



## TEAM WELLBEING AUTUMN TERM 2016



EDITION 2 Parents/Guardians

Welcome to our newsletter for Positive Mental Health and Wellbeing.

### Starburst Foundation!!!!

**FREE Christmas Panto – Snow White & Seven Dwarfs, inviting local children with special needs and their families to the Harlington in Fleet on Sunday 18<sup>th</sup> December at 10.15 AM. Keep an eye out for the letter! Terms and conditions apply**

### Coffee Morning

After the success of the last coffee morning, we are delighted to offer you the opportunity to join us again on Thursday 17<sup>th</sup> November 2016 . This term the focus will be literacy and “reading the Cody way”, so our guest speakers will be Mr Brown, Head of English and Lisa Hough, Librarian Reading Scheme Leader.

It's a great opportunity to meet other parents/guardians and have a chat and a coffee, so pick up a letter from reception and come along and join us.



### New!!!!

**Girls Club starting 21<sup>st</sup> October 2016.**

**2.45-4.30pm**

**Halloween party, open to all girls in school. Transport home available if required.**

**Still spaces available**

### Looked after children

Foster carers can now call a dedicated phone line for advice and guidance on education and other related issues. Callers can leave their name and number and will be called back by a member of The Virtual School Team. Messages left before 5pm will be responded to the same day. There is also a shared mailbox for carers preferring to use email. Details are:

Telephone: 01962 845232

Email: [Fostercarerssharedmailbox@hants.gov.uk](mailto:Fostercarerssharedmailbox@hants.gov.uk)

NHS choices online have a **MOODZONE** where you can take a quick quiz, designed to guide you to useful resources that can help you better understand how you feel. Podcasts are available for panic attacks, panic control, anxiety & worry, unhelpful thinking, depression, low confidence, sleep problems and problem solving.



**If you have any concerns about your child at school or you just want to have a chat about daily school life please feel free to get in touch with the pastoral team at Samuel Cody!! We are here to help ☺**

**Sarah Sanders & Dawn Tweedie**