



# Weekly Newsletter

FRIDAY 19th MAY 2023



Loving Learning Together





# Latest News

Dear Parents and Carers,

We've had a lovely week of fun and work...and there are lots of pictures throughout this newsletter to prove it!

Teachers have also been reviewing our procedures to encourage the best behaviour from children at school. Thankfully, we have very few problems with behaviour but even low-level disruption can have an impact on children's learning. In the past we've used Friday Golden time as a reward but we've found this has become less effective over time and it's a long time for pupils to remember if they lose Golden Time on a Monday! So we've developed a simple, immediate and constructive behaviour policy



Positive Behaviour	Negative Behaviour
<p>Children earn dojo points:</p> <p>1 dojo for good work/kindness/homework/effort etc;</p> <p>2 dojos for 'roarsome' work/great friendship;</p> <p>5 dojos for something amazing!</p>	<p>Breaking class/playground rules results in losing play-time in 2minute chunks. Time missed is spent having a restorative chat with teacher.</p> <p>Serious misdemeanour = more time lost.*</p>
<p>A dojo winner in each class each week.</p> <p>House with most dojos gets a small prize each week.</p>	<p>Repeated negative behaviours will result in parents being phoned/called in for a chat about how we can work together to support an improvement.</p>

\*We know some of you will be concerned about children who need a sensory/movement break and might miss some (or in rare cases, all) of their playtime. Don't worry; we'll make sure they still get their sensory breaks. Please also be reassured that we know which children might need a bit more support or patience—we'll adapt our expectations according to the children's needs.

We're expecting it to take a few weeks before children are used to this new routine, so please bear with us. Once everyone is used to the expectations, I don't think there'll be much missed playtime and children will find it easier to understand than the old system.

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Thank you to our PTFA (Parents, Teachers and friends Association) for organising brilliant discos for the children this week. Well done to the children for being so well-behaved too! And of course, thanks to the staff who stayed to DJ, dance and supervise!



### Friday pick-ups

We're noticing an increasing number of children are being picked up early on a Friday afternoon. Please remember that children continue to have lessons and activities right up to 3:20 on a Friday so they should only be collected early if it is absolutely unavoidable. We do keep records of early pick-ups and will ask for meetings if we get concerned about children missing repeated sessions.



### Signing Choir perform at Annual Council afternoon tea to celebrate the new Mayor of St Helens Borough Council being appointed.

Well done to all the children involved—everyone was very complementary about your performance and your behaviour. We're so proud!



### Moving Buses Forward survey

We have been asked to share the following LCC consultation on iLiverpool buses:

“The Liverpool City Region Combined Authority, led by Mayor Steve Rotheram, has new powers to improve bus services by taking greater public control of the network – either through an enhanced partnership with bus operators or by introducing bus franchising. Before any final decision is made, we want to know what the people who live and work in the Liverpool City Region think. The consultation is open until Friday 3<sup>rd</sup> August. You can find out more and take part [here](#) and if you have any questions, let us know by contacting [movingbusesforward@liverpoolcityregion-ca.gov.uk](mailto:movingbusesforward@liverpoolcityregion-ca.gov.uk)”

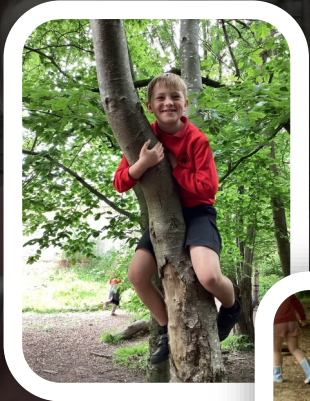


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This week has been National Mental Health Awareness week and we'd like to say a big THANK YOU to Mrs O'Hanlon who has organised special activities for the children to think about their mental health, how to look after themselves and how to support each other.

We discovered that there are lots of things we can do to keep us mentally healthy...and lots of things we are already doing!



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# 10 WAYS TO HELP YOUR CHILD LOOK AFTER THEIR MENTAL HEALTH



## ROLE MODEL

Be a positive mental health role model. Demonstrate positive behaviours which your child can learn from you



## TALKING

Support your child to talk about their problems and how they are feeling



## COPING SKILLS

Work with your child to develop coping skills. Support your child to learn skills such as problem solving and thought challenging

## SLEEP

Support your child to build positive sleep habits. Develop a good sleep environment with your child



## WELLBEING

Promote healthy eating and physical activity. Exercise is a great tool to boost mood and reduce stress and anxiety

## PLAY

Promote play and creativity among your child. Allow them to explore



## SELF CARE

Make sure your child has time and space to look after themselves. Involve yourself in their hobbies



## AUTONOMY

Allow your child to make their own decisions. This will help to build resilience

## RELAXATION

Help your child to relax. Teach them relaxation skills such as deep breathing



## RELATIONSHIPS

Support your child to build positive relationships with friends and family



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## A letter from Liverpool City Council...



Liverpool  
City Council

Dear Parent or Guardian

The May “Eat to Meet 2” Half Term programme starts on the 29<sup>th</sup> May and there are lots of great activities happening over the school holidays. Children and young people, from reception to age 16, who are eligible for benefits related free school meals, will be able to access hundreds of activities throughout the half term holidays including specific provision available for children with SEND or additional needs, at no cost. There’s a great range of activities across the city including boxing, football, music, dance, cycling, cooking, discos, films, bowling, arts and crafts, drama, a make up course, trips out and much more! Every day there will be a range of fabulous meals available with many schemes holding family events as well.

To find out where your nearest scheme is click on this link <https://merseyplay.com/may-half-term-eat-to-meet/> or go to <https://www.merseyplay.com> and click on the May half term activities link.

When you have chosen the activity/scheme you will need to contact that organisation to book a place. Each organisation will have either a telephone number, email address or online booking system. If your child has any additional needs or dietary requirements then please discuss this with the organisation when you book. There is no central booking system so please read the details of the programmes on the website and contact the providers directly.

- If you want to know how to register or how to check if your child is eligible for free school meals then please click on the link <https://www.gov.uk/apply-free-school-meals>
- You will need your national insurance number or an asylum seekers support number.
- If you are struggling with the cost of living then please click: <https://www.liverpool.gov.uk/cost-of-living/>
- If you’re more than 10 weeks pregnant or have a child under 4, you may be entitled to get help to buy healthy food and milk. Click on the link to find out how to register <https://www.healthystart.nhs.uk/>

Liverpool City Council is working with Mersey Play Action Council, Sutton Croft and the local schools, voluntary and community organisations, and childcare providers to deliver the Half Term Activity programme.

The Family Information and SEND Directory also provides a wealth of useful information and support for families - [FISD](#).

Regards

*Sally Dobbing*

Sally Dobbing - HAF Project Manager



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# What have we been learning?

## Nursery



Last week in Nursery we went out onto the All-Weather Pitch for our P.E lesson. It was great to have so much space to run around . We played some warm up games, we played some games where we moved in different ways and then we got the games equipment out -bats, balls, hoops and beanbags. We really enjoyed our afternoon. This week we went out again and we practised some bean bag skills as well

We were so excited to see how much our caterpillars had grown over the bank holiday weekend. they are huge. We think they are getting ready to go into their cocoons now. Thanks to Louie and Lola who have looked after them so well at home over the weekends. We have been learning all about the life cycle of a butterfly as we have been watching our own caterpillars change day by day.

This week they have built their cocoons and we are waiting excitedly for them to emerge as butterflies.

This week Mrs brought some snails in from her garden and we also had a visit from some African Land Snails thanks to Ossie from Year One and his mum. We loved observing how the snails move and what they eat.

We have been learning our Eurovision song for the concert on Friday. We are practising hard and getting a hang of the signing now. We were so pleased to watch some of our family and friends on Morning Live on the TV this morning. when the BBC came to our school last week to film the signing choir. We were very excited and very proud.

We really enjoyed performing on the stage in the hall in front of all the other children and staff. Mrs Davies, Mrs Blower, Mrs Robertson and Mr Warren were very proud of us all.

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# Nursery continued...

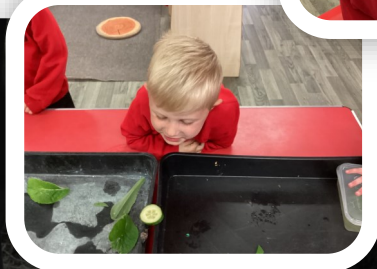
Last week in maths we had been learning about symmetry. We painted some beautiful symmetrical butterflies. We played symmetrical games on the IWB. We made symmetrical patterns with the magnetic shapes and pegs.

This week in maths we had a toy shop. We bought items up to 10p using 1p coins. We used language such as more, less, cheaper and more expensive.

Over the last two weeks in phonics, we have been listening to and recognising rhyming words. We have listened to lots of rhyming stories and played rhyming games. Our favourite rhyming stories are "Shark in the Park" by Nick Sharratt and "Oi Frog" by Kes Gray.

We were really looking forward to more bug hunting in forest school last week but the heavens opened just as we were about to go so as we were already dressed in our wet weather gear, we had a wonderful time splashing in the puddles. Then when the rain went off a little, we got the dance pom poms out and some music and had a Eurovision party outside dancing to Waterloo and Save Your Kisses For Me.

This week we went to forest school to do some more bug hunting and some well-being activities such as yoga and peer massage.



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# What have we been learning?

## Reception



Reception have had a great week continuing their minibeast topic and starting to also learn about animals around the world. We investigated and watched snails and they made tracks in our tray and made beautiful birds in our creative area.

Friday afternoon we had lots of fun in forest school playing in the mud, climbing and exploring and eating cake! What a way to look after our mental health. Thank you once again for another lovely week Reception 🥰

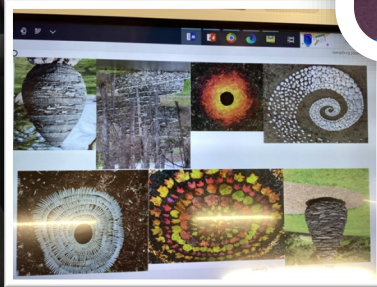
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# What have we been learning?

## Year 1



Last week was a very busy week in Year 1. We have been continuing our learning about Non-Fiction books while learning about the ocean and the creatures that live there. In English we have written a fact file together about an octopus before writing our own next week. In Maths we have been finishing off partitioning numbers and learning about measurements and how to use a ruler or measuring tapes. We have learnt about Andy Goldsworthy in Art and we'll be using his environmental Art techniques in Forest School next week. Our children made their own accessories for our Eurovision celebrations on Friday and adored singing their song Spaceman.

This week Year 1 have been super busy as it's been Mental Health Awareness week. We have spent a lot of time engaging in class discussions sharing things that makes us happy as well as what can worry us at times. It was nice seeing the children be so open with each other as well as respecting one another too. The children also enjoyed discussing the impact of pollution/recycling on our sea creatures in our P4C lesson. In PE, the children focused on different ball skills. In Art, the children recreated some of Andrew Goldsworthy work using natural resources.

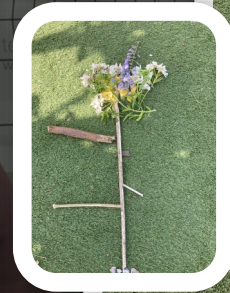
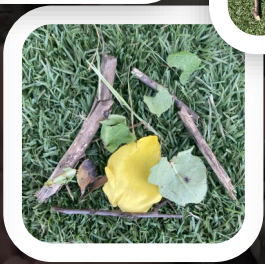
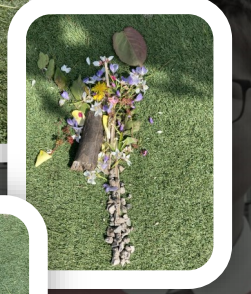
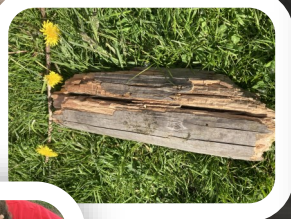
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# What have we been learning?

## Year 2



This week in Maths, we have been looking at telling the time past the hour and to the hour. We have been playing interactive games and team board games to help us remember the different hands on the clock face and what they tell us!

In Spanish, we continued with our theme 'Bajo el Mar' – 'Under the Sea'. In partners, the students had to place one of six sea animals on a sea background and the other student had to guess where the creature was placed, using the vocabulary we had learned in the lesson. The children have really enjoyed learning the BSL for each of the new words and phrases learnt in Spanish.

This week in Geography, the children have been learning all about David Attenborough and the amazing work he has done as a natural historian. We started writing a letter to him to ask for his help on a school recycling project.

Year 2 had a lovely time this week studying the artist, Andy Goldsworthy. The children found all the facts very interesting and they created a fact file about him! The best part of the lesson was going outside and using natural items to create their own pieces of art work! The children took a lot of care and time on their finished pieces. I was so impressed with their feedback

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# What have we been learning?

## Year 3



Following our many exciting Eurovision experiences last week, we've been thinking all about our own wellbeing during Mental Health Awareness Week. In writing, we shared our thoughts and feelings about Forest School, producing reflective and touching accounts of how connecting with nature improves our mood. Mrs O'Hanlon organised a wonderful joint Year 3 and 4 Forest School experience with lots of different activities to choose from. We loved climbing trees, hunting for minibeasts, colouring 'al fresco', recording videos for our vlog and relaxing yoga to name but a few! Back in class, we joined in with the Cosmic Kids Yoga adventure 'Squish the Fish' to ease our anxieties, control our breathing and help us feel calm. We loved it and it certainly worked a treat!

This ocean-themed yoga linked perfectly to our new text, 'Garbage Guts' by scientist Heidi Auman, the story of how Aria the albatross learns that humans are the cause of plastic pollution in our seas. In groups, we researched the wildlife in this beautiful book - monk seals, humpback whales, sea turtles and of course, albatrosses - to produce fact files before writing lovely creative descriptions of our chosen creature. This continued into our science lesson where we enjoyed exploring the 3 different ocean zones and how the animals living there are adapted to their environment.

Finally, the moment that we'd all been waiting for arrived at last - an afternoon of messy clay fun! You may remember from a previous newsletter that we investigated 'Lion Man', a unique Stone Age sculpture, so now came the chance to mould our very own version. A wonderful sensory experience, excellent 3D art produced and another boost to our mental health - perfect!

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# What have we been learning?

## Year 4



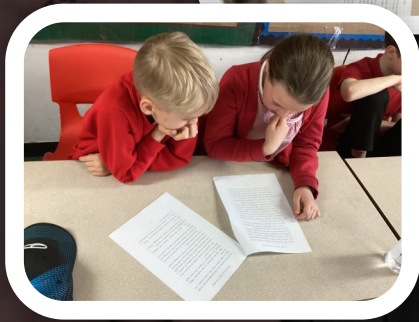
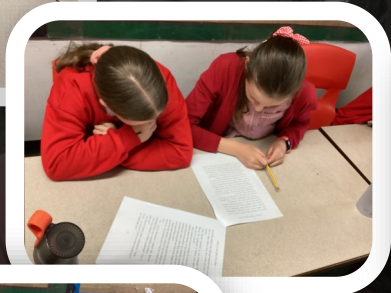
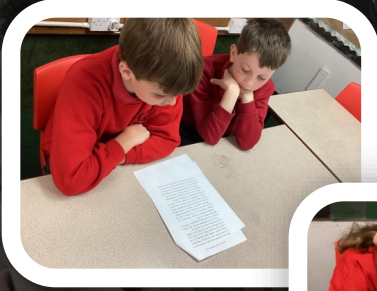
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# What have we been learning?

## Year 5



What a week we have had in Year 5! From science experiments to forest school we have managed to do it all! In English, we have been exploring the features of narratives and looking at those within different texts. The children enjoyed thinking about different ways to open their story and wrote one with their table partner. We've finished our multiplication and division unit in Maths and have now moved onto perimeter. The children have been working so hard and have learnt different strategies to help calculate the perimeter more efficiently. In Science, the children completed an experiment to explain which materials are soluble and insoluble. They also learnt that when something dissolves it doesn't disappear, it changes from a solid to a liquid. In PE, the children enjoyed playing the game Jumpball and later on in the week we also had our first game of rounders of the year. As always, we have had a busy, productive but fun week. We hope all of Year 5 and their families have a lovely weekend.

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# What have we been learning?

## Year 6



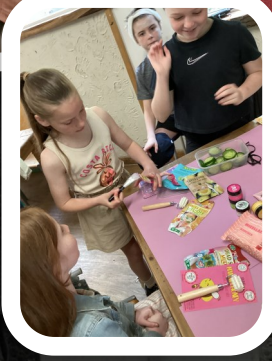
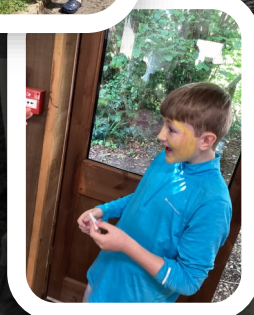
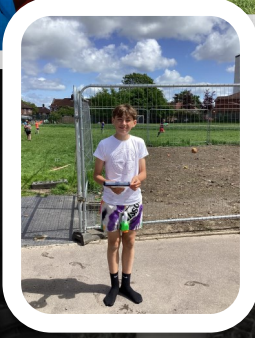
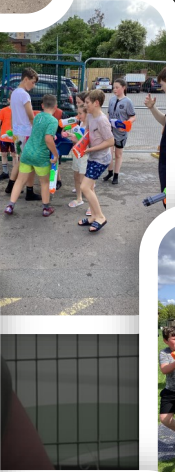
On Monday, Yr 6 had the day that they have been waiting for and they certainly made the most of it! They ran a full-service beauty salon in Forest school, they had a PlayStation, Oculus and a Switch for running game tournaments in class, followed by a bountiful buffet (thank you parents!) for lunch. Mrs O'Hanlon was also kind enough to build a fire so that they could roast marshmallows and make s'mores. Then, finally, they had the epic water fight on the field. They had a blast and it was great to see, because they had certainly earned it. **MORE PHOTOS ON NEXT PAGE!**

After all that chaotic fun, it was back to work on Tuesday. We've been learning how to create a magical place in our minds and then describe it fully for the reader, using surprising and delightful adjectives to bring it to life. We've also been conducting our science experiments, making sure to work carefully and record results precisely.

Thursday was the school disco and the Yr 6 VIP room was a real treat. Thank you PTFA!

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# What have we been learning?

## DRB 1



What an exciting week we have had in KS1 DRB.

On Monday, we went all the way to Bolton to take part in a New Age Kurling competition – the children all got medals and made lots of new friends. Each and every child was a credit to themselves, their families and our school - their behaviour was just brilliant.

In our language lessons we have been carrying on investigating the difference between nouns and verbs answering the questions 'who?', 'what?' and 'doing what?' about our story 'Let's Recycle'

In Science, we have been investigating different animal homes - we found lots of mini beasts in their different habitats. We have also found out lots about hedgehogs. We were hoping we would find one but they are all asleep during the day. We had fun planting seeds on our own little hedgehog and are looking forward to watching them grow!

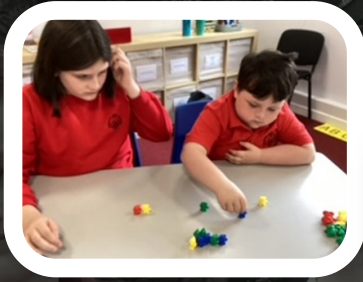
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# What have we been learning?

## DRB 2



It has been another short but busy week in Junior DRB. We kicked off the week with some of the children and staff sharing their amazing experience of performing at Eurovision's Big Welcome Party at St George's Hall on Sunday evening. A wonderful time was had by all involved and those that didn't attend enjoyed us sharing our stories and watching the performance back on BBC iPlayer.

The children have worked particularly hard in maths this week exploring division. They have been learning vocabulary that can be used instead of the word 'division' such as 'divide, share, share equally, groups of, divided by, each'. The children have started off by physically sharing items into a set number of groups and creating the associated division number sentence. The children also spent some time learning the value of coins and sorting them into groups.

In Languages this week, the children have begun to explore letter writing. They have looked at the purpose of sending and receiving letters and how letters should be set out. Our aim, over the next few weeks, is to write a letter to someone who we all know – watch this space!

Throughout the week, the Juniors enjoyed buddying up with the Infant DRB to practise our very own Knotty Ash Eurovision entry of 'Puppets on a String'. The children were amazing during their performance at our Knotty Ash Eurovision party on Friday afternoon.

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# Attendance



Class	Attendance
Reception	97.1%
Year 1	91.7%
Year 2	95.0%
Year 3	95.8%
Year 4	93.5%
Year 5	93.3%
Year 6	97.3%

**Whole school attendance this week 94.8%**

**Class attendance winners Year 6 97.3%**

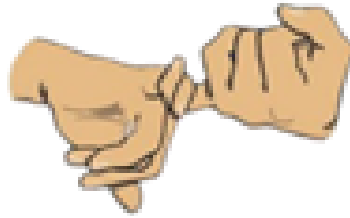
Well done to all the children who were in school every day. Attendance has dipped a bit this week so please try to be in all day, every day!

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# Group Family Sign



**Come & learn sign language with us!**

**Every Monday for 4 weeks**

**At Knotty Ash Primary School,  
Thomas Lane, Knotty Ash, L14 5NX**

**Starting Monday  
12th June 2023, 1.30–3pm**

**For more information & to book your place please contact:**

**E: [ICAN@deafnessresourcecentre.org](mailto:ICAN@deafnessresourcecentre.org)**

**T: 01744 23887**

Deafness Resource Centre, 32-40 Dentons Green Lane, St Helens, WA10 2QB



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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 [www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) for further guides, hints and tips for adults.

# Helping children and young people with MANAGING DEVICE STRESS AND ANXIETY

The internet and advances in the capability of digital devices have afforded us arguably the fastest period of technological and social evolution in living memory: creating opportunities for us to interact with people anywhere in the world, 24 hours a day. It's also, however, blurred safety boundaries and added new stresses for young people, who are often less aware of the hidden hazards. With almost half of 10-15-year-olds experiencing bullying online and algorithms pushing content in front of our children every day, it's important to know how to address some of these challenges.

## WHAT ARE THE RISKS?

### LIVING ONLINE

The internet is awash with sophisticated algorithms that learn from our online behaviour and try to predict our wants and needs. That's very helpful in some respects, but it can make the online world difficult for children and young people to negotiate. Content can be brought to them at any time – it may not always be appropriate, and children may not have the ability or the support to deal with it.

### PUSHY NOTIFICATIONS

Content is also directed at us through notifications from our apps: letting us know we have a new message or social post to read, for example. While that's useful in some circumstances, it conditions us to keep going back online (and is designed to do so) and can be a near-constant demand on your child's attention. As such alerts become more common, are we experiencing an 'attack of the pings'?

### BLURRED BOUNDARIES

There are now so many ways we can communicate online in real time (like instant messaging apps) or with a delay (such as on social media) that it's possible to be constantly in conversation. Young people often prefer quickfire exchanges of text – but using fewer words can cause distressing miscommunications through the lack of non-verbal cues like facial expressions or tone of voice.

### DIGITAL DEPENDENCY

As devices allow access to immediate external help in challenging situations, it's a concern that children may not be developing the inner confidence to work things out for themselves. Likewise, group membership is hugely important to young people – both in digital and 'real' life – and being excluded from online conversations can cause damaging feelings of loneliness and isolation.

### DISGUISED DISTRESS

Children often haven't yet developed the emotional resources to deal with many of the setbacks of everyday life, so identifying when it's specifically something online that's worried them can be tricky. A certain level of stress is a normal response to a problem: it spurs us into action to keep ourselves safe. If the stress is excessive, though, it can feel overwhelming and potentially lead to anxiety or depression.

### ANTI-SOCIAL SOCIALS

Social media can bring people together in hugely positive ways. Sadly, it does also have a darker side, including 'flame war' arguments which can escalate quickly and have hurtful consequences. With so many people looking on, 'group shaming' situations are also common – while there are continual opportunities for young people to compare themselves negatively with other social media users.

## Advice for Parents & Carers

### LEARN THE BASICS

It's impossible to keep up with every online change or every new app. The best option is to make yourself aware of the fundamentals of how the internet operates, so you can help your child to grasp how – and why – content reaches them. Devices and the digital world can be confusing, so learning to understand them better will give you the confidence to talk to your child about them.

### PUSH DISTRACTIONS AWAY

Notifications to our phones and tablets can be helpful, but they sometimes make one wonder who's really in charge: the person or the device? Checking our phone as soon as it goes off is an easy habit to fall into – especially for young people. Try switching off non-essential alerts on your devices and encourage your child to do the same; you should both feel less triggered and more in control.

### KEEP CHECKING IN

Healthy emotional regulation balances three systems: threat, drive and grounding. Down the various rabbit holes of the internet, however, that balance can easily slip away – so it's important to help your child manage their emotions when they're online. Check in with them regularly when they're on their device, and remember that 'distraction' and 'relaxation' aren't always the same thing.

### TALK IT OUT

If a child mentions a comment that's been directed at them in a text chat or on social media, it may sound minor but can actually have a much bigger effect than we realise. In our evolved brains, any perceived threat can get internalised while our body reacts as if we were in physical danger – raising stress levels. It's always worth encouraging your child to get any concerns out in the open.

### LOOK FOR THE SIGNS

This is tricky – and may depend on the child's age – but any sudden change in behaviour is worth looking out for. If your child seems to be checking their phone or tablet more, doesn't want to be parted from them, or appears unusually secretive, anxious or withdrawn, it could be a sign that something is amiss in relation to their device – and, possibly, that they're in need of extra support.

### BE KIND: UNWIND

Be kind to yourselves as parents and carers. Remember that we're all in the same boat, trying to safely guide our children through this complex, fast-moving digital environment. Getting into the habit of having natural, relaxed conversations with your child about their online life (and yours) can level the playing field and make it far easier for them to open up to you about any concerns.

## Meet Our Expert

Dr Carole Francis-Smith is an experienced counselling psychologist who specialises in promoting safe and ethical online communications: she consults with and offers bespoke training to businesses and organisations, supporting positive and effective online communications – often by considering some of the more hidden aspects of the various mediums.



Source: <https://www.childrenscommissioner.gov.uk/report/the-big-ask-big-answers/>  
<https://www.ons.gov.uk/peoplepopulationandcommunity/crimeandjustice/bulletins/childrensonlinebehaviourandawareness/year-ending-march-2020>



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Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 29.03.2023



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# Term Dates and Events

22nd-26th May	Knotty Ash Deaf Awareness Week
Mon 22nd May	Infants Sports activities (wear PE kits)
Thurs 25th May	Inclusion Quality Mark review assessment
29th May—2nd June	HALF TERM
Mon 5th June	INSET Day—school closed for staff training
5th—16th June	Y4 Multiplication Tables check (keep practising!)
Tues 6th June	Y1 and Y2 trip to New Brighton
Tues 6th June	Juniors Sports activities
Wed 7th June	Y5 and Y6 tennis workshops (for next 6 weeks)
12th—16th June	Y1 Phonics Screening Check
Fri 16th June	Revd Tom and friends Assembly
3rd—7th July	Houses Theme Week
Wed 5th July	Y6 Secondary transition day
Fri 7th July	Knottyashtonbury Festival!
Wed 12th July	Reception Intake evening
Fri 14th July	Y6 Leavers' Evening : play and awards
Wed 19th July	End of Term

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# Family Activities & Support

The latest edition of the Liverpool Parenting Newsletter is here.

<https://sway.office.com/yaQ6W3itHm4L9gTU?ref=Link>

you will find new information about local support available for families and children in Liverpool, along with information regarding events and activities on offer running from March to May 2023.

We have also been sent information about Family Learning and Engagement Courses run by LCC Adult Learning Service. This can be found on our school website, link here:

<https://knotty-ash-primary-school.secure-primariesite.net/family-information-and-support/>

For families in receipt of benefits related free school meals, there are a variety of activities over the Easter break, all of which are free and include a meal:

<https://merseyplay.com/easter-haf-holiday-activities-food/>

Locally, St John's Church offer a range of community groups and activities for families:

<https://www.stjohnsknottyash.org/our-community>

There's also a range of groups and activities available at Yew Tree Children's Centre for parents whose children are 0-5 years.

<https://liverpool.gov.uk/children-and-families/early-years-and-childcare/childrens-centres/yew-tree-childrens-centre/>

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# Help and Advice

For a range of local services - [info@localsolutions.org.uk](mailto:info@localsolutions.org.uk)

## Parenting

Solihull Free Online Parenting Courses are now available on a mobile app. Go to the website: <https://inourplace.co.uk/> and enter the access code PURPLEBIN to register for any of the FREE parenting programmes Or download the Free app and do a course on your mobile device at your own pace.

Early Communications—a language enrichment group (Wednesday mornings) for 2-3 year-olds at Stoneycroft Children's Centre. [www.stoneycroftchildrenscentre.co.uk/](http://www.stoneycroftchildrenscentre.co.uk/)

The Drive is a local community centre offering a range of activities for family members, old and young. They also run weekly food clubs and provide breakfast/lunch to families during school holidays. <https://www.the-drive.org/home>

## Domestic Abuse

For support around domestic abuse - <https://worstkeptsecret.org.uk/>

If you are worried about anything affecting your own or your children's safety or wellbeing, please get in touch in confidence and we'll be able to signpost you to support.

For more advice and support, follow us on Twitter @Knotty\_Families

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