



2016

News From Your Home School Community Link Worker

Children's Behaviour and Emotional

Well Being.

Did you know that there is a strong link between a child's ability to learn and their emotional well being? The results of the latest research in children's behaviour, brain development and the causes of mental health problems in adults are showing that the emotional well being of our children is far more significant than previously thought. It is therefore very important to acknowledge emotions in children and help them to name what they are feeling. If any parents would like more information on how to handle children's emotions then please contact me via email. If enough parents are interested I am willing to offer a morning or afternoon session explaining more about this.

"It is easier to build stronger children than to repair broken men."

F Douglass.

Hello, I am Christina Howkins-Griffiths your Home School Community Link Worker.

I have over 10yrs of experience in supporting children and families. You can contact me through school or email me

chow4349@st-leonards.oxon.sch.uk

The best **5 Every Day** things you can give your child. . . .

1. Read to your child for 15 minutes **Every Day**
2. Play with your child on the floor for 10 minutes **Every Day**
3. Talk with your child for 20 Minutes **Every Day** with the TV turned **OFF**
4. Adopt positive attitudes towards your child and praise them for their efforts **EVERY DAY** (even if they don't get things right first time)
5. Give your child a nutritious diet **Every Day** to aid development and increase their chances of Learning.

Is the job centre putting pressure on you to return to work ?

If so help is at hand. **Marilyn Walsh** from **The Progress Programme** can tailor support to your individual needs to help you back into work. She can help with your CV, help you apply for jobs, or access training that interests you. She can also help with family budgeting on a low income & sorting your benefits.

Email: Marilyn.walsh@oxfordshire.gov.uk

Tel 0808 168 9230 -Freephone or text PROGRESS to 60002 and they will call you back.

<http://progressprogramme.com>

Support at St-Leonards

For those of you who are new to our school or may not have come across me before, as Home School Community Link Worker I am here to support families through difficult times and when family life gets tricky. My office is in the main school building, you can call into the reception and ask to speak to me. I am available Tuesdays, Wednesdays and Thursdays to speak to if you have a question or need advice. The support I can offer ranges from parenting strategies, housing issues, finance and debt management, health support, relationships, school and attendance issues. You are welcome to call in for a chat or a meeting can be arranged either in school or at your home if you would prefer.

In addition to the 1:1 support, we run a **Parent Drop-In on a Wednesday morning from 8:45a.m. to 10.15a.m.** Tea toast and a listening ear are always available.

We are now running a **parent drop-in on a Wednesday afternoon from 2p.m. to 3p.m. for parents of Pakistani heritage** where we are supporting parents with their English skills and how to best support their children at home.

In addition to this another drop-in session is running on a **Thursday Afternoon from 2p.m. to 3p.m. for Polish parents.**

Each of the Drop-in sessions are running in the staff room.

Please come to reception and sign in and you will be shown where to go.

Your Nearest Children's Centre is

East Street Children's Centre
Calder Closet, Banbury, Oxon. OX16 3WR
Telephone: 01295 266763
Email: eaststreet.reception@oxfordshire.gov.uk
www.oxonchildrenscentres.org.uk

Open Door Family Drop In. Mondays 9am - 12pm or 12pm – 3pm and Fridays from 9am -11:30.

Banbury Food Bank

There is some good news from the Food Bank that has now opened a new centre in Grimsbury Methodist Church.

This centre is now open on Wednesdays from 10-12pm.

If you are a family struggling and may need food items to tide you over for a few days until pay day please contact either Christina or East St Children's Centre for more information on the food bank vouchers.

We also have a food bank collection point in school, so occasional donations of non-perishable food items will gratefully be received.

Does family life get you down and are your children difficult at times?

If so, the Family Links Nurturing Programme could be for you.

This 10 week course is being run in various locations around Banbury- including a course for parents of Pakistani heritage. It is a supportive and friendly approach where parents are enabled to improve their strategies in managing their children, and remain calm.

Please contact Christina for more information.



Irregular Bedtimes Can Damage A Child's Learning.

Researchers from University College London have highlighted the importance of regular bedtimes for young children. During a recent study of 11,000 children they looked children's bedtimes at age three, five and seven. They compared these with test scores for these children in maths, reading and spatial awareness. The findings were that children with irregular bedtimes were likely to score significantly lower in maths, reading and spatial awareness and girls were more affected than boys. Lack of sleep disrupts body rhythms and affects the part of the brain that allows it to retain new information. If your child has difficulty sleeping or if you would like to know more, have a look at these websites.

<http://www.sleepsisters.com/bedtimes-by-age/>
<http://www.psychologytoday.com/blog/sleep-newzzz/201307/regular-bedtimes-children-aid-development-0>



**Domestic Abuse
Oxfordshire
Reducing the Risk**



www.reducingtherisk.org
www.amiabused.com



Support to mothers and children who have experienced domestic abuse has been delivered through our primary schools over the last year. This will continue in the new academic year. This is a safe and confidential service.

Oxfordshire domestic abuse helpline:

0800 731 0055 (Monday to Saturday 10am to 4pm)

This is free and will not show on your telephone bill.

National 24 hour helpline: 0808 2000 247

This is free and will not show on your telephone bill.

Victim support: 0845 38 99 528

Confidential service providing practical and emotional support

If Mothers have left an abusive relationship and they would like support to recover we offer **The Recovery Toolkit**. This is a **FREE** 12 week course with a high success rate which helps women to **recover** from the psychological trauma. The course aims to help women **rebuild** their lives, self esteem and confidence. It also acts as a **safeguard** to Mothers and their children as it teaches women about the **early warning signs** of potential future abusers and how to avoid these unhealthy relationships. The course also gives women the opportunity to examine and **improve** the relationships that they have with their children as the non abusive parent & child relationship can be damaged by the experience of living with a perpetrator. This course is about **celebrating** the coping mechanisms and helping women to see themselves as **survivors** not victims!!! If you would like more information please contact me via email christine.stephens@oxfordshire.gov.uk

New Family Information Service Directory

Oxford Family Information Service (FIS) has recently launched a new online FIS Directory, which has details of children's activities, children's centres, early intervention hubs, parenting support, health and well being information, financial advice for families and support for those who are disabled or who have special /



additional needs. The information is searchable by location. If you are looking for local help and advice take a look

www.oxfordshire.gov.uk/familyinformation.