 @ Bracknell Open Learning Centre







9.30 - 11.30 am

Reducing Sibling Rivalry

A 2-hour session looking at:

- Encouraging a more harmonious sibling relationship
- Learn / revisit techniques for children to cope with being a sibling.
- Boosting children's emotional literacy

Tuesday 25th June 2024

@ Bracknell Open Learning Centre



 $6.30 - 8.30 \, \text{pm}$

Single Parent, Separated and Blended families – supporting children to cope with different family dynamics.

A 2-hour session looking at:

- Different family dynamics and how they can work.
- Parental conflict resolutions
- Being the best parent that you can be for your child

Wednesday 26th June 2024

@ Bracknell Open Learning Centre



 $6.30 - 8.30 \, \text{pm}$

Supporting a smooth secondary school Transition (YR 5/6 parents)

A 2-hour session looking at:

- What the transition involves
- The positives and concerns of transitioning to a new setting

Boosting your child's ability to have a smooth transition	525
Thursday 23 rd May 2024	6.30 – 8.30 pm
@ Bracknell Open Learning Centre	****
Wednesday 5 th June 2024	9.30 - 11.30 am

@ Bracknell Open Learning Centre



beyond A 2-hour session looking at:

What's involved in transition from reception to year 1.

Supporting a smooth transition from Year R to Year 1 and

- The best ways to support the transition.
- Boosting your child's resilience to cope with the change

Please let me know if you would like to go on the waiting list for future sessions



Community Map

Activities for all ages to help you stay healthy and well.







bfcommunitymap.commonplace.is





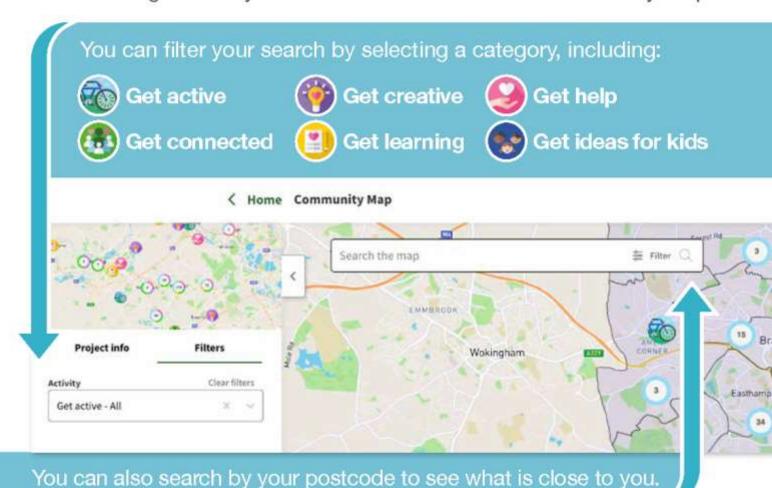


My Community Map



Find out what is happening in your area. There is a wide range of local activities, groups and societies across the borough that can help to support your health and wellbeing.

Whether you are interested in sports, crafts or playing games, there is something for everyone on the Bracknell Forest Community Map.



Can't find what you are looking for?

Request a call back from one of our friendly social prescribers on **01344 325 000**, or scan the QR code to make a referral.



Visit health.bracknell-forest.gov.uk and click on 'Community Map'.





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