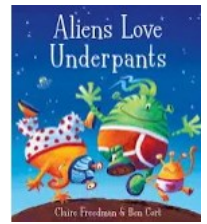


Friday 22nd March



As we come to the end of our Spring term, we land safely back on Earth after another fun week of exploring space! The children have asked some amazing questions and it is wonderful to be learning with them. We have shared some wonderful space themed stories with the children; who knew aliens loved underpants so much?



We have also discussed what Easter is and explored how some people may celebrate this time of year. We look at new life, signs of Spring and the changes in the weather and the world around us. We wish you all a safe and happy Spring break and look forward to hearing about how you spent the weeks.

Phonics

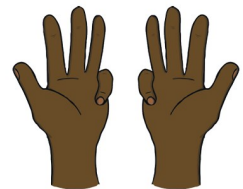
This week, in our phonics lessons, we have focused on words ending in -s and -es such as chairs, boots and torches.

Reading

Please aim to share your child's reading book with them 3 times a week. This really does help your child with their learning. You also now have access to the e-collins library for further books to explore together. If you need any help with accessing the e-books, please speak to your class teacher at the end of the day.

Maths

This week we have explored number-bonds to 10. This is a really important skill to master and the children have worked really hard this week using different representations and apparatus. We have also explored doubles off numbers up to 10 using our hands to make the same numbers on each side before adding up the total.



Forest School, PE and Balance-ability

After the Easter holidays, our children will be having specialist balance-ability cycle lessons during their school day. This will run alongside our regular PE and forest school sessions. **Balance-ability** will take place throughout the day on **Thursdays for Goslings** and **Fridays for Cygnets**. Balance-ability is a precursor to bike-ability where children will be taught how to safely ride a balance bike. Many children will go on to develop the skills to begin learning to use pedal bikes during our sessions. All bikes and safety equipment will be provided for and our specialist instructors will be available at the end of each day's sessions to discuss how your children are progressing should you wish to speak to them. **Children will need to wear PE kit on their balance-ability day.**

Forest school sessions will remain Tuesdays for both classes as normal but **PE will now be on Monday for both classes.**

Starting Well Bromsgrove Newsletter Spring 24



Starting Well Bromsgrove
EVERY CONTACT SHAPES A LIFE

Meet the Parenting Team

Our team have a wealth of Knowledge, tips and ideas to support you through your journey as a parent. From fussy eaters to supporting your teen. Our weekly groups are fun and friendly and a chance to meet other parents. Take a look at our website: www.startingwellworcs.nhs.uk or call the one number to chat to our team and find out more.



Stay, Weigh & Play Volunteers Needed

You will provide a welcoming and friendly face for parents and carers who are attending the hubs to weigh their baby.

Tasks include: Supporting parents to use the scales, signposting to local services, setting up the room and preparing the scales.

Skills Required: Good communication and listening skills, approachable and confident manner. Knowledge of the local community would be advantageous.

Clinic times: Holly Trees Hub, Redditch - Wednesdays, 12.15 - 2.30pm
Pear Tree Hub, Bromsgrove - Thursdays 09.15am - 12.30pm (Volunteering hours can be for part or whole of clinic)

Apply online at www.startingwellworcs.nhs.uk/volunteering

Benefits for you include: Training, Social events, Expenses, 1 to 1 Support, Personal Development and Employment.


“ I really enjoy volunteering with Starting Well firstly because of the incredible and kind team you are supported by. It is a super rewarding thing to do within the community as you are helping out with baby self-weigh clinic, festive events and more! It just feels like fun. ”

Eve

Community Hub Volunteer for
Self-Weigh Clinic & Events



Provided by:


Herefordshire and Worcestershire
Health and Care
NHS Trust

Delivered on behalf of
 **worcestershire**
county council

In partnership with:

 **Bromsgrove**
District Council
www.bromsgrove.gov.uk



Free Online Courses

The Solihull Approach online parenting courses are a series of NICE approved resources for parents and carers who want to learn more about sensitive and effective parenting and building a positive relationship with their child. Parents are also helped to understand how they can influence their relationship with their child through play.

The courses are **FREE** with access code: **PARENTSROCK** at www.inourplace.co.uk for residents in our area. There are courses for parents, carers and grandparents about children from bump to 19+ years on a range of topics including pregnancy, teenagers, relationships and more.

UNDERSTANDING YOUR CHILD
SOLIHULL APPROACH

inourplace

NHS

NINE fantastic ONLINE courses!

Check out the Solihull Approach series for ALL parents, grandparents and carers

UNDERSTANDING YOUR...

Ever been curious to know what is going on in their brain?

Ever wondered why they behave like that?

Interested to look at you and yours differently?

...PREGNANCY

...BABY

...CHILD

...CHILD with additional needs

...TEENAGER

...RELATIONSHIPS

AND MORE

inourplace.co.uk

Do you live in Worcestershire?

1. Visit www.inourplace.co.uk
2. Enter access code
3. Begin learning

Access Code: **PARENTSROCK**

CHAT HEALTH

If you're aged 11-19 years and live in Worcestershire, you can text the number below and speak to a school nurse for confidential advice and support on a range of health and wellbeing issues.

text: 07507331750



HANDi Paediatric

Download the Worcestershire 'HANDi Paediatric' app to get up to date advice about common childhood illnesses & how to treat them.



We can help you get free Healthy Start vitamins



To check if you're eligible for Healthy Start visit:
www.healthystart.nhs.uk



Healthy Start

With Healthy Start, you could be entitled to weekly support towards: Veg, Fruit, Milk, Infant formula milk, Pulses and Healthy Start Vitamins. Vitamins are available from our Family Hubs.

Find out if you are eligible and apply: www.healthystart.nhs.uk

New Booking System

Some of our parenting groups and workshops can now be booked directly by parers/carers using the trybooking system. Scan the QR code or visit www.trybooking.com/uk/eventlist/startingwellpartnership



Get In Touch With Us

Here is a quick reminder below of all the ways you can get in touch.

**Call our one number
for more info:**

01905 520 032



Find us on social media:

 **@StartingWellRB**

 **@BgroveandRditch**



**Scan the QR code to
visit our website:
startingwellworcs.nhs.uk**



Stay, Weigh & Play

Self-weigh clinics offer parents and carers of infants under 2 an opportunity to weigh their baby and log this in their baby's Personal Child Health Record (PCHR) Red Book.

There is a social area to stay and play and meet other parents.

Pear Tree Family Hub, Thursdays: 9.30am - 10.30am & 11am - 12pm

To book a place call 01905 520 032



Parenting Group Spotlight

Understanding Your Teen

An 8 - 10 week group with sessions designed to give parents and carers of teens aged 11yrs+ the opportunity to meet new people who may be experiencing similar issues and develop their knowledge through peer support.

**Behavioural difficulties | Understand brain development | Developmental and play needs
Parenting styles | Explore feelings | Ways to relax
Attachment and Relationships.**

For more details call 01905 520 032



UNDERSTANDING YOUR CHILD
SOLIHULL APPROACH

Cost of Living

If you are struggling with the cost of living crisis, Bromsgrove District Council has a handy webpage that provides links to support and advice that is available. This is advice from a wide range of agencies. Even if you don't claim any benefits you may be entitled to support you weren't aware of, and not just monetary support, but good advice from legitimate sources you can trust.

Have a look and please share the links with anyone else who may be struggling financially. www.bromsgrove.gov.uk/costofliving



Starting Well Bromsgrove

Pear Tree Family Hub

Broad Street, Bromsgrove, B61 8LW

**Call our one simple number 01905 520 032
to contact any of our services**



**Parents & professionals
can refer by phone or
[completing this form](#)**