

Weekly Newsletter: Friday 5th October 2018

Dear Parents, Carers, and Families,

General update

This week, students enjoyed a visit from Face Front Theatre Company: an inclusive company featuring actors with learning disabilities. The show told stories about young people making choices and using their voices to shape their futures after leaving school.



Students really enjoyed the performance and had plenty of opportunities to join in. Some students then took part in a workshop with the theatre company in the afternoon.

Flu vaccinations

The nursing team would like to remind you that flu vaccination will soon be taking place at Swiss Cottage School. The vaccinations require you to opt 'in' or 'out' and letters have been sent home with yes/no permission slips for you to return.

Please speak to your class team or nurses directly if you need a new form or for any other information.

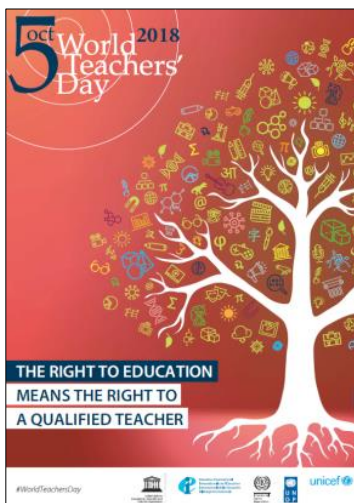
If you would like your child to have the vaccination, please give your permission by Wednesday, 10th October.

Parent Coffee Mornings

Over the last two weeks, Parents and Carers across the school have been joining us for coffee mornings with their class teams and children.

A big thank you to everyone who made it in. We hope you enjoyed meeting other parents and seeing your children engaged with learning and play.

World Teachers' Day



Friday 5th October is World Teachers' Day. On this day, countries all over the world highlight the contribution and impact teachers have on improving the lives of children and young people.

This year UNESCO has chosen the theme, *"The right to education means the right to a qualified teacher"*. At Swiss Cottage this morning, we joined the international community in celebrating our teachers with a breakfast get-together in the staff room.



This year marks the 70th anniversary of the Universal Declaration of Human Rights, where education was recognised as a key fundamental right.

Next week's events

A quick reminder of upcoming events happening next week with the Camden Special Parents Forum:

- Tue 9th October – Sleep Workshop (CAMHS), 10-12, Pirate Castle, 33 Oval Road, NW1 7EA
- Thur 11th October - Coffee morning, 10-12, Pirate Castle, 33 Oval Road, NW1 7EA

There are still places left on the Sleep Workshop but booking is required. Please see the flyer on the last page of this newsletter for details of how to book.

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

Best wishes,

Monika Gaweda
Head of School

Catherine Shipton
Deputy Head of School

**SLEEP Workshop for parents and carers of
Children with Additional Needs**



Topics covered in this workshop:

- Setting bedtime routines
- Managing food and drink before bedtime
- Use of technology at bedtime
- Managing daytime naps
- Developing your child's self-settling skills
- Settling to sleep and managing night waking
- Dealing with nightmares, sleepwalking and night terrors
- Comforting your child at bedtime
- When to consider melatonin

This very informative session will be delivered by **Susan Cottam** and **Eleni Paliokosta**, both Clinical Psychologists at CAMHS Mosaic.

WHEN: Tuesday, 9th Oct 10.00am – 12.00pm.

WHERE: Pirate Castle, Oval Road, Camden, NW1 7EA

*******BOOKING ESSENTIAL*******

To book onto this workshop please email maria.schultz@kids.org.uk, call or text 07826 671 523, or call the KIDS office on 0207 431 8476 and ask for Rachel or Maria.

Please do keep an eye on Facebook, ask to join our contact list and keep in touch.

<https://www.facebook.com/CamdenSpecialParentsForum>

