



## Bruche Primary School Academy

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Executive Headteacher: Mr C Jones

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[@Bruche\\_P\\_School](#)

Welcome to the latest school newsletter!

It has been another busy week in school as move towards the end of this term.

Our Christmas performance dress rehearsals have gone really well this week. A big thank you to all of our grandparents that attended. We had some lovely comments thanking school for involving them this year!

In past newsletters I have said I will be sharing with you some national statistics compared to Bruche. As we come to the end of this term the following attendance statistics are below for your information.

The absence rates across the academic year 2023/24 to date for primary schools nationally were:

- **95.1%** in state-funded primary schools (**3.5%** authorised and **1.4%** unauthorised)
- Bruche attendance for the same period was **96.7%** (**2.6%** authorised and **0.7%** unauthorised)

This is a fantastic achievement for this term, well done everyone!

Warrington Local Authority have reviewed and updated their local offer of support concerning mental health. The documents are available through Warrington Borough Council's 'Happy Ok Sad' mental health and wellbeing website: <https://www.warrington.gov.uk/happy-ok-sad>

Finally, one of our year 2 children's dad has written a Christmas song, for the children at his school to sing at their Christmas play. To help the children to learn the song Albert, in our year 2 class recorded a version of the song with his dad at home! By publishing the song, the school (<https://brightfuturescare.co.uk/>) hope to raise a couple of hundred pounds for The Children's Society over Christmas. The song can be found on Spotify and iTunes under 'Bright Futures - Favourite Time of Year.' Please try and have a listen if you can!

Have a lovely weekend everyone!

Mr Jones

Communication Corner

18/12/2023 9.30am KS1 Christmas performance for parents  
18/12/2023 3.30pm KS1 Christmas performance for parents  
19/12/2023 Christmas dinner day  
19/12/2023 9.30am KS2 Christmas performance for parents  
19/12/2023 3.30pm KS2 Christmas performance for parents  
20/12/2023 Toy day/Party day/Christmas Jumper day  
10/01/2024 Y4 parents coffee morning  
24/01/2024 Y5 parents coffee morning  
07/02/2024 Y6 parents coffee morning



Christmas Dinner

On Tuesday 19<sup>th</sup> December, the children's hot dinner option will be a traditional Turkey dinner.  
If your child would like a dinner, this will be paid via ParentPay as normal. Reception-Yr2 qualify for free school meals so no payment is needed.

### Special Mentions

**Nursery - Theodore Pearce** – We are so proud of Theodore for getting himself changed into his costume for our dress rehearsal of the Nativity and then he independently got himself dressed back into his uniform after giving a wonderful performance.

Well Done Theodore.

**Reception** – I would like to award Hallie-Mae the star of the week this week. She has shown such a great improvement in her confidence when talking to others and has also really enjoyed singing and taking part in our Nativity performance.

Well done Hallie-Mae!

**Year 1 – Evelyn Roberts** for working so hard in every lesson this week! Your listening has been amazing!

**Year 2 – Harry Cliffe** for excellent concentration in all lessons! I am so proud of you!

**Year 3 – Jaxson Sorton** for his fabulous effort in his presentation of work!

**Year 4 – Roselyn Roe McDonnell** for her excellent work with Medusa

**Year 5 – Isaac Ip** for his incredible musical ability playing the violin within our music lessons!

**Year 6 – Amelia Chisnall** - for super work and support during our craft work.

### Early Years News

#### **Nursery**

We cannot put into words how proud we are of all the children in Nursery for giving such wonderful performances of Our First Nativity production. They all sparkled on that stage and demonstrated such confidence, what superstars you are!

We have all enjoyed finishing off our Nativity activities this week and we have also enjoyed creating our own angels, Christmas decorations and cards.

We are all looking forward to our festive fun next week and wish you all a lovely weekend.

A Huge Well Done to all the children in Nursery!

**Mrs. Wallace**

#### **Reception**

I want to start my newsletter by saying a massive well done to all of the children in Reception and Nursery for taking part in their Christmas Nativity performance. We are all so very proud of every single one of you! All of your parents and grandparents enjoyed hearing your beautiful singing and seeing you in your costumes.

We have also been very busy making Christmas cards and calendars this week for the children to take home at the end of the year. The children love arts and crafts and have also been designing their own Christmas cards and writing their name.

In Maths, the children have been exploring the different ways to make 4 & 5 using multilink cubes and paint. They clicked the cubes together in different ways to show a variety of shapes when printing the

blocks. The children also had to comment on the different arrangements to say what numbers they could see.

Have a lovely weekend everyone!

**Miss Bostock**

### Key Stage 1 News

#### **Year 1**

In Literacy this week we have looked at the suffix 'ing'. We discussed a range of root words and even discovered that if a word ends in 'e' then we need to remove it before adding 'ing'.

In Math's this week we have continued lots of work on counting in tens and ones. The children are now confident using dienes and enjoy explaining the value of digits. We have also looked at counting accurately to 20 and ensuring we are writing numbers with no reversals.

In Science this week we have explored how hedgehogs adapt to changing seasons. We watched an interesting video that followed a hedgehog across the year and we enjoyed seeing what happened! We were amazed to learn that hedgehogs fall into a deep sleep throughout the winter months and wake up in spring!

The children used their knowledge of compass points this week to direct the naughty bus around a map. We used a grid with squares on to help us with this! The children then enjoyed following instructions on a treasure map to test their knowledge even further!

Thank you so much to everybody that came to watch our Christmas play on Friday. The children made us so proud and can't wait to perform again next week.

Well done Year 1!

**Mrs Lewis**

#### **Year 2**

Year 2 have had another busy week! We have practised our cutting to develop our fine motor skills, cracked Maths codes, read our favourite books and practised our Christmas Play! We did our first dress rehearsal on Friday and wow! We cannot wait to do it all again on Monday.

In Maths this week we have continued to add one and two digit numbers. We have used our tens and ones, number lines, counters and dienes to help us solve problems. We also showed how clever we are by starting to discuss the inverse operation!

In Writing this week we sorted nouns and verbs and wrote these in sentences. We read different short texts and answered comprehension questions and practised our phonics and spelling.

In picture news we discussed the big question 'What is Rubbish?' We all shared our own views and opinions of where rubbish should go and what we could do to change the world.

In History this week we learnt what a timeline is and we represented different events on a timeline. We recalled facts about the Great Fire, The Gun Powder Plot, Remembrance Day and ordered these using their dates.

**Miss Kerrigan**

## Key Stage 2 News

### **Year 3**

In English this week, we have delved deeper into our class text, Winters Child. We have created a role on the wall about a new character that was introduced and have created individual role on the walls for our main characters, Tom, Mum and Nana. We also spent some time inferring what our characters would be thinking, feeling and saying in relation to meeting the new character. We also created a diary entry using fantastic adverbs of time, as if we were Tom and had an amazing day!

In maths we have been working hard to consolidate our column addition with regrouping knowledge. The children are doing so well! We have been able to move onto column subtraction with no regrouping, in preparation for column addition with regrouping.

In shared reading, the children answered some comprehension questions on our book 'Count', and have read further into the book and have now discovered the numbers are taking over the world! We spend some of our afternoons creating some wonderful/Christmas cards and scenes to help get us in the holiday spirit!

The children also had half of their art day this week, with the other half being next week.

**Mrs Hogan**

### **Year 4**

This week in Year 4 in Maths, we have been looking at mental methods for addition and subtraction. We have then looked at strategies for finding the difference between numbers and whether it would be quicker to count on or count back. We used bead strings to look at numbers within a hundred before moving onto 4-digit numbers.

In English this week, we have been looking at all things Medusa. We have been looking at similes and metaphors and creating ones of our own we might use in our description. We have then looked at personification and how we can give human qualities to inanimate objects. We have then used all of our best vocabulary and used this to improve simple sentences into beautiful descriptions we can use in our final write.

In History, we have looked at some of the main eras of the Ancient Greeks and some general background information and answered questions on what we have found out.

We have been practising a lot for our Christmas rehearsal with the rest of KS2 this week.

**Mrs Shone**

### **Year 5**

This week in year 5, we have been adding using rounding to estimate the answer of a sum. This helped us to check that our answers to calculations were correct as if the estimation was close to our answer we knew we were within the right range.

In writing, we revised relative clauses and improved some sentences by adding them in. We even tried to link this with parenthesis as we used dashes, commas and brackets to separate these clauses.

For our history topic, we learnt about the Anglo-Saxon king Alfred the Great. We weighed up reasons that indicated that Alfred deserved this nickname as 'the Great' and those against this before we wrote whether we believed he should be known as a great king or otherwise.

Finally, in science we looked at thermal insulators and conductors. We conducted an experiment using cups made of different materials - we filled each cup with some hot water and measured the temperature of the water (over a period of time) using a thermometer.

**Miss Ratcliffe**

#### **Year 6**

In English, the children completed their final diary entries of life in the trenches - in this entry, the children were recounting the day of the Christmas truce. They were once again encouraged to use figurative language including similes, metaphors, personification and pathetic fallacy. They were also encouraged to describe the senses, setting a euphoric and positive mood and tone.

In Maths, the children have been continuing to work on reasoning with angles, using algebra to help find missing angles.

In Science, the children have begun to investigate micro-organisms and how they can be harmful and useful.

Year 6 have had a busy week this week making our Christmas crafts; we have made Christmas cards and Christmas tree ornaments including a mixture of stained glass window and macrame gnomes.

I would like to take this opportunity to thank you for all your support this year so far. The children have made amazing progress and I am very proud of all their hard work and commitment. Have a wonderful Christmas and see you all again soon - Mr Gould and Mrs Blackledge.

**Mr Gould**

## Lunch Menu W/C 18.12.23

### Week 2

Week One	Week Two	Week Three
<p><b>Meat Free Monday</b></p> <ul style="list-style-type: none"><li>Homemade Macaroni Cheese</li><li>Vegetarian Sausage Roll baked diced potatoes and beans</li><li>Vanilla Ice Cream</li></ul>	<p><b>Meat Free Monday</b></p> <ul style="list-style-type: none"><li>Margarita Pizza served with baked jacket wedges and sweetcorn</li><li>Jacket with Fillings</li><li>Vanilla Ice Cream</li></ul>	<p><b>Meat Free Monday</b></p> <ul style="list-style-type: none"><li>Homemade Tomato and Mascarpone Pasta Bake served with seasonal vegetables</li><li>Quorn nuggets with baked herby diced potatoes, and sweetcorn</li><li>Vanilla Ice Cream Roll</li></ul>
<p><b>Tuesday</b></p> <ul style="list-style-type: none"><li>Chicken Curry served with 50/50 rice</li><li>Baked fishfingers with baked potato waffles, peas and sweetcorn</li><li>Fresh Fruit Segments or yoghurt</li></ul>	<p><b>Tuesday</b></p> <ul style="list-style-type: none"><li>Chilli Beef served with 50/50 rice</li><li>Ham and Cheese Panini, fresh salad, coleslaw</li><li>Fresh Fruit Salad or Yoghurt</li></ul>	<p><b>Tuesday</b></p> <ul style="list-style-type: none"><li>Cajun Chicken in a bun, Baked wedged potatoes, coleslaw and sweetcorn</li><li>Vegetarian Burger in a bun Baked wedged potatoes, coleslaw and sweetcorn</li><li>Fresh Fruit Segments or Yoghurt</li></ul>
<p><b>Wednesday</b></p> <ul style="list-style-type: none"><li>Pork Sausage with creamed potatoes, gravy served with seasonal fresh carrots and peas</li><li>Panini served with coleslaw, sweetcorn, and salad</li><li>Jelly and Fruit</li></ul>	<p><b>Wednesday</b></p> <ul style="list-style-type: none"><li>Homemade tomato sauce with pasta served with mixed vegetables</li><li>Baked Falafel served with savoury rice and mixed vegetables</li><li>Jelly and Fruit</li></ul>	<p><b>Wednesday</b></p> <ul style="list-style-type: none"><li>Chicken Tikka Masala served with 50/50 rice</li><li>Baguette pizza served with fresh salad and coleslaw</li><li>Jelly and Fruit</li></ul>
<p><b>Thursday</b></p> <ul style="list-style-type: none"><li>Oven baked Battered Fish served with chunky chipped potatoes, garden peas or baked beans</li><li>Crumb Coated Chicken served with chunky chipped potatoes, garden peas or baked beans</li><li>Homemade sponge cake</li></ul>	<p><b>Thursday</b></p> <ul style="list-style-type: none"><li>Oven baked Battered Salmon served with chunky chipped potatoes garden peas or baked beans</li><li>Chicken goujons served with chunky chipped potatoes garden peas or baked beans</li><li>Homemade Cake</li></ul>	<p><b>Thursday</b></p> <ul style="list-style-type: none"><li>Crumb coated chicken served with chunky chipped potatoes, garden peas or baked beans</li><li>Oven baked Battered Fish served with chunky chipped potatoes, garden peas or baked beans</li><li>Homemade Cake</li></ul>
<p><b>Friday</b></p> <ul style="list-style-type: none"><li>Spaghetti Bolognese served with seasonal vegetables</li><li>Homemade Cheese Flan served with baked jacket wedges sweetcorn and salad</li><li>Homemade Biscuit</li></ul>	<p><b>Friday</b></p> <ul style="list-style-type: none"><li>Chicken curry and rice</li><li>Selection of filled wraps</li><li>Homemade Biscuit</li></ul>	<p><b>Friday</b></p> <ul style="list-style-type: none"><li>Pork Meatballs in homemade tomato and basil sauce served with wholemeal pasta and garden peas</li><li>Twice Baked Jacket Potatoes with ham and cheese served with baked beans</li><li>Homemade Biscuit</li></ul>



## BRUCHE PRIMARY SCHOOL

### Term Dates 2023-2024

	<b>Closing Date</b>	<b>Opening Date</b>
Autumn 2024		06.09.23
Autumn Half Term	20.10.23	06.11.23
Christmas 2023	20.12.23	03.01.24
Spring Half Term 2024	09.02.24	19.02.24
Easter	28.03.24	08.04.24
Bank Holidays (Good Friday and Easter Monday)	29.03.24 and 01.04.24	
Bank Holiday (May Day)	06.05.24	
Summer Half Term	24.05.24	03.06.2024
Summer 2024	18.07.24	(TBC)

### **INSET** (Training days for staff – children not in school)

<b>INSET 1</b>	04.09.23
<b>INSET 2</b>	05.09.23
<b>INSET 3</b>	28.06.24
<b>INSET 4</b>	19.07.24
<b>INSET 5</b>	22.07.24

<b>Holiday Dates</b>	
October Half Term	23.10.23 – 03.11.23
Christmas Holiday	21.12.23 – 02.01.24
February Half Term	12.02.24 – 16.02.24
Easter Holiday	01.04.24 – 05.04.24
May Half Term (Whit)	27.05.24 – 31.05.24
Summer Holiday	19.07.24- TBC





## BRUCHE PRIMARY SCHOOL

### Term Dates 2024-2025

	<b>Closing Date</b>	<b>Opening Date</b>
Autumn 2024		04.09.24
Autumn Half Term	18.10.24	04.11.24
Christmas 2023	20.12.24	06.01.25
Spring Half Term 2024	14.02.25	24.02.25
Easter	11.04.25	22.04.25
Bank Holidays (Good Friday and Easter Monday)	18.04.25 and 21.04.25	
Bank Holiday (May Day)	05.05.25	
Summer Half Term	23.05.25	02.06.2025
Summer 2024	18.07.25	(TBC)

### **INSET** (Training days for staff – children not in school)

<b>INSET 1</b>	02.09.24
<b>INSET 2</b>	03.09.24
<b>INSET 3</b>	27.06.25
<b>INSET 4</b>	21.07.25
<b>INSET 5</b>	22.07.25

<b>Holiday Dates</b>	
October Half Term	18.10.24 – 03.11.24
Christmas Holiday	20.12.24 – 05.01.25
February Half Term	14.02.25 – 23.02.25
Easter Holiday	11.04.25 – 21.04.25
May Half Term (Whit)	23.05.25 – 01.06.25
Summer Holiday	18.07.25- TBC

## Top Tips for Parents at Christmas

It may be the most wonderful time of the year for many students, but for those with social communication difficulties, Christmas can be fraught with challenges. An already confusing world suddenly sounds, looks and even smells different and familiar routines are overturned. As with all things, the three core principles of preparation, communication and support can help students manage the festive season. All children are different so not all the following tips will be relevant to your child. Select the ones that are helpful to your family situation.

### Disruption to the usual routine

- Explain that at special times of year, people do things differently and that this is OK.
- Talk about Christmas time and what this means for your family. Look at family photos.
- Be alert for behaviour changes that might signal anxiety.
- Liaise with school regarding changes to routine and special events so that you can pre-warn at home.
- Be aware that the 'hype' of Christmas might present challenges in terms of sensory overload and changed behaviour. You may need to reduce 'incoming' by avoiding some places at busy times and by having TV free times.
- Make a calendar which shows everything that is coming up over the next few weeks. Highlight events as they approach and cross them off when they have finished.
- Incorporate a Christmas activity that they enjoy into their daily schedule, eg opening the advent calendar, or switching on the tree lights
- Include your child in small parts of the Christmas process (so as not to overwhelm them). Things like wrapping one or 2 presents or setting part of the table, while talking about the affairs surrounding these activities. This will help the child or teen to become familiar with the change and activity that will occur. This familiarity goes a long way in reducing the level of anxiety on the day. (Some people choose to avoid sensory overload, e.g. by adding only a few decorations each day).

### Decorations

- Write a social story to explain why we make and display decorations at Christmas.
- Cut down on the amount of decorations you use if they cause sensory overload. Remember that for your child displayed Christmas cards count as decorations. Consider having some Christmas free areas of the house to allow for 'down time'.
- Involve the child in deciding where the decorations should go and involve them in putting the Christmas tree up. This will help to maintain a sense of being in control.
- If you use lights, choose settings that stay on all the time or only blink occasionally.



### Special events

- **Pantomime Outing** - show pictures of the actors and set in advance. Visit the theatre when it's empty or look at it online. At the performance sit at the back where it is quietest and you can exit without interrupting the show. Some theatres do special shows for children with ASD.
- **Parties** - pre-prepare, stick to agreed timings and let your child attend part of an event if this is easier for them than coping with the whole thing. Be aware of sensitivities around food and noise.
- **Christmas dinner** - be aware of the sensory challenges this may present. Offer small amounts of new or different foods to try on separate plates.
- **Christmas shopping** - It is likely that this will not be an enjoyable experience due to the crowds, noise and general overload of busy shops. Shop online, go without the children, go to late night and 24 hour shops at quiet times. Lots of children with autism love catalogues!
- **Special clothes** - Party clothes, Christmas jumper days and people in costumes can present sensory and change of routine challenges. Plan with your child and compromise if necessary.



### Father Christmas

- Read the story of St Nicholas to help older children understand why we have Father Christmas
- Decide what you are going to tell your child about Santa and teach them (maybe using a social story) how to talk about this appropriately so that they don't upset other children with a blunt comment.
- Be aware that for some children Santa is scary. Let them stand back if they feel more comfortable with this.



### Family Gatherings

- Communicate with your family about what things might be a challenge for your child and how you manage them. You may need to ask people not to hug and kiss your child or bombard them with gifts.
- If possible, identify a safe zone wherever you go that your child can retreat to if feeling overwhelmed.
- If your child has food issues, communicate this to others so that they don't inadvertently give your child a 'treat' which triggers unwanted reactions.



### Back to school

- Use the time after Christmas to reintroduce normal routines and in the few days before the new term starts, ensure bedtime routines are in place and that your child is pre-warned and prepared for the return to school.

Hopefully by planning ahead, you will be able to ensure that stresses and challenges are minimised, and that you and your family can have a very





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dance  
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## ENROLLING NOW

We have classes from age 2 up to adults in a huge variety of dance styles. We can't wait to welcome you to our studio and we have an exclusive offer to celebrate 10 years of TDSW... head to our website and register by 10th January, to receive a FREE class for the whole of January.



[www.thedancestudiowarrington.com](http://www.thedancestudiowarrington.com)



**Music is a compulsory and important part of the National Curriculum. The national curriculum for music aims to ensure that all pupils: perform, listen to, review and evaluate music.**

From September 2022 Early Notes Music Education will be able to offer support to students with small group and one to one instrumental tuition for the following...

**Ukulele** For KS1 & KS2 students

**Guitar** For KS2 students

**Keyboard** For KS1 & KS2 students **(all students will learn to read notation)**

**Flute** For KS2 students **(all students will learn to read notation)**

**Recorder (all ranges)** For KS2 students **(all students will learn to read notation)**

**Violin** For KS2 students **(all students will learn to read notation)**

**Drum Kit** For KS1 & KS2 students

Tuition prices start from £65 for 12 sessions, all lessons are held within school during lesson time. The 12 sessions will usually fit into a school term and lessons will be carried over should a term be less than 12 weeks.

For further information about Early Notes Music, details about specific instrumental lessons or to enroll for September, you can do this direct via our website [www.earlynotesmusic.education](http://www.earlynotesmusic.education)



## NEWSLETTER

Autumn 2023



### An update from your Chair

Where has the past three months gone? With the Summer and now Autumn term behind us, I hope everyone managed to get through the holidays and what is sometimes a stressful transition back into school, especially for those who moved placements this year.

As your forum WarrPAC continue to work on your behalf engaging with professionals in Education, Health and Social Care to bring your voice to the strategic table. We have brought you face to face with some of those professional at our "check in & chat sessions" which have always been well attended. This is something we will continue to do in order for you to engage with hard to reach team leaders. We will approach all our work on your behalf with a "you said...we did" approach. You wanted more information around EHC plans and the Annual Review process. We have been working with the Local Authority and Foxwood school to produce a guidance leaflet. This is now ready for publication and will be available very soon. We are also working on adapting the short breaks tool to try to make it less complicated with more transparency around specific areas of need. We know from our own experiences as well as you bringing your concerns to us, there are areas of the Neurodevelopment pathway that are not working as well as they should. So we are meeting with consultants from the CDC and health colleagues to address this and look at how we can improve this for you.

Since the Area SEND Inspection, WarrPAC have been heavily involved in the "Implementation Plan" addressing the areas Ofsted highlighted as needing improvement. I have a representative from WarrPAC on each and every sub group which are many, not doing work as such with them but holding them to account to ensure Education, Health and Social Care do what they say the are going to do ... what Ofsted, WarrPAC and you, our members expect them to do.

These are just a few examples of the work we are involved and committed to in an effort to get things moving in the right direction. Rome wasn't built in a day as the saying goes but I can assure you that WarrPAC is there for you and my team of volunteers and I will continue with our usual, passion, dedication, empathy, compassion, work ethic impartiality and transparency, to make things better for our SEND families. I look forward to seeing more of you at our sessions and contacting us for help, information advice and guidance as well as welcoming new friends we just haven't met yet!

Jean Fitzpatrick  
CHAIR WarrPAC

Working  
Together with

Contact Us  
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find us on  
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WARRINGTON  
Borough Council 

Warrington Parents & Carers Forum is a voluntary group of enthusiastic, dedicated and experienced parents and carers of children and young people with disabilities and additional needs



## So what have we been up to?



The team have been working with the local authority to produce **new information leaflets for our families to help parents/carers navigate the complicated process of applying for an EHCP and preparing for Annual Reviews.** We have been hearing at our sessions that a lot of families find the process very difficult and confusing. In response, we felt it would be useful to produce this information in a short and simple format to help our families understand what to expect at each stage of the process. The leaflets have been fully coproduced and will be published very soon so look out for these in your inbox and across our social media.

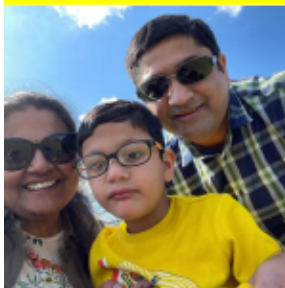
Our **Check in & Chat Sessions** continue to be very well attended and we would like to thank you all for coming along and giving your feedback. It has been amazing to see so many of our parent/carers attending these sessions, positively challenging professionals and sharing your experiences to work together and make a positive impact to the services our children' and young people access. Our sessions for the rest of the year are already booked and we will circulate updated sessions throughout the year to anyone who is on our mailing list, so make sure you don't miss out and keep an eye on our social media for updates!

We have added some **extra sessions** through November and December including some **Evening Sessions.** These sessions are in addition to our usual check in & Chat sessions and are specifically themed around areas that the local authority are developing and improving in response to your feedback and the SEND inspection. These areas include



**Preparing For Adulthood (PFA),** developing a **'Tell It Once' Approach** as well as **consultation** around plans for a **post 16 to 25 offer** being developed at the Peace Centre. Please come along to these sessions if you can, they are a great opportunity to share your experiences and help to ensure our children and young people receive the best possible support. You can find further details of our upcoming sessions on the back of this newsletter. If you are coming along please let us know via our Facebook page or by emailing [devofficer@warrpac.org](mailto:devofficer@warrpac.org).

We work in partnership with parents and local organisations with the overall aim of improving the quality of life for our children and their families.



## Could you Volunteer?

*WarrPAC has an extremely large workload, we could do much more with a bigger team, if you would like the opportunity to volunteer alongside a friendly, professional, passionate, caring, fun loving team check us out, we have a great volunteer pack if you want to know more.*



## Volunteer Spotlight

*'Being a volunteer means so much, I'm giving back for the support I've had in the past in gives me a sense of purpose, friendship and enables me to share my knowledge with other parents in order to help them with their journey.'*

(Lorraine, Parent Representative, Warrington Parents and Carers.)



Autism  
Education  
Trust

Trainer

In December we are holding a **'Making Sense of Autism' Training session for parents** this training will be delivered by Chrissy from Warrington Borough council who has been working in partnership with The Autism Education Trust to deliver training around Autism and good Autism practice in education settings around Warrington. This training has been adapted to help support parents in understanding Autism and Chrissy has kindly offered to deliver this training at one of our sessions. This session will be held at Sandy Lane Children's Centre on Monday 4th December from 9.30am till around 11am, please let us know via our Facebook page or email [devofficer@warrpac.org](mailto:devofficer@warrpac.org) if you would like to attend.



# What's On @WarrPAC



**November 23**

**To**

**November 24**

Tuesday 21st November - 7pm till 9pm **Alford Hall Sports & Social Club** Preparing For Adulthood Parent Carer & Professionals Evening Session

Monday 4th December - 9.30am till 12pm **Sandy Lane Children's Centre** Making Sense of Autism Parent Training Session

Monday 11th December - 10am till 12pm **Sandy Lane Children's Centre** Preparing For Adulthood Parent Carer & Professionals Daytime Session

Monday 8th January 10am till 12pm - **Sandy Lane Children's Centre** Check in & Chat Session

Friday 2nd February 10am till 12pm - **Sandy Lane Children's Centre** Check in & Chat Session

Monday 25th March 10am till 12pm - **Sandy Lane Children's Centre** Check in & Chat Session

Friday 26th April 10am till 12pm - **Sandy Lane Children's Centre** Check in & Chat Session

Monday 20th May 10am till 12pm - **Sandy Lane Children's Centre** Check in & Chat Session

Friday 21st June 10am till 12pm - **Sandy Lane Children's Centre** Check in & Chat Session

Monday 8th July 10am till 12pm - **Sandy Lane Children's Centre** Check in & Chat Session

Friday 13th September 10am till 12pm - **Sandy Lane Children's Centre** Check in & Chat Ssn.

Monday 7th October 10am till 12pm - **Sandy Lane Children's Centre** Check in & Chat Session

Monday 11th November 10am till 12pm - **Sandy Lane Children's Centre** Check in & Chat Ssn.

**Please note - There will be professionals in attendance at some of the above sessions, these are yet to be confirmed and those already detailed may be subject to change. Please keep an eye on our Facebook page and website for the most up-to-date information on these sessions.**

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit [nationalcollege.com](https://nationalcollege.com) for further guides, hints and tips for adults.

# 12 Top Tips for Children and Young People to Enjoy a TECH-FREE CHRISTMAS

The Christmas holidays are tailor made for families to enjoy relaxed quality time in each other's company – but with distractions like pinging phone notifications, the lure of games consoles and online Boxing Day sales, that can be more difficult than it sounds. Staying off our phones, laptops and tablets, however, can really help us to appreciate the things that genuinely matter at this special time of year. Follow our 12 top tips for a tech-free festive season ... Yule be glad you did! Merry Christmas!

## CHRISTMAS CRAFTING

Get out the paper, glue and scissors and have a go at hand-making cards or gift tags. You could also create your own decorations to add a uniquely personal touch to the Christmas tree.

## NATURE QUEST

Try a scavenger hunt in the garden or your local park. Challenge yourself and your family to find natural treasures that are symbolic of this time of year – like holly or pinecones, say.

## CAROL KARAOKE

Sing your hearts out with a Christmas carol karaoke night. Pick out your favourite tunes and enjoy a musical celebration with family and friends.

## WANDER DOWN MEMORY LANE

How about making a scrapbook filled with your favourite memories from Christmases gone by? Unleash your creativity while you enjoy reliving those magical holiday moments.

## TRY REFLECTIVE JOURNALLING

Dot down your thoughts, feelings and reflections on the holiday in a notebook or diary – you could also list some of your main goals for the new year.

## WRAP IT UP

Take time to get inventive with some luxurious gift wrapping. Break out the wrapping paper, ribbons and bows to make parcelling up those presents into a creative adventure.

## WALK IN A WINTER WONDERLAND

Delight in the great outdoors with some gentle walks over the holiday. The family can all wrap up warm as you add to your step count and savour the crisp winter air together.

## BE A SEASONAL CHEF

Get the whole family working together in the kitchen for some Christmas cooking. Choose a recipe and whip up a festive feast that all of you can enjoy.

## ENJOY A CHRISTMAS STORY

Christmas is a perfect time for sparking stories. Get cosy and lose yourself in a brilliant book, from Dickens to Dr Seuss or a more modern favourite by Chris van Allsburg or Tom Fletcher.

## SNOWY SCULPTURES

If we're fortunate enough to get a white Christmas this year, make the most of the opportunity by having a family snowman-building competition!

## GAMES NIGHT GALA

Dive into some old-school fun with a tech-free games night. Classic board games and card games have stood the test of time for a reason!

## GOODWILL TO ALL

You and your family could spend a day volunteering – perhaps at a food bank or helping a local charity. After all, kindness and thinking of others are part of what Christmas is all about.

## Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. They also provide training and support to education organisations and local authorities – empowering school leaders and staff with the knowledge and tools to shape their settings into inclusive communities where the mental health of pupils and personnel is prioritised.



The National College

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#WakeUpWednesday

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