

SCHOOL NEWSLETTER

2ND OCTOBER - ISSUE 4

Headteacher's Welcome

Thank you so much to all our parents and carers for attending our first parents' evening of the academic year. It was wonderful to see so many of you and to hear how happy your child is in school. We would love to have some feedback on the meetings held, we are sending out a google form link for you to respond to. Reception parents will receive information on Monday for rebooking their appointments and we thank you for your understanding and patience.

Year 3 had a wonderful Stone Age Day. The children said "It was the best day ever!". We are so lucky to have such a supportive PTA who have funded the Stone Age Workshop delivered Isle of Wight Heritage Centre. We are so pleased to have the return of cake sales too - as they really help to generate funds for these experiences.

We listened to your feedback and we are also bringing back Sharing Assemblies over the academic year.



5th - Year 6 - CPR Training

5th October - Book sale after school in aid of Year 5 and 6 End of Year production

7th October - Disco MUFTI and School Discos

8th October - Literary Festival author Gareth Jones meets Year 1 and 2 pupils

9th October - Harvest Service at Holy Trinity Church at 10am

15th and 16th - INSET DAYS - SCHOOL CLOSED TO PUPILS

2nd November - Autumn 2 Term Begins

Inset Dates 26/27
Tues 1st Sept
Weds 2nd Sept
Thurs 15th Oct
Fri 16th Oct

Class Attendance - week ending 2nd October 26

Reception Class	96.7 %
Year 1 Class	99.2 %
Year 2 Class	66.9 %
Year 3 Class	86.9 %
Year 4 Class	87.9 %
Year 5 Class	96.4 %
Year 6 Class	91.9 %
Whole School Attendance	89.3 %

Is my child well enough to attend school today?

You may find the following website useful to refer to, if you are concerned whether your child is well enough to attend.

[NHS UK](https://www.nhs.uk)



Visit our Facebook page for more pictures

Year 6

It was lovely to meet so many of you at Parents' Evening this week. Thank you all for taking the time to attend.

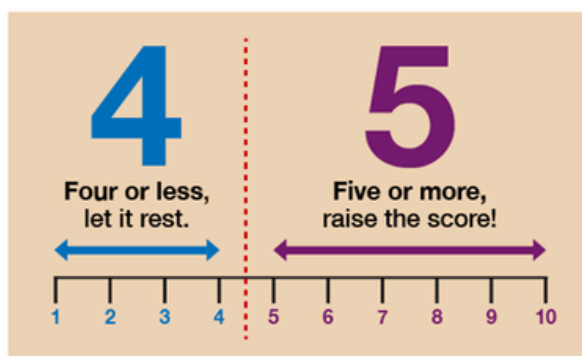
In English, we have been finishing our writing journey based on the wonderful book *The Barnabus Project*. We are now in the process of editing our work before publishing our final pieces. The children have worked incredibly hard and are very proud of what they have created!

Last Friday, the class were very excited to visit the library and meet their Reception class buddies. They enjoyed sharing a story together and spending some special time with their younger friends.

A reminder that next Monday at 3pm, we will be holding our second-hand book sale. All money raised will go towards our exciting end-of-year performance.

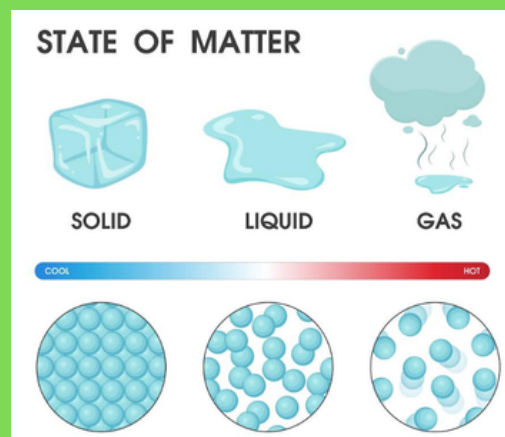
Year 5

It has been a busy week of rounding for Year 5! The class have worked hard this week to round numbers to the nearest 10, 100, 1000 and 10,000. We have been looking at multiples of numbers and using numberlines to help us. Today, we have started writing our recount story on *The Night Gardener*, which is the picture book we have been studying. In History we learnt about different jobs that children had to do during the Victorian period and in PSHE we looked at conflict resolution and resolving friendship issues when friends have to make a choice.



Year 4

This week in Science, Year 4 have really enjoyed learning about states of matter. We experimented with different temperatures of water and observed what happened to Maltesers when they were heated and cooled. The children noticed that the chocolate melted in hot water, changing from a solid to a liquid, and were fascinated to see it become solid again as it cooled. It was a fun and memorable way to explore changes of state - and, as an added bonus, some lucky children even got to eat a Malteser after the experiment!



Year 3



Year 3 had an absolutely amazing Stone Age day!! They all looked fantastic, and it was so fun to be able to immerse ourselves into the three stages of the Stone Age and think practically about different aspects from how their homes changed to how Stonehenge was formed. The children were so respectful, focused and enthused with everything. In maths we have been looking at comparing and ordering numbers to 1000, and in English we have looked at conjunctions,

Year 2

Another busy week in Year 2! This week we have been trying hard to create a new friend for the monster in Not Now Bernard while at the same time helping Bernard's parents out by creating wanted posters for the missing boy. We were also able to share our dragon stories with Reception class which gave us a real purpose to our writing. In Computing, we enjoyed role playing the job of a barcode scanner in a supermarket, learning how IT can help to make our lives easier. Finally in Geography we have continued learning about the continents and oceans and we are loving the continents song!



Year 1

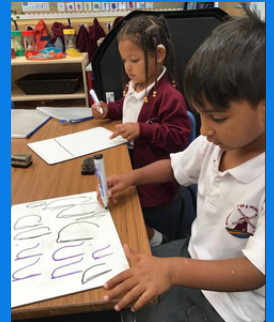
This week Year 1 continued their learning on the Creation Story and made their own creations. The children created pictures, models and towers. In art, the children experimented with mixing colours and using different techniques to create patterns and pictures. In English, we have been looking at the story of Paddington. We listened to the story then sequenced pictures in the order that the events happened. In Maths, we started learning about greater than, less than and equal to. The children showed a good understanding of how to use the symbols in their maths work.



EYFS

We have had a very busy week in Reception Class! In Maths we have been looking at counting in different ways including using musical instruments to make sounds for other to count. Great (and noisy) fun!

Phonics is going well and we have been practising writing our new graphemes n and m. We went for an adventure around the school, exploring different areas, and then shared some lovely time with Year 2 who read us their dragon stories in the garden. All in all a fabulous week! Well done children! Miss Wheatley 😊



Best You can Be

Alfie - For showing great understanding when learning about the greater than, less than and equal to symbols.

Colby - For working hard and persevering even when things are tricky. We have been really impressed by your writing this week.

Elsie - For always showing me "ready" when I am teaching, and being respectful. For trying her hardest in the time given to show off what she can do.

Ava - For researching more facts about the Anglo-Saxons and continuing with her story writing based on our class book.

Sonny - For showing resilience and bravery when representing the school at Tag rugby.

Esme - For her amazing work in RE this week. Well done.



Winners



Wraparound Care

It's been another busy week in Wraparound and it was lovely to welcome Miss Young onto the team 😊. The children enjoyed some great football and basketball activities outside as well as hanging out on the trail or practising their skills with the hula hoops. This week we had fun making leaf and twig rubbings - look at these super pieces of art our Key Stage 1 children created!





2ND HAND BOOK SALE



**Monday 5th October
at 3pm**

In aid of the end of year production
for year 5/6.

Please bring in any good condition
children's and adult books
ready for our sale.

Thank you





Fill our
treasure chest
with silver this week



and support
older people
to live well
across the
Isle of Wight.





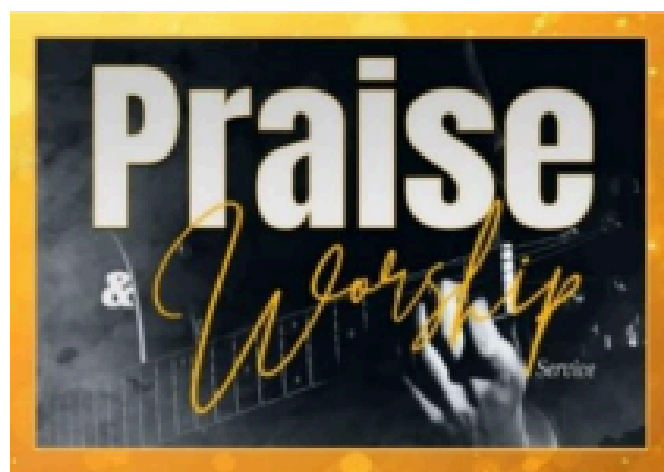
Other NEWS

Sunday Club at Church

Next Sunday 4th October, we meet in church at 10.30am, where the children stay for the opening hymn before making their way to the 'Mouse Hole' in the Cloisters. Each week we enjoy: • Bible stories and discussions • Crafts and creative activities • A Worship song • Games and snacks • Lots of fun together! Sunday Club finishes at 11.30am. You can drop in on any Sunday! Should you wish to find out more, please email Heather – we'd love to welcome you! Lynda is leading this week. Thank you!



The Next [Contemporary Service](#): This Sunday, 4th October.



Curious about faith, or just wondering if there's more to life?

**Join us for praise and worship
4pm - 5pm on Sunday, 4th October.**

Everyone is welcome at our new relaxed, modern service at Holy Trinity Bembridge.

There will be coffee, live modern music and a short thought provoking talk about life and hope.

It could be exactly what you have been looking for.

With kind regards, Heather (Flourish Lead). h.gray-newton@bembridgeprimary.co.uk

- * Songs - that ALL the children that wish to, can participate
- * Choice of Creative Activities
- * Prayers and Blessing
- * Food! – Approx. 4.15pm start.

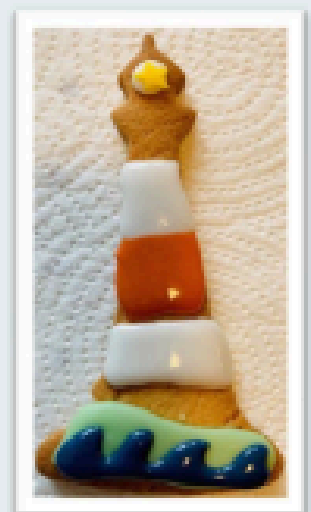
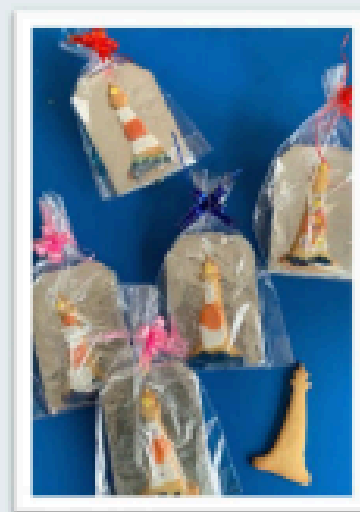
Other NEWS

Sunday Club at Church (weekly 10:30 to approx. 11:30)

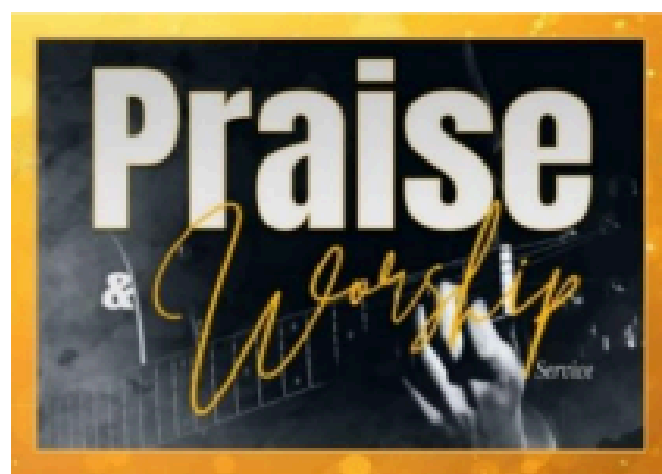
Currently we are making 'Story Boxes' at Sunday Club, with a seasonal Harvest theme!

At the end of the summer, as we approached returning to school, we considered Jesus as being the light to our path, guiding us through life embracing the lighthouse as metaphor. Using royal icing, the children iced shortbread lighthouses!

EVERY SUNDAY, we meet in church at 10.30am, where the children stay for the opening hymn before making their way to the 'Mouse Hole' in the Cloisters. Each week we enjoy: • Bible stories and discussions • Crafts and creative activities • Worship songs • Games and snacks • Lots of fun together! Sunday Club finishes at 11.30am. You can drop in on any Sunday! Should you wish to find out more, please speak to Heather – we'd love to welcome you! Thank you!



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With kind regards, Heather (Flourish Lead).

Safeguarding Information

If you have a safeguarding concern about a child, please phone the school office 01983 872668 and ask to speak to the Designated Safeguarding Lead: Mrs Wall or the Deputy Designated Safeguarding Leads: Mrs Lingard-Lane, Mrs King or Mrs Swinscoe.

If your concern is URGENT, please contact:
Children's Service MASH telephone number - 01983 823435

You can also find details on how to report a concern about a child and other support at <https://www.iowscp.org.uk/>

Our Designated Safeguarding Leads:



Mrs Chambers



Mrs King



Mrs Swinscoe

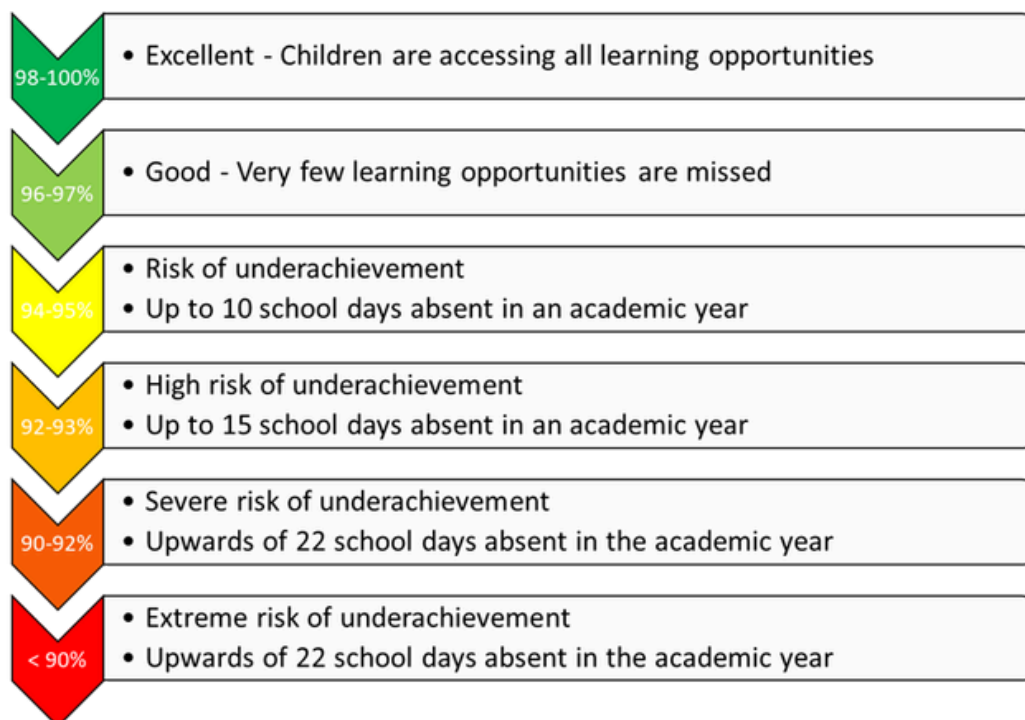


Attendance Policy Quick Guide for Parents

We expect pupils to attend school for 100% of the academic year.

- You can support your child to have excellent attendance by taking these steps:
- Ensure your child arrives on time for school every day between 8:20am and 8:30am and is ready to learn. Arriving after registration is recorded as an unauthorised absence. Pupils must be in school by 8:30 am.
- Avoid taking holidays during term time.
- If your child appears to be only slightly ill, send them in to school. We have staff who will contact you if their condition deteriorates.
- Book any medical appointments outside of school hours. If this is unavoidable, please book for as late in the afternoon as possible and inform the school of appointments in advance.
- Supply a copy of the appointment card or hospital letter if your child has an appointment during school hours.

If your child becomes reluctant to go to school or you need help, please contact the school immediately; we are more likely to be able to work together to solve any problems if we act early.



‘On the day’ absences: what should I do if my child is not ‘fit’ to go into school?

On each day your child is unfit to come to school, please report this absence by calling the Attendance line on 01983 872668 (option1) before 8:20am or by email to office@bembridgeceprimary.co.uk to let us know.

In the message you must leave your child’s full name, year and tutor group and give the specific reason for absence. The information you give will be recorded on our official register.

Punctuality

Pupils are expected to arrive on time for school in the morning at 8:30am and for every lesson during the day. Your child is late to school if they are not in the school building by 8:30am and will be classed as an unauthorised absence if after 8:50am. The Government remains very clear that no child should miss school apart from in exceptional circumstances and schools must continue to take steps to reduce absence to support children's attainment. I hope we can count on your support in this matter.

Please contact Emma Swinscoe, Administration and Attendance Officer if you require any support with ensuring your child's regular school attendance.

Is my child well enough to attend school today?

You may find the following website useful to refer to, if you are concerned whether your child is well enough to attend.

<https://www.what0-18.nhs.uk/parentscarers/worried-your-child-unwell/child-unwell-ok-go-nurseryschool>

Needing support?

If we don't know, we can't help.

Please get in touch if you are in need of any support regarding your family: such as housing, finances, food banks, clothing, parenting advice, etc.

Contact the office to arrange a conversation with Mrs Swinscoe, Mrs Chambers or Mrs King who can give you information on support available.



**October Services at
Holy Trinity Church and St Luke's Chapel***

4 October Sunday	8:00am	Holy Communion, BCP* at St Luke's
	10.30am	Morning Worship at Holy Trinity HARVEST .
	4.00pm	Contemporary Service
11 October Sunday	8:00am	Holy Communion, BCP* at St Luke's
	10.30am	Holy Communion at Holy Trinity
18 October Sunday	8:00am	Holy Communion, BCP* at St Luke's
	10.30am	Morning Worship with something for all-ages including Trinity Church Mice Sunday
	4.00pm	Contemporary Service
25 October Sunday	8:00am	Holy Communion, BCP* at St Luke's
	10.30am	Morning Worship at Holy Trinity

Everyone is welcome and we look forward to seeing you.

The third Sunday of the month is '**Mouse Sunday**' where our very popular Pre-School Nurture group Trinity Church Mice will be open. You can join us in the Mouse-hole from 10.00am onwards or enjoy the start of our all-age Service at 10.30am and then come on over. Mouse-hole activities for all ages will conclude with a drink and biscuit just after 11.00am. This will give the Mice the opportunity to jingle their bells and share a favourite song of Mouse-hole wild worship, as we join with the congregation at the end of the Service.

office@bembridgeholyltrinity.org.uk
www.bembridgeholyltrinity.org.uk



Lift
Ryde

Lift Ryde Open Evening October 7th 4:00pm - 7:00pm

Parent Presentations 4:30pm and 5:30pm



BEMBRIDGE YOUTH FC

Little Players...
BIG Smiles!
 Play Learn Make Friends

MINI & MIDD KICKERS
 RECEPTION & YEAR 1

LEARN FOUNDATIONAL SKILLS
 MAKE FRIENDS
 HAVE FUN!

SATURDAY MORNINGS
 9 STEYNE PARK

LED BY
ANDY "PUD" NORTH
 (UEFA B)

REGISTER INTEREST
<https://tinyurl.com/byfcnipppers>

NIKE PARTNER CLUB AWARD-WINNING
 ENGLAND ACCREDITED CLUB
 QUALIFIED & DBS CHECKED COACHES

Bembridge Youth FC
 FOOTBALL • FRIENDSHIP • COMMUNITY

U8s & U10s Girls
 School years 2,3,4&5

WIGHT EAGLES F.C.

U8s FREE UNTIL THE END OF 2026
U10s First two sessions FREE

Join us at
the Bay Secondary school
Sandown Thursdays 5.30-6.30
 Contact wighteaglesfc@gmail.com

RYDE SAINTS U8 GIRLS FUN FOOTBALL SESSIONS

FOR ALL GIRLS IN SCHOOL YEARS 2 AND 3 (School years from September 2026)!
WEDNESDAYS 6-7PM AT RYDE SCHOOL WITH UPPER CHINE (QUEENS ROAD, RYDE) (PO33 3BE)

SCAN THE QR CODE TO REGISTER YOUR DAUGHTERS INTEREST

Contact jaydenfrankling@gmail.com with any questions

SANDOWN SUNDAY SOCCER

Sandown Soccer
 Love The Game

INTRODUCING OUR FUN FOOTBALL SESSION AT THE BAY PRIMARY SCHOOL SANDOWN!

OUR FUN SESSION WILL BE:
 Every Sunday 10am-12pm
 at The Bay Primary School,
 Winchester Park Road, Sandown.
 £6 for the 2 hours per child.

To Book: Text your child's name, school, year group and parent name to **07594 389531**

Find us on **facebook**
 Sandown Soccer - Isle of Wight

Bembridge Primary School

SCHOOL DISCO

Hosted by AJ

Includes:

- £4 via School Money
- CRISPS Snacks
- Drink
- Neon paint/tattoo!

Wednesday 7th October

KS1 2:45 - 3:45

KS2 4:00 - 5:00

Party games and lots of **fun** to be had!

The Friends of Bembridge Primary School
Registered Charity Number: 1028647

SPACES ARE AVAILABLE!

ALL AGES AND ABILITIES WELCOME
CLASSES TO SUIT EVERYONE.

LEGACY COMMUNITY GYMNASTICS ACADEMY

- FUN, EXCITING, SOCIABLE
- HIGHLY QUALIFIED COACHES
- SAFE ONLY PURPOSE-BUILT GYM ON THE ISLE OF WIGHT
WE ARE NOT RUN FROM A SPORTS CENTRE OR A HIRED HALL
- FAMILY OF GENERATIONS OF HIGHLY QUALIFIED COACHES
- COMMUNITY RUN AND BASED
WHICH MEANS WE ARE OPEN TO EVERYBODY!

PLEASE COME ALONG AND JOIN US!
BRING THIS LEAFLET AND GET YOUR SESSION

FOR ONLY £5 TRIAL!

EMAIL: LEGACYCOMMUNITYIOW@GMAIL.COM

SEE YOU ALL SOON!

The Chloe James Academy of Dance

Principal: Chloe James BA (hons) PGCE PGcert Fellow IDTA DEx Dip

**Ballet | Tap |
Theatre Craft | Freestyle**
Whole school shows.
IDTA exams

Saturdays from 11 am
First lesson free

Held at Bembridge CE Primary School,
Walls Road, Bembridge, PO35 5RH.



Lessons charged weekly

Web | www.chloejamesdance.com

PUMPKIN PATCH PLAYTIME FOR LITTLE PUMPKINS

Friday mornings
are for little pumpkins!

Friday 9th & 16th October
10am - 12pm

Tickets cost £12 and include:
Hot chocolate
Pumpkin storytime
Autumn crafts
Patch activities

Advance booking only, to book
please visit: <https://westover-farm-pumpkins.sumupstore.com/>

Westover Farm, Calbourne, IW. PO30 4JW
@WestoverFarmIW

PUMPKIN PATCH

Free entry & parking | Pick your own pumpkins

Photo opportunities | Refreshments

Kids activities | Face painting | The Play Patch

9.30am - 4.30pm

3rd & 4th Oct

9th - 11th Oct

16th - 20th Oct

23rd - 27th Oct

30th & 31st Oct

Please note different opening times

Fri 9th & 16th 12-4pm

Sat 3rd & 10th 9.30am - 7pm

Follow us on
social media for
more updates
including closures
in bad weather

@WestoverFarmIW

info@westover-farm.co.uk

Westover Farm, Calbourne, PO30 4JW

After School

POTTERY CLUB

Starting Friday 11th September
4pm - 5.30pm

6 week course includes pottery
wheel, sculpting & painting.
Children will learn a variety of
skills & glazing & firing of all work
is included in the price

6WKS
£108

BOOK NOW

WWW.ISLEOFWIGHTPOTTERY.COM



minibeast Arts Academy

SPIDERS

AT QUAY ARTS

Join Emma and Kay from Minibeast Arts Academy for another fun packed art workshop this October half term, this time we are celebrating our amazing and fascinating SPIDERS!

Help us to make a giant installation of a spiders web, be part of The Big Draw by making marks with all 8 of your fingers (and a long stick!), create tiny spooky web drawings for our display, and create your own scrap spider to take home. All materials provided. Please note there won't be any real spiders... so there is no need to be scared!

**Wednesday
28 October**

10am - 12pm

**£10
(8 - 12 years)**

TO BOOK: QUAYARTS.ORG



FREE Family Art Drop-Ins at Quay Arts

Our Free Family Art Drop-In workshops are fun creative hands-on sessions designed for all ages and abilities. Led by professional artists and all materials provided. Join in at anytime and get creative with the whole family. Held in the Seminar Room adjacent to the cafe.

Lines That Leap with Laura Hathaway Saturday 3 October | 10am - 1pm | FREE

Help create a large collaborative drawing filled with lines, marks and patterns, then cut and arrange drawn paper strips into playful 3D curves and shapes.

Mysterious Fruit with Steve & Ella Baxter Tuesday 20 October | 10am - 1pm | FREE

An expressive drawing workshop to harness the gestures of your hands and bodies to create a large shared piece based on natures' structures.

Be Inspired by The Ryde Art Collective Saturday 7 November | 10am - 1pm | FREE

FREE Family drop-in inspired by the current West Gallery exhibition from the The Ryde Art Collective.

Festive Makes Drop-In Saturday 19 Dec | 10am - 1pm | FREE

Festive crafts session for all the family!

WWW.QUAYARTS.ORG



THE RYDE ART COLLECTIVE



£8

Kids Art

Ages 8 - 12 years

KIDS ART ACTIVITIES AT QUAY ARTS

ALL MATERIALS PROVIDED!

DRESS FOR MESS!

Kids Art Sessions
Sundays 27th Sept, 4th Oct, 15th Nov, 13th Dec
10am - 12pm | 8 - 12 years

Are you a budding young artist? Then join our monthly Kids Art sessions for 8 - 12 year olds. Explore a different theme and creative activity each month. Colour, crafting, modelling, painting, cutting, sticking, sculpting you name it!

Youth Art Sessions
Sundays 27th Sept, 4th Oct, 15th Nov, 13th Dec
10am - 12pm | 12 - 15 years

A monthly workshop for 12-15yr olds at Quay Arts. Artist and tutor Caroline Underwood will lead a different creative activity each session, providing guidance and encouragement as participants refine their skills and explore their creativity.

£8

YOUTH ART

AGES 12 - 15YRS

TO BOOK: QUAYARTS.ORG



You're Invited

REOPENING OF

COWES FAMILY CENTRE

SUPPORTING FAMILIES and STRENGTHENING COMMUNITIES

Come and celebrate with us!



VENUE

Cowes Family Centre, Love Lane, Cowes



DATE

Tuesday, October 20, 2026 at 10:00 AM



PROGRAMME



Session one (Families)

10:00am to 12:00pm



Ribbon cutting ceremony

hosted by Councillor Freeman
10:30am



Session two (Professionals)

1:00pm to 3:00pm



Find out more on the
Isle of Wight Family Information Hub What's On
<https://tinyurl.com/2c964zbz>



Coming to
Ryde Family Hub
in September

Parenting Puzzle and the Nurturing Programme



Both courses can help you:

- Understand your child's emotional needs
- Build stronger communication and connection
 - Manage behaviour positively
- Feel more confident in your parenting

Parenting Puzzle - **4 sessions** for parents and carers only whose children are aged **3 to 5 years**.

The Nurturing Programme runs for **8 sessions** and is for parents and carers only whose children are aged **5 to 13 years**.

Please speak with your setting or contact us via our website - link below or scan the QR code:
www.isleofwightfamilycentres.org.uk



Parent and caregivers peer support sessions

A welcoming space to connect, share experiences and access support



Join us for a relaxed and friendly session where you can:

- meet other parents and caregivers; share experiences in a supportive environment;
- explore ideas and strategies that may help at home and school;
- connect with the Isle of Wight neurodiversity team;
- enjoy tea, coffee and informal conversation.

Upcoming sessions

Wednesday 16 September 2026
9 to 11am
Ventnor Family Centre, Albert Street,
Ventnor PO38 1EZ

Tuesday 3 November 2026
9 to 11am
Newport Family Hub, Furrilongs,
Newport PO30 2AX

2027 session dates will be announced in December 2026

Booking required

To book your place, please email iowneurodiversityteam@iow.gov.uk

Parenting Children with Autism

Do you have a 3-11 years old child with autism or autism traits?

Join our free course on Zoom for parents and carers in Hampshire

From 30th September to 25th November 2026
9.30 - 11.30 am, on Wednesdays

FREE online course
8 weeks, term-time only



Book by emailing:

info@sfrust.org.uk

Understand more about autism and learn about:

- Understanding your child and their behaviour
- Sleep, eating, toileting and ARFID
- Anxiety, sensory needs and demand **avoidance**
- Meltdowns, shutdowns and aggression
- Positive parenting and stronger relationships
- School, masking, burnout and family life

Isle of Wight SENDIASS Online Workshops

- Free impartial advice relating to SEND for 0-25 years.
- Confidential sessions not recorded.
- Peer support, talking to others experiencing a similar journey.
- A dedicated session with an experienced support worker

3 SEPT
13:30

Responding to a draft EHCP
If you are in that critical time frame having received your draft

10 SEPT
10:00

Appeals to SEND Tribunal
A step-by-step guide through the appeals process

16 SEPT
12:00

Ordinarily Available Provision and SEN Support
Looking at support available for those who do not have an EHCP

7 SEPT
12:00

Considering an EHC Plan?
Independent and impartial information to guide you through the process

17 SEPT
13:30

Responding to a draft EHCP
If you are in that critical time frame having received your draft

21 SEPT
10:00

Alternative Provision
What constitutes as a suitable education in relation to section 19 of the education act

www.iowsendiass.org.uk/workshops

FREE talk for parents 22 October 7-8pm

If you don't have time to listen
Just book online and receive a link to the recording available for 48 hours



ADHD & Homework
info@facefamilyadvice.co.uk



Neurodivergence	Behaviour		Routines	(Child to Parent Violence and Aggression)		Adolescence	Awareness
Understanding Neurodivergence Through the Child's Perspective: Explores the lived experiences of neurodivergent children, with a focus on ADHD and Autism. This session highlights how traits may present uniquely in different individuals and offers inclusive, strengths-based strategies to support regulation, connection, and wellbeing. Emphasis is placed on seeing the world through the child's lens, honouring their ways of thinking, feeling, and interacting.	Exploring the Science of Behaviour Through a Neurodiversity Lens: Introduces compassionate frameworks for understanding behaviour as communication. Topics include the iceberg model, window of tolerance, Maslow's hierarchy of needs, and the assault cycle, all explored in ways that respect individual differences in regulation, sensory processing, and unmet needs. The focus is on building insight and empathy to support co-regulation and connection.	Exploring Supportive Parenting in the Context of Anxiety: Considers how different parenting approaches can influence anxiety-related behaviours, with reference to Bowlby, Baumrind and Ainsworth's foundational work on attachment. This is not a parenting course, but an opportunity to reflect on how our caregiving styles may interact with neurodivergent experiences and shape emotional development across life.	Exploring the Power of Predictability and Supportive Boundaries: This session highlights how consistent routines and clear, compassionate boundaries can create a sense of safety and autonomy for all family members. Together, we'll explore different types of boundaries and co-develop practical, flexible strategies to introduce or reintroduce structure in ways that are tailored to each individual's needs and strengths.	Understanding Child-to-Parent Distress Responses: An overview of behaviours such as aggression explored through the lens of perceived unmet needs, emotional regulation and relationships. Includes practical tools like safety planning, the communication wheel, de-escalation strategies and key concepts such as Dan Siegel's flipping the lid. Emphasises compassionate, strengths-based support for both children and caregivers.	Supporting Restful Sleep in Neurodivergent Children: Explores gentle, flexible strategies to nurture healthy sleep patterns, with insights informed by guidance from the Southampton Sleep Clinic. This session recognises the diverse sensory, emotional, and cognitive needs that can influence sleep, and offers practical, compassionate approaches that honour each child's unique rhythms and experiences.	Embracing the Adolescent Journey: Exploring the natural evolution of identity, brain development, emotional regulation, and how to offer strengths-based, inclusive support	Navigating Seasonal Sensory Experiences: Explores how transitions, traditions, and celebrations such as Halloween, Bonfire Night, and Christmas can influence sensory processing and regulation. This session reflects on the impact of increased sensory input during these times and offers inclusive, sensory-friendly strategies and alternatives that consider individual needs and promote comfort, connection, and joy.

<u>Navigating Neurodivergence</u>	<u>Breakthrough Behaviour</u>	<u>Feel without Fear</u>	<u>Re-establishing Routines</u>	<u>CPVA</u> (Child to Parent Violence and Aggression)	<u>Sleep</u>	<u>Accepting Adolescence</u>	<u>Seasonal Sensory Awareness</u>
14 th April 9:30am	16 th April 9:30am	21 st April 9:30am	23 rd April 9:30am	28 th April 9:30am	29 th April 1:00pm	30 th April 9:30am	n/a
5 th May 9:30am	7 th May 9:30am	12 th May 9:30am	14 th May 9:30am	19 th May 9:30am	21 st May 9:30am	22 nd May 9:30am	n/a
2 nd June 9:30am	4 th June 9:30am	9 th June 9:30am	11 th June 9:30am	16 th June 9:30am	18 th June 9:30am	23 rd June 9:30am	n/a
2 nd July 9:30am	7 th July 9:30am	9 th July 9:30am	14 th July 9:30am	16 th July 9:30am	21 st July 9:30am	23 rd July 9:30am	n/a

Please email katrina.austin1@iow.gov.uk to join any of the webinars noted above. All webinars are delivered online via Teams. A link to the webinar will be sent to you 24 hours prior.

Isle of Wight
Neurodiversity