



# Sopley Bulletin Board



Welcome back everyone!  
We hope everyone has settled  
well into their new year  
group/class.

Sopley Village Fair is this  
Saturday 12-4pm

Years 1-6 please consent &  
make payment for the Art Trip  
to Southampton



If this glorious warm  
weather continues, please  
can you make sure all  
children come to school with  
suncream on, a water  
bottle and sun hat!



Tues 19th Sept - Years 1-6  
Southampton Art Gallery Trip

Wed 18th Oct - School closes  
for half term

Thurs 19th Oct - INSET DAY

Fri 20th Oct - INSET DAY



## Online Courses for Parents in the Autumn Term

To book type in the link: <https://shop.hants.gov.uk/collections/library-courses>

Course	Dates	Time	Cost
<b>How Children Learn to Read and Write</b>	Thursday 14 Sept – 19 Oct	7pm – 8:30pm	Free
<b>Makaton Level 1</b>	Monday 18 Sept – 9 Oct	6:30pm – 8:30pm	£25.20 for materials
<b>Positive Parenting</b>	Monday 18 Sept – 16 Oct	6:30pm – 8pm	Free
<b>Makaton Level 2</b>	Tuesday 19 Sept – 10 Oct	6:30pm – 8:30pm	£70.05 for tuition and materials
<b>Raising Resilient Children</b>	Wednesday 20 Sept – 18 Oct	6:30pm – 8pm	Free
<b>Makaton Level 1</b>	Monday 30 Oct – 20 Nov	6:30pm – 8:30pm	£25.20 for materials
<b>Makaton Level 2</b>	Tuesday 19 Sept – 10 Oct	6:30pm – 8:30pm	£70.05 for tuition and materials
<b>Raising Resilient Children</b>	Monday 6 Nov – 4 Dec	8:30pm – 8pm	Free
<b>How Children Learn to Talk</b>	Thursday 9 Nov – 7 Dec	7pm – 8:30pm	Free
<b>Introduction to Paediatric First Aid</b>	Monday 20 Nov – 11 Dec	6:45pm – 9:15pm	Free

*These courses are aimed at Hampshire residents aged 19+ Attendance is expected at each session to ensure that you get the most out of your learning experience and to minimise disruption for other learners. Please advise the venue/tutor of any absence you may have.*

Participants will be required to use Zoom. No account is required, not sure how to use Zoom? Check out these helpful videos: <https://support.zoom.us/hc/en-us/articles/206175806>





## Understanding Our Childhood & How This Impacts On Us As Parents

Does our childhood shape the  
parents we become?

How does our brain develop  
during childhood and what can  
impact on that development?

Have you ever wondered what  
impact your own childhood  
has had on your own  
parenting style.

We would like to help you answer some of these questions.

Children can be rewarding, stimulating and fun, but looking after them and understanding why they sometimes behave like they do can be stressful, frustrating and challenging.

We are offering a programme which will help you understand and recognise the impact your own experiences can have on your parenting styles; and provide an insight into understanding how events, relationships and occurrences whilst growing up, can influence your child's behaviour and how to manage it positively.

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Ringwood Infant School will be hosting a 10-week programme to discover more about our own childhood experiences and how we can use this knowledge to support our parenting journey. We will provide a comfortable, welcoming, friendly and relaxed environment for this course and it will be facilitated by Vicky Lewis from the New Forest Family Support Service and our Family Support Worker & ELSA Juliet Wickstead.

The 10 week programme will be held on Monday's between 0945- 1145 (excluding school holidays)

Over the 10 weeks we will cover lots of areas including

Maslow's Hierarchy of Needs and how trauma can impact it.

Anger - how to manage it.

Triggers.

Emotional regulation.

How brains are built and how trauma can impact.





CBT thoughts feelings behaviour.

Emotional regulation and wellbeing.

Assault cycle and how trauma can impact the base line.

How we build resilience in ourselves and children.

Fight flight or freeze.

Attachment and how trauma can impact.

The aims of the programme are to:

- Gain an understanding of how our stressful childhood experiences can impact the growth of the developing brain and how it can affect our relationships with our children .
- How to build resilience for ourselves and our children
- To look for the feelings/needs behind our children's behaviour.
- Discover how we build positive relationships with our children.
- Model positive parenting

**UNDERSTAND, ENJOY AND IMPROVE YOUR RELATIONSHIP WITH YOUR CHILDREN.**

After attending previous programmes parents have said they feel more confident and have greater understanding of their children's feelings and needs and how their children communicate these.

**JOIN US FOR A DROP IN SESSION TO MEET THE FACILITATORS, HAVE A TEA / COFFEE AND ASK ANY QUESTIONS BEFORE YOU DECIDE.**

**Monday 25th Sept 0945-1145**

(In order that we can provide the refreshments, please let us know if you will be dropping in next Thursday by emailing us at [admin@ringwood-inf.hants.sch.uk](mailto:admin@ringwood-inf.hants.sch.uk))

**1st session starts the following week Monday 2nd October at 0945-1145**

**Ringwood Infant School, School Lane , Ringwood , BH24 1LG.**

**Parking on site**

