SCHOOL NEWSLETTER

25TH SEPTEMBER - ISSUE 3

Headteacher's Welcome

I must start by saying a huge thank you to the PTA for funding the amazing Breakdancing workshops for all our children. It was such a privilege to see so many children enjoying such a unique experience and exploring the world of break dancing. I asked several children what they thought of the workshop and every child answered back with "It was great!"

I hope the children shared some of their new dance moves at home, I look forward to seeing them at the disco on the 7th October.

Next week, we have our Parents Evening meetings and we are looking forward to sharing how well the children have settled in and to answer any of your queries or concerns. As we have clubs and wrap around running in the school, we will be requesting that parents stick to the outer conservatory corridoor. We will ensure that your child's work is accessible to look at whilst you are waiting.

EVENTS

Week beginning 28th September - Parents Evenings
Tues 29th Sept - Late Night Parents Evening

1st October - Year 3 Stone Age Day

2nd October - Year 3 Cake Sale after school

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

7th October - Disco MUFTI and School Discos

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

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

Class Attendance - week ending 25th September 26	
Reception Class	96.7 %
Year 1 Class	95.0 %
Year 2 Class	93.5 %
Year 3 Class	90.7 %
Year 4 Class	96.5 %
Year 5 Class	96.4 %
Year 6 Class	96.7 %
Whole School Attendance	95.0 %

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

Visit our Facebook page for more pictures

Year 6

In English, we are continuing our journey with The Barnabus Project. We are now at the planning stage of writing our own descriptive narrative, thinking carefully about how we can use interesting vocabulary and descriptive language to bring our writing to life.
In Maths, we have started a new topic: the four operations. We are developing our understanding of addition, subtraction, multiplication and division, and exploring how these operations can be used to solve a variety of problems.
In Geography, our topic this term is Germany. We have been researching some of Germany's key cities, including Munich, Berlin and Hamburg. We have been learning interesting facts about each city, including their population, climate, rivers and important tourist attractions.





Year 5

It has been another busy week in Year 5 this week.

In Maths, we have battled with negative numbers, which we have found a little tricky to grasp at times. However, we kept going and lots of improvement and resilience was shown.

In English, we have completed our final pieces of learning journey before we start planning and writing our story based on The Night Gardener next week. We have recapping frontedadverbials and remembering the rules of direct speech, which is always tricky toremember. We look forward to planning and creating our stories next week.

In Computing, we were exploring different search engines, aside from Google, and we learnt that different search engines provide slightly different results.

In Science, it was another experiment for our topic of Properties and Materials as we investigatedwhich method (sieving, evaporation, filtration or magnetism) would be best toseparate materials. It got a little messy at times but the children all had fun and learntlots. We have also learnt about the Industrial Revolution in History, discussedfriendship scenarios in PSHE and continued our practise of playing The Moanin' Lisa Blues.











Year 4

Year 4 have been getting creative with The Bear and the Piano! After reading our class book, the children were challenged to imagine what might have happened before the story began - and, most importantly, how a piano could have ended up in the middle of a forest! The children came up with some wonderfully imaginative ideas. Some imagined that a family had been moving house when the piano broke free from the removals van, rolled down a steep hill and disappeared into the forest, never to be seen again - at least, not by humans.

Year 3

Year 3 have had another busy and exciting week! In Science, the children enjoyed working in groups and using Squashies sweets to recreate the rock cycle. They explored how sediments are compacted over time to form sedimentary rock, how heat and pressure can transform this into metamorphic rock, and how intense heat can melt rock before it cools and hardens to form igneous rock.
To help us remember the three main types of rock, we have also been learning a very catchy rock song (no pun intended!) – ask your child to sing it to you!
In Maths, we have continued developing our understanding of place value, while in English we have begun our exciting new learning journey based around Stone Age Boy.



Year 2

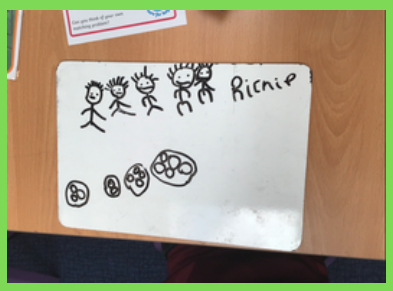
In Year 2 this week we have been continuing to work hard. We finished our final piece about dragons by publishing our own books containing our dragon stories. The final creations were fantastic and we hope to share them with the children in reception soon. We have also been busy continuing to learn about place value in Maths working on numbers to 100, while in Science we have learnt all about life cycles.



Year 1

This week Year 1 have been learning about matching equivalent groups. They have had some problems to solve where they have to say whether there is enough of something. They then created their own problems on whiteboards for someone else to solve. The children showed a gat understanding of how to create the problems.

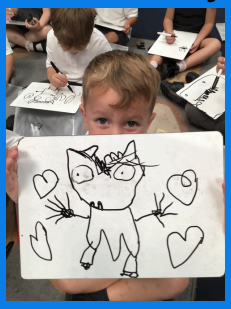
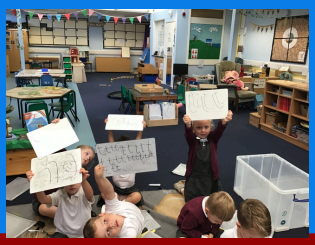






EYFS

We have had a really busy week in Reception! We have started learning our phonics and know s, a, t, and p already. The children have loved making videos pretending to be the teacher, to show our parents what we are learning each day.
We have also been learning about our feelings with the Colour Monster and making our own feeling monsters.
On Wednesday we had a brilliant time with the dance instructor learning dance moves and having lots of fun!



Best You can Be

Richie - For showing great understanding in your Maths lesson.

Bella - For always putting 100% effort into your work. Your neat presentation and attention to detail mean that you create pieces of work that you should be very proud of.

Charles - For putting in so much effort and impressing me during his reading sessions this week.

Esmé - For making such a fantastic start to Year 4 and settling into your new school so brilliantly!

Alexander - For his hard work and effort with improving his joined handwriting.

Edward - For challenging himself in every lesson and embracing the challenges and opportunities of Year 6.



Winners



Wraparound Care

This week in Wraparound saw the return of Ruffles the owl!
We made the most of the lovely weather by spending plenty of time outdoors-dressing up in some of our favourite costumes, seeing who could blow the biggest rainbow bubble, getting active on the trail or just reading a book in the sunshine . As well as all this, there was the usual busy mix of making, painting, role playing and board gaming in the library. We raced around the hall playing Volcanoes and Ice-creams, Pacman and Simon Says, whilst several of our children showed off their new found gymnastic and breakdancing skills! It's always lovely to see everyone from the oldest to the youngest having fun and relaxing after a busy day in class and I have been particularly impressed by the way our older pupils have welcomed and supported our newest Reception children this term. Have a great weekend and we will see you next week!😀

















Our lucky children all had the chance to take part in a breakdancing workshop yesterday, run by Chris from CreACTIVE. We would like to thank the PTA for funding such an amazing opportunity, which was thoroughly enjoyed by all the children.













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



Isle of Wight

age UK

Fill our treasure chest with silver this week

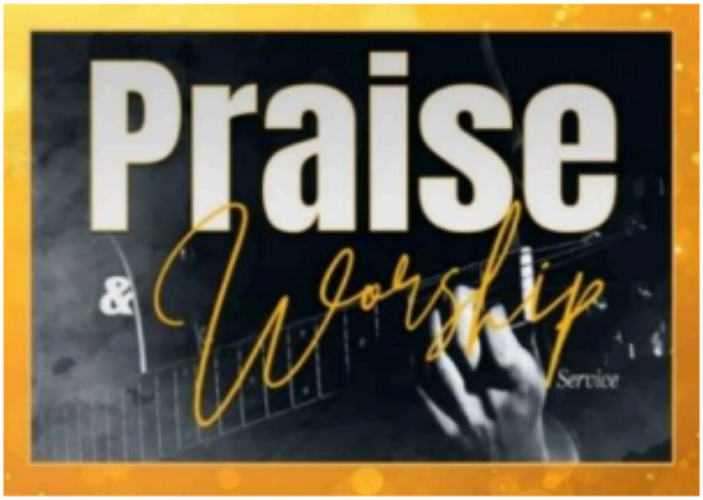


and support older people to live well across the Isle of Wight.

Registered charity 1118711

(Non-silver coins also welcome)

The Next Contemporary Service: This Sunday, 20th September.







With kind regards, Heather (Flourish Lead).

Contemporary Worship at Holy Trinity Church, Bembridge.

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

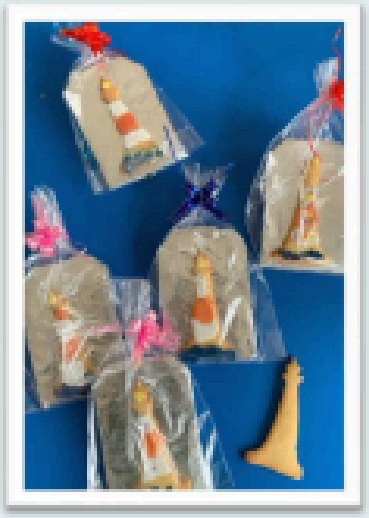
Other NEWS

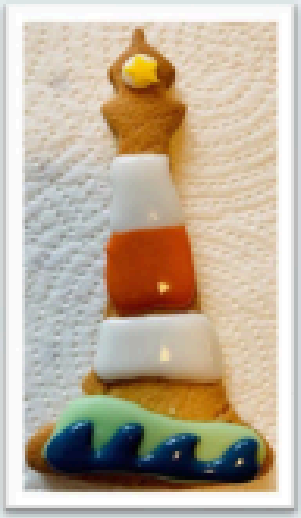
Sunday Club at Church (weekly 10:30 to approx. 11:30)

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

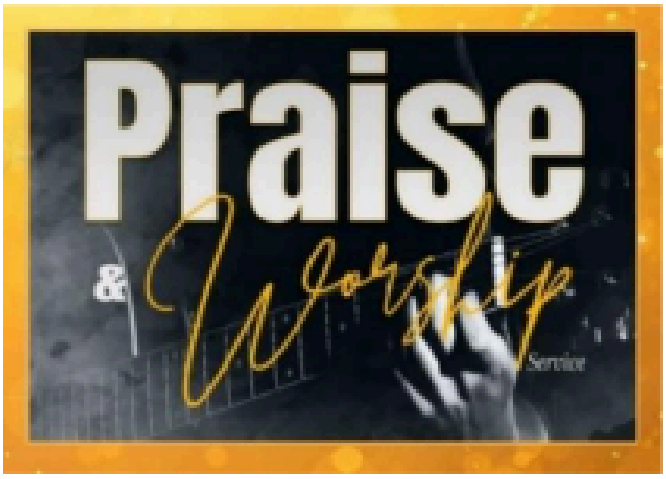
At the end of the summer, as we approached returning to school, we considered Jesus as being the light to our path, guiding us through life embracing the lighthouse as metaphor. Using royal icing, the children iced shortbread lighthouses!

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!





The Next Contemporary Service: Sunday, 20th September.





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

NSPCC
CHILD PROTECTION
HELPLINE
0808 800 5000



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 suport 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.

Church News:

HTB

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

6 September	8:00am	Holy Communion, BCP* at St Luke's
Sunday	10.30am	Morning Worship at Holy Trinity
	4.00pm	Contemporary Service at Holy Trinity
13 September	8:00am	**NO SERVICE** at St Luke's
Sunday	10.30am	Holy Communion at Holy Trinity
20 September	8:00am	Holy Communion, BCP* at St Luke's
Sunday	10.30am	Morning Worship with something for all-ages including **Trinity Church Mice Sunday**
	4.00pm	Contemporary Service at Holy Trinity
27 September	8:00am	Holy Communion, BCP* at St Luke's
Sunday	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@bembridgeholytrinity.org.uk
www.bembridgeholytrinity.org.uk


Carisbrooke College
Year 6 Open Evening
Tuesday 29 September 2026 | 5:00 - 8:00 pm
Please join us for:
A presentation from the Headteacher (repeated at 5:15, 6:00 & 6:45 pm)
Tours of the school and our facilities
Opportunities to meet staff (including SEND) and current students
Interactive subject demonstrations
All welcome - no need to book!
carisbrooke.iow.sch.uk


THE BAY CE SCHOOL
Believe • Inspire • Excel
Year 7 Open Evening
Thursday 1st October 2026,
5.00-7.30pm
Presentation at 5.00pm and 6.00pm followed by tours of the Secondary School.
Open Morning: Tuesday 6th October, 9.00-11.00am, please call to book an appointment.
Contact us for more information: Telephone: 01983 403284 Email: office@bayceschool.org Website: bayceschool.org


Lift Ryde
Lift Ryde
Open Evening
October 7th
4:00pm - 7:00pm
Parent Presentations 4:30pm and 5:30pm

BEMBRIDGE YOUTH FC

Little Players...

Play
Learn
Make Friends

BIG Smiles!



MINI & MIDI KICKERS

RECEPTION & YEAR 1

LEARN FOUNDATIONAL SKILLS

MAKE FRIENDS

HAVE FUN!

SATURDAY MORNINGS
STEYNE PARK

LED BY ANDY "PUD" NORTH (UEFA B)

NIKE PARTNER CLUB
AWARD-WINNING

ENGLAND ACCREDITED CLUB

QUALIFIED & DBS CHECKED COACHES

REGISTER INTEREST
https://tinyurl.com/byfcnippers

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



RYDE SAINTS FOOTBALL CLUB

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

£4 via School Money

Includes:

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.



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

The Chloe James Academy of Dance

Web | www.chloejamesdance.com

WESTOVER
FARM PUMPKINS

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

WESTOVER
FARM PUMPKINS

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



CAN YOU HEAR US?

CREATIVE ISLAND Presents

11TH SEPTEMBER – 24TH OCTOBER 2026

Celebrating all that the Island is

Folktastic Isle – Storytelling



Storytellers Holly Medland and Corey Gibbs invite children and families to hear about unique Island Stories and Legends, in an interactive workshop.

What is the Roman River Sprite?
Who is the Brading Roma Villa's 'Gallus' character?
What is the significance of a running hare?

Lord Louis Library | Newport
September 12th | 1100-1200

- Free
- Booking essential
- Suitable for ages 5-12

new carnival · Arts Council England · Can You Hear Us? · HiWCF

Folktastic Isle – The Exhibition



New Carnival invites you to explore the Islands Folk Heritage through the art of the people; Seasonal Celebrations, Stories, Myths and Legends of the Isle of Wight.

Lord Louis Library | Newport
September 8th - 15th | 0900-1730
*closed Weds 9th

Dimbola Museums & Galleries | Freshwater
September 21st - October 4th | 1000-1600

Graft Studios | Sandown
October 10th - 18th | 1000-1600

HiWCF · Can You Hear Us? · Creative Island

Folktastic Isle – Magic Show



New Carnival and the Shipwreck Museum present a Magic Show 'Ghost Ship HMS Eurydice'.

Based on the 1878 shipwreck off the Isle of Wight.

Lord Louis Library | Newport
September 12th | 1300-1400

Dimbola Museums & Galleries | Freshwater
October 2nd | 1900-2000

Graft Studios | Sandown
October 10th | 1900-2000

HiWCF · Can You Hear Us? · Creative Island

Folktastic Isle – The Show



New Carnival and the Isle of Wight College performing arts students present Folktastic Isle - On Stage. Featuring Folk Stories of the Island, brought to life with New Carnival's spectacular giant costumes and puppets.

Victoria Recreation Newport
Ventnor Exchange Arena
September 13th | 1430-1530

Freshwater Memorial Hall
Freshwater
September 26th | 1830-2000

Ventnor Exchanged Arena
Browns Golf Course Sandown
October 18th | 1430-1530

HiWCF · Can You Hear Us? · Creative Island

Isle of Wight Council

BEST START IN LIFE

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

Family Hubs
Isle of Wight

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

BARNARDO'S Changing childhoods. Changing lives.
Barnardo's Registered Charity Nos. 216250 and SC037605 24423shc23

BEST START IN LIFE | HEALTHY BABIES | Isle of Wight Council

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 carergivers;
- 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, Furrlongs, Newport PO30 2AX

2027 session dates will be announced in December 2026

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

Family Hubs | Isle of Wight Neurodiversity Team | Isle of Wight Council

Supporting families of neurodivergent children and young people across the Isle of Wight

Southampton Family Trust
building relationships

COMMUNITY FUND

Parenting Children with Autism

FREE online **course**
8 weeks, term-time only

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



Book by emailing:
info@sftrust.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

www.sftrust.org.uk info@sftrust.org.uk

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

FAMILY ADVICE · COMMUNICATION · EDUCATION

info@facefamilyadvice.co.uk

british certified trainer

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	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.

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