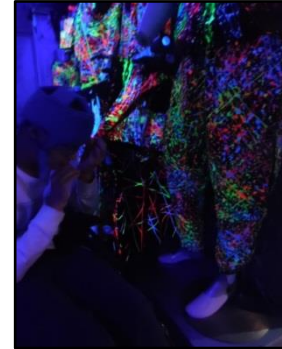


## Weekly Newsletter: Friday 12<sup>th</sup> October 2018

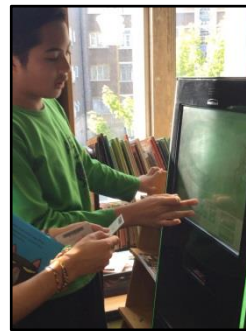
Dear Parents, Carers, and Families,

### General update

The recent good weather has given classes across the school plenty of opportunity to get out and about in our local community. Upper school students paid a visit to Camden Market:



Other learners made use of the local library to discover new books and practice important community access skills.



### Half-term ends on Thursday next week

A reminder that due to a staff professional learning day on Friday 19<sup>th</sup> October, the school will be closed to learners on this day. This means the last day of half-term for learners will be Thursday 18<sup>th</sup> October. School resumes on Monday 29<sup>th</sup> October 2018.

### School-based Groups and Events for Parents

Our Family Inclusion Team would like to make you aware of some upcoming school-based groups and events for parents and carers of Swiss Cottage families.

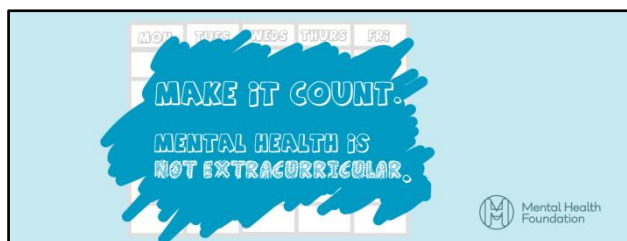
- Yoga for Parents is now running on Mondays from 9.45 to 10.45
- Next week on Tuesday 16<sup>th</sup> October, the Parents Drop In will be hosting Sandra Soteriou from Camden Commissioning. Sandra Soteriou will be consulting parents on the revamp of Camden's Local Offer. The consultation is offering £10 to those who take part in the discussion. In addition Daxa Ketcha from Camden Strategic Planning will also be there to let parents know about a new project that is targeting children with Autism in Camden.
- The Parent Resource Making Group that takes place on Friday is now making resources for the story, 'The Snowman' by Raymond Briggs.

- There is a Family Learning Course starting on Wednesday 7th November and running for 5 to 6 weeks. This course focuses on learning how to relax, identify ways and making resources to help release stress and promote a sense of well-being.

Please contact the Family Inclusion Team for more information on any of the above.

### **World Mental Health Awareness Day**

The World Health Organisation chooses this week to mark World Mental Health day which took place on Wednesday 10<sup>th</sup> October. The theme this year is "young people and mental health in a changing world".



The day seeks to bring attention to the extra pressures being placed on young people by a fast-changing world, and highlight the need to address mental health issues from their earliest possible beginnings.

To support this theme, the Mental Health Foundation has launched its 'Make It Count' campaign, which aims to put good mental health at the heart of our children's school experience.

Find out more about the campaign by listening to this podcast:

<https://www.mentalhealth.org.uk/podcasts-and-videos/world-mental-health-day-2018-children-mental-health-make-it-count>

### **Dyspraxia Awareness Week**

Dyspraxia Awareness Day took place this week and focussed on emotional wellbeing of young people with Dyspraxia.

The Dyspraxia Foundation has launched a new Advice Sheet for Parents. The sheet contains real-life tips and advice on helping children maintain a greater sense of Mental Health.

[You can download this by clicking here.](#)

### **Next week with the Camden Special Parents Forum**

Please see below details of two upcoming events for parents happening next week. These are organised by the Camden Special Parents Forum:

- On Monday 15<sup>th</sup> October: Walk and Talk, 10.15-12.30pm, Hampstead Heath (see leaflet at the end of the Newsletter for more details).
- On Wednesday 17<sup>th</sup> October: Autism Forum, for parents of 0-25 year olds with Autism, 10-12pm, Pirate Castle, Oval Road, NW1 7EA.

For more information on the Camden Special Parents Forum and to see more upcoming events, please visit their website here: [www.facebook.com/CamdenSpecialParentsForum](http://www.facebook.com/CamdenSpecialParentsForum)

Best wishes,

Monika Gaweda  
Head of School

Catherine Shipton  
Deputy Head of School

# CAMDEN

## Special Parents Forum

Join us for our Autumn Walk & Talk sessions



Start the week with a walk on the Heath – This is a chance to get together with other parents who all share the experience of having a child with learning difficulties and/or disabilities. Talk about your problems, others will listen and provide support, possible solutions and encouragement. Everyone gets a time to talk and to learn from each other's experiences. Midway we stop off for a coffee at the café at Kenwood. You are also welcome even if you just want to walk and listen. You will feel great after a walk on the Heath with us – so why not come along?

- When** Mondays: 17th Sept, 15<sup>th</sup> Oct, 12<sup>th</sup> Nov and 10<sup>th</sup> Dec 2018
- Time** 10.15am – 12.30pm
- Where** **Hampstead Heath** - Meet by the water fountain/cafe/toilets on Hampstead Heath by the Parliament Hill side of the Heath near the tennis courts (bus access from C2 or 214 or C11 get off at Parliament Hill/ Swains Lane bus stop).
- What** Wear appropriate clothing as we will go rain or shine, and please be on time!

Please let Ali know if you're coming and also if you have to cancel last minute so we don't wait - Ali: 07788 521693.

Please keep an eye on facebook, add your name to our contact list and keep in touch.

[www.facebook.com/CamdenSpecialParentsForum](https://www.facebook.com/CamdenSpecialParentsForum)

