












BACK TO SCHOOL

2022

A parent's guide

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Term Dates

School terms and dates for 2022 -2023

Autumn Term 2022

- Term starts Friday 2 September 2022
- Half term starts Monday 31 October 2022
- Half term ends Friday 4 November 2022
- Term ends Friday 23 December 2022

Spring Term 2023

- Term starts Monday 9 January 2023
- Half term starts Monday 20 February 2023
- Half term ends Friday 24 February 2023
- Term ends Friday 31 March 2023

Summer Term 2023

- Term starts Monday 17 April 2023
- Half term starts Monday 29 May 2023
- Half term ends Friday 2 June 2023
- Term ends Friday 21 July 2023

(Your school will inform you of planned inset day)

Uniform

Marks & Spencer Kids Easy Dressing

M&S

Our specially made Easy Dressing range includes hip dysplasia clothes, feeding tube clothing and zip-up bodysuits.

With thoughtfully placed poppers and super-soft materials, our collection is all about comfort. Find sizes starting from newborn, going up to 16 years.

There are pretty patterns and a variety of colours on offer, as well as handy multi-packs too.

Well Marks & Spencer's have created some fabulous footwear as part of their adaptive clothing range!

These high-top trainers feature both lace-up and double zip fastenings for easy on and off. They come in more than one colour!

[Adaptive Clothing for Kids | Assisted Dressing | M&S \(marksandspencer.com\)](https://marksandspencer.com/adaptive-clothing-for-kids)



Uniform

Sockshop Seamless Socks for kids



Do your little ones complain at the thought of putting on their socks because of bulky or uncomfortable toe seams? Discover our range of smooth toe seam socks and tights for kids. Our

kids' smooth toe seam socks range features a variety of plain and patterned styles whose toes have been linked using one single seam, making them smoother and practically seamless! Make putting on their socks a seamless experience with SOCKSHOP's smooth toe seam socks for kids.

[Seamless Socks for Kids](#) | [Kids' Seamless Socks](#) | [SOCKSHOP](#)



Uniform

Asda - Easy On Easy Wear Adaptive Clothing

George.

Discover our easy on easy wear kids' school uniform, featuring adaptive clothing for boys and girls. Specially designed for children with specific or sensory-sensitive needs, our

adaptive school uniform helps support independent dressing and maximise comfort throughout the school day.

Featuring uniform with soft threads, non-bulky seams and label-free designs, you can rest assured that our adaptive clothing for kids looks the same as the rest of our school uniform collection. Fiddly buttons have been replaced with easy close fastenings, but decorative mock buttons will ensure their uniform matches the rest of our range.

We also have boys' school trousers and girls' school trousers with elasticated waistbands, making them easy to pull on and off and great for assisted dressing. For more fit solutions, try our boys' plus fit school uniform and girls' plus fit school uniform.

Asda have some lovely summer uniform in stock ready for the summer term!

[Adaptive Clothing For Kids](#) | [Adaptive School Uniform](#) | [George at ASDA](#)



Shoe fitting

Clarks

Shoe shopping can be overwhelming for some children. Clarks are happy to do all they can to help during shoe shopping with your child.

If you would like to visit us during a time with fewer crowds, less noise, and bright lights, then they offer Quiet Time appointments.

Newport to book a slot you can contact the store on 01633 482900

Cwmbran to book a slot you can contact the store on 01633 483472

Abergavenny to book a slot you can contact the store on 01873 858948

Caerphilly to book a slot you can contact the store on 02920 883453

Cardiff Queen Street to book a slot you can contact the store on 02920 390619

If you are looking for shoes that would be suitable for children with AFO's or children who find laces difficult as well as the Marks and Spencer's range. Billy Footwear is also available

[Styles for Kids | BILLY Footwear](#)



BILLY FOOTWEAR



Haircuts

Haircut Advice

Haircuts can be a very stressful procedure for a number of children and parents. Here's some advice from Occupational Therapy.

Whether it be a hair cut in the house or a hair-cut at a salon, it is important to prepare your child for the task.

Think about the time of day you pick, for example after school may not be a good idea because they may be tired from school and need to burn off some energy or have downtime after concentrating for the day. Also a time when you're not too rushed in case you need to take breaks.

When discussing the routine of having a haircut, if the word cut is a real trigger for your child, then avoid using this terminology and maybe try talking about getting hair tidied up, or smartened up or getting their hair done. This can help reduce the fear and encourage them to be more accepting of the task.

Talk them through the routine before-hand, use social stories (examples of these are available on www.andnextcomes1.com, even has a video which you can watch together.) Use photos, pictures, to discuss what happens first, next and then etc. If going to a salon then this is even more important, so that they know what the venue looks like on arrival, what is involved, what will they have to do. Photos of the reception area, the waiting room, the hairdresser chair, will all help to familiarise them, along with the smells and the sounds to expect.



Get them familiar with the tools, comb, scissors, clippers, gown, towel etc. in order to reduce some anxiety.

De-sensitisation is a good technique, hearing the clippers just switched on to begin with can help to introduce the tool without the sensation and the sound together, which can be overwhelming. Calm clippers or noise reducing clippers can be good for these situations, a variety are available online.

To block out sounds if your child still gets very distressed then using earplugs can help, as these won't interfere with the haircut. Also allowing your child to wear headphones can be good for distracting and using an IPAD or tablet, at the same time as having their hair cut can help to take their mind off what's going on, or can relax them too. There are even noise cancelling headphones that block out background noise very well.

If cutting your child's hair yourself, try using a gown or cape that's full length so will catch any hair that falls, or stop it falling on to your child's skin, as this sensation alone can be distressing for some children. Also planning a haircut and then getting them to shower or bath after so they can get rid of any loose hair off them, if this is something they enjoy and don't find stressful in itself. Dusting off hair frequently through the task can help with this too, using a soft towel instead of a brush might also work.

Haircuts

Haircut Advice *continued*

Talk through what you are doing for example, if cutting around the ears or the nape of the neck that tell them "Mum is just going to be using the comb by your ears now" and then use other cues such as "one last stroke" or "nearly done".

If you have asked them to put their head down or sit still, then reassure them they are doing well and keep re-iterating "well done for sitting so still" or "good job at keeping your head down".

A visual timer will be helpful to give them an idea of when the task will be over, this can make the task a bit more bearable for your child.



Counting down or counting to 10 when they are having a bit done that they are finding distressing will help to keep them calm and make them feel as if they have a bit of control over the task.

Using an incentive or reward for after the task. Tell them before hand, if they can be brave and have their hair done they get to play their favourite game, eat their favourite snack, buy a favourite toy, whatever it is you decide, this may help them ease stress and have something to look forward to.

When you successfully complete your **first** routine of the task maybe try taking photos at different stages through the task, hopefully ending with a smiling photo, after the haircut, this will be a good reminder for the next time you have to introduce the task, and if they can see themselves happy and not distressed in a photo this can be good motivation and encouragement for the next time. It is important to regularly schedule haircuts in, so that it becomes a more regular task, and they will hopefully become less fearful and distressed by it.

Haircuts

Hairdresser recommendations

Wicked

Newport

Salon 07730 106713 or 01633 842538, wickedannie1a@gmail.com

<https://www.facebook.com/wickedhairstudio1A>



Owner Anne Hughes says:

"We have been open 11 years and previous to that I worked at Maes Ebbw School on supply for a number of years and also have a level 3 childcare diploma. We at the salon strive to provide the right environment for ALL children. We currently have over 150 children on our books with additional needs. I have cut hair in a dark room by torch, in my car and lying on the floor dressed as a witch. We have been spat on bitten and kicked but we love our job especially when we help them turn a corner"

Haircuts

Dolly Daydream Hair & Beauty

Cwmbran



Give Vicky a call at the salon and she will chat you through the process of booking. 07850 679673, dollydaydreamhair@gmail.com

Vicky says:

"Before now I have had parents come into the salon for a quick chat and look about to see if the shop suits their child's needs. If there are any special requirements, I need in place they can let me know over the phone. Alternatively, they can bring the child in to the salon if they would like to meet me and we can have a chat. The child can look around as some kids are really nervous when having a haircut."

Bens Barbers

Newbridge

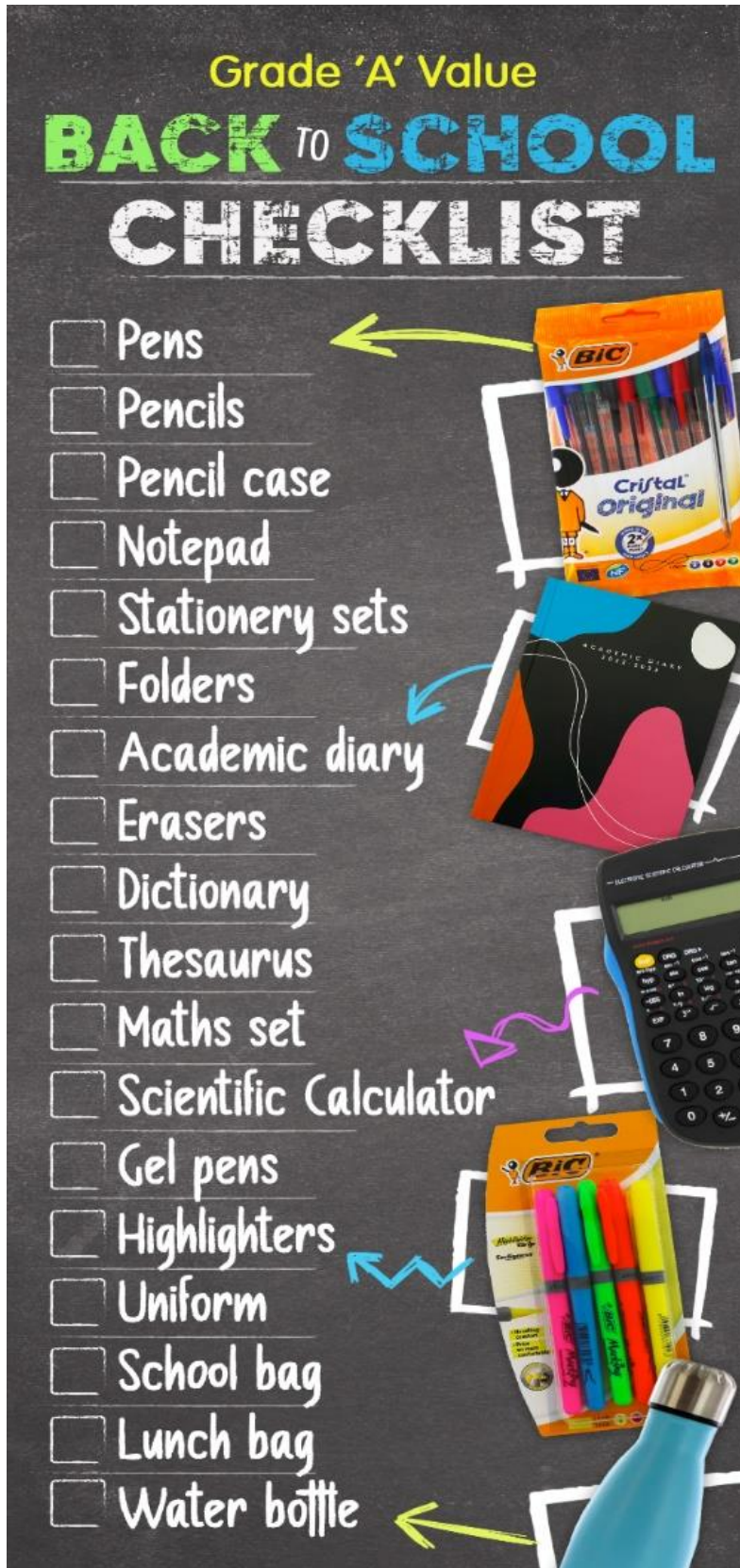


Ben is offering appointments only now so it'll only be you and Ben in the shop. He's really understanding and is more than happy to help parents with haircuts. To book an appointment use the link below.

[Bensbarbershopnewbridge.booksy.com](https://bensbarbershopnewbridge.booksy.com)

Stationery

The Works



TheWorks.co.uk

Back to School event at The Works,
extra 15% off on selected items
online when you use the
code **DWM15**

[The Works | Get Huge Savings
On Arts, Crafts And Books](#)

Stationery

Smile.Amazon.co.uk

Buying Stationery from Amazon? Why not help Sparkle out at the same time?



When you shop through Amazon Smile and choose Sparkle, Amazon will donate 0.5% of the net purchase price to us, at no extra cost to you!

Turn your smile into a donation by following the steps below:

1. Log in to smile.amazon.co.uk using your regular Amazon account details
2. When prompted, search and select Sparkle (South Wales) Limited
3. Shop as normal and Amazon will make a 0.5% donation to us, at no additional cost to you.

Remember to use smile.amazon.co.uk every time to ensure your purchase is eligible for a donation.

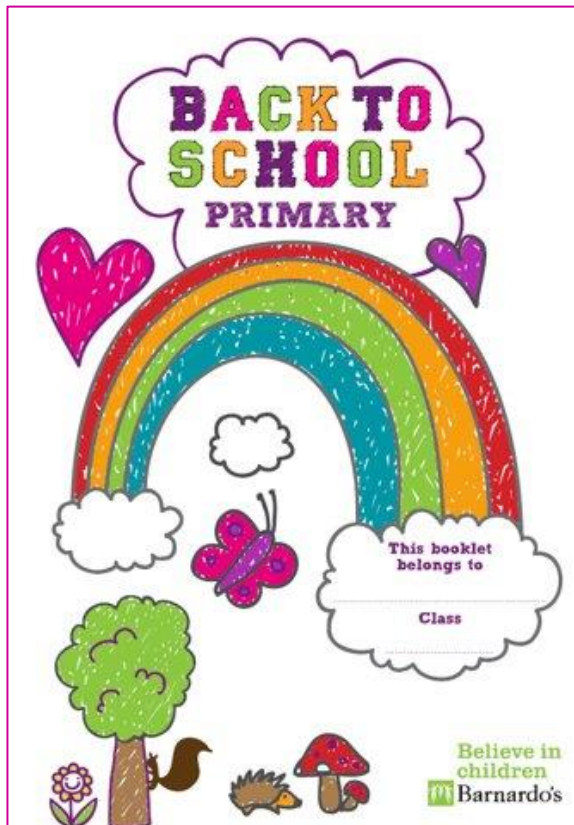
If you're using the app, simply tap the **menu > settings > AmazonSmile** and follow steps 1-3



Back to school guides

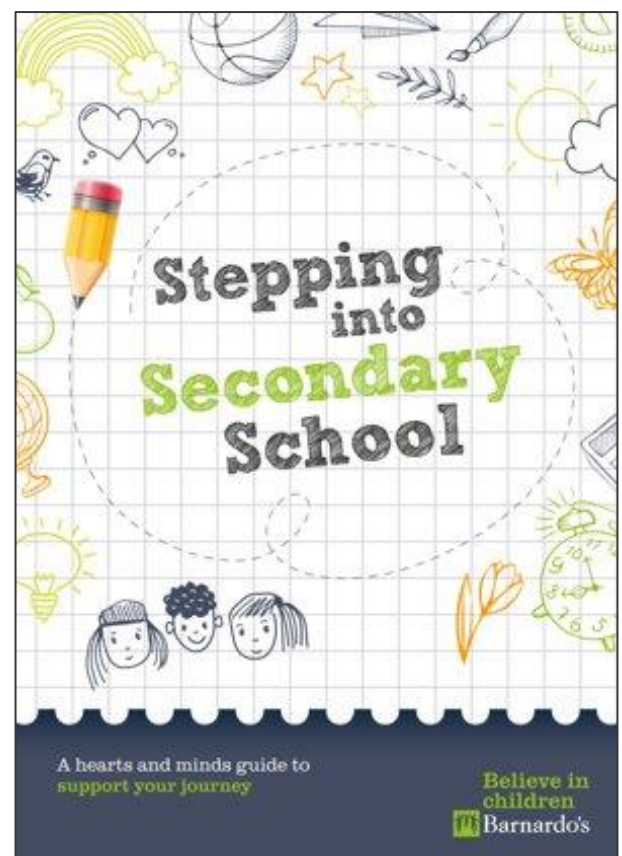
Barnados Back to school guides

Click the links below to take you to the PDF versions of the guides.



[primary-workbook-loss.pdf \(educators-barnardos.org.uk\)](https://educators-barnardos.org.uk/primary-workbook-loss.pdf)

[barnardo s y6 transition guide -
stepping into secondary school final v
ersion pdf.pdf \(educators-
barnardos.org.uk\)](https://educators-barnardos.org.uk/barnardo_s_y6_transition_guide_-_stepping_into_secondary_school_final_version_pdf.pdf)



Transition

Supporting your child's independence and self confidence in readiness for school

One of the main questions parents ask when their child starts school is 'Will they be able to manage?' You can support your child to develop independence and skills in preparation for school as well as supporting your child to explore their emotions and discuss with them how they are feeling about starting school. There are many activities you can do at home to help prepare your child for the transition to primary school.

Using a knife and fork with playdough is a great way to practice cutlery skills.

Many schools use visual timetables to help children get used to their new routines. Using a visual timetable at home can also be a great way to support their independence.

In the early years children learn best when they are excited and motivated about what they are learning. The types of play where children have to think for themselves, solve problems and use their ideas and imagination help children develop their thinking skills ready for school.

Many adults have the idea of ready for school as being ready to sit down and listen to learn but reception classes are full of opportunities for children to play and explore and follow their own ideas and not just the teacher's instructions.

<https://youtu.be/kyUQrmlGabY><https://youtu.be/OTpOG7D8R1U><https://youtu.be/tkWP8ZpTKXg>

The You tube links are useful tips on how to get your little one ready for school.

Transition

How to help your child transition from home to school

Transitioning from home or nursery to the primary school classroom can be challenging, even upsetting, for some children. Here, early years specialist Helen Stroudley offers her advice to help you make the switch as smooth as possible for your child.

Helen's tips for before they start school

- Walk or travel to school regularly with your child -this will get them used to the buildings and their new surroundings.
- Keep a consistent routine - especially around waking up, bed time, and meal times.
- Check out your schools settling in policies, such as taster days or home visits.
- Talk to friends and family members, especially if they have children of a similar age, and share experiences.



For more tips visit the **BBC Bitesize** website on the links below



<https://www.bbc.co.uk/bitesize/articles/zkqnxbk>



<https://www.bbc.co.uk/bitesize/articles/zv8q8xs>

Transition

Getting organised for Secondary school

Transitioning to secondary or high school can feel like a huge leap for children and their families. Our expert advice will help you prepare together and manage the transition from primary to secondary school.

What's different about secondary and high school?

Children have to:

- Travel by themselves, wear uniforms and get used to an unfamiliar building.
- Meet lots of different people, make new friends and find where they 'fit in'
- Be independent and responsible for their learning, including giving in homework on time
- Go through some big changes in their brains and bodies as they become teenagers, which can make this even more tricky.
- The pressure to 'keep up' academically and socially can feel overwhelming –but there are simple ways you can get ready together and develop skills for coping on an ongoing basis.

Preparing my child

Check in with them regularly and remind them that:

- It's normal to feel both excited and scared – nerves actually help us prepare for challenges
- It may take time for them to feel settled, and that's OK
- They might get things wrong as they get used to a new situation
- They've coped with big changes in the past and can do it again
- Not everything is going to change – some routines will stay the same
- They can talk to you or someone at school if they're worried.

Transition



For more tips visit the **BBC Bitesize** website on the links below



[Starting secondary school - BBC Bitesize](#)



<https://www.bbc.co.uk/bitesize/articles/zkb747h>

Preparing yourself

Are you worried about them? Find out how you can support your child:

- The first years of secondary or high school can be difficult for families.
- Young people may explore their identity by trying new things, taking risks, breaking rules and putting their friends first.
- Keep talking, young people like to hear that you are interested in their world, if you know what's going on in their lives, you might worry less
- Check in while you're doing everyday things, like cooking or driving somewhere, so that they don't feel pressured
- Remember that your child still relies on you and (any) boundaries are needed to keep them safe
- Look after yourself. Self-care can be as simple as having a cup of tea or going for a walk

For more support visit

<https://www.youngminds.org.uk/professional/resources/supporting-school-transitions/>

<https://www.place2be.org.uk/our-services/parents-and-carers/getting-ready-to-start-secondary-or-high-school>

Transition

Coleg Gwent

Helping you get ready for college



Transition means a process of change, like changing from school to college. Most people feel a bit nervous about change and moving from school to college is a big change. But remember you're not alone and there's lots of support at Coleg Gwent.

We work with young people, their families, schools, Career Wales and any other people who support you, to understand your needs and how best to support you. To ensure you get the best support we'll request evidence of your learning support needs and/or medical/physical needs.

Individual Development Plans

If you have an Individual Development Plan (IDP), we'll attend your last review at school. It's a good idea to ask your school ALN Co-ordinator to invite us. At your review, you can tell us what's important to you (now and in the future) and we can start planning your transition.

We can plan transition activities to help you get-to-know the college so you know what to expect before you start, helping to make you feel safe and happy. We'll make sure the staff who work with you know about your support needs to help you achieve positive outcomes.

Advice from SNAP Cymru

Autumn Snap Cymru Sessions

If you have any questions regarding your child's education you can speak to SNAP Cymru. Here are the Autumn dates for Serennu, we will also be running sessions in Caerphilly Children's centre and Nevill Hall Children's centre on different dates. please contact us for more information or to book a slot



SNAP Cymru Drop in Sessions

Offering impartial advice on
educational concerns empowering
parents to advocate for their child

 **Where?**
Serennu Children's Centre
(NP10 9LY)

 **When?**
20th September, 18th October,
15th November : 10am-12.30pm

*Due to a high demand on the sessions, appointments
must be made via Jayne Jones :  01633 748000*

For more information about SNAP Cymru, visit our website
www.snapcymru.org

Transport

Orange Wallet Scheme

The Orange Wallet is for anyone who would like support to communicate with staff when travelling by bus or train. It's particularly designed for passengers with an Autism Spectrum Disorder.

However, it can be used by anyone with a hidden disability who may like to communicate to staff non-verbally.



Get your Orange Wallet Contact us with your address and we'll post a wallet to you Sian Matthews asdservice.abb@wales.nhs.uk 01443 715044

You can also obtain an orange wallet directly from the National Autism Team by emailingASDinfo@WLGA.gov.uk with your name and postal address

Transport

Disability / Concession Travel and Bus Passes

You can find guidance notes and eligibility of travel passes with this link
[TfW - Your Concessionary Travel Card](#)



The links to apply for a first bus pass, if you haven't applied previously are below

Newport: <https://www.newport.gov.uk/en/Care-Support/Disabilities/Disabled-persons-travel-pass.aspx>

Torfaen: <https://www.torfaen.gov.uk/en/RoadsTravelParking/PublicTransport/Concessionary-Travel-Pass/Concessionary-Travel-Pass.aspx>

Monmouthshire: <https://www.monmouthshire.gov.uk/?s=bus+pass>