



### **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)

## Helping Hands Psychology

### Summer 2022

#### Parents & Carers Virtual Workshops Programme

These interactive group workshops are open to parents and carers of children with additional needs and professionals working in the Children's Centres across Gwent.

The workshops will take place online via a video-call.

Supporting with transitions	Supporting Anxious Children
<p><b>Monday 18<sup>th</sup> July 2022, 10:00 – 12:00</b></p> <p>We will share ideas about how to support children and young people with their transitions</p> <p><b>Book by Friday 15<sup>th</sup> July 2022</b></p>	<p><b>Wednesday 10<sup>th</sup> August 2022, 13:00 – 15:00</b></p> <p>We will share ideas about how to support children and young people with anxiety and worry.</p> <p><b>Book by Friday 5<sup>th</sup> August 2022</b></p>

To book a place on these workshops, please email

[ABB.HelpingHandsTeam@wales.nhs.uk](mailto:ABB.HelpingHandsTeam@wales.nhs.uk) with:

- Name of the workshop(s)
- Your name
- Email address
- Your relationship to the child

**Spaces are limited so booking is on a first come, first served basis.**

If you would like to sign up to our workshop mailing list, please email us on

[ABB.HelpingHandsTeam@wales.nhs.uk](mailto:ABB.HelpingHandsTeam@wales.nhs.uk).

We will send you updates about our upcoming workshops and details of how to book yourself a space. You can unsubscribe from our mailing list at any time.



### **Adapted Uniform from M&S**

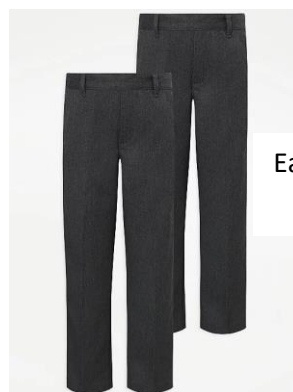
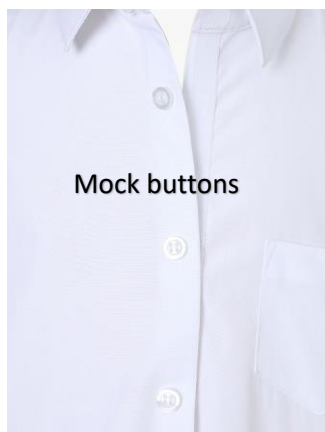
**Kids Easy Dressing** [Adaptive Clothing for Kids](#) | [Assisted Dressing](#) | [M&S \(marksandspencer.com\)](#)

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 new-born, going up to 16 years. There are pretty patterns and a variety of colours on offer, as well as handy multi-packs too.

### **Asda George Clothing** [Easy On Easy Wear](#) | [School](#) | [George at ASDA](#)

George at Asda has launched a clothing range for children with additional needs, at the moment the clothes are available in a school uniform range only.

Discover our easy-on-easy wear kids' school uniform for comfortable essentials for boys and girls. Helping with independent dressing and made from sensory-kind fabric for extra comfort, our boys' school uniform and girls' school uniform will have them covered day-in, day-out. From pull-on polo shirts and school jumpers to easy fastenings, our range has been specially designed to help kids with independent dressing. Our easy-on-easy wear school uniform range also includes soft threads, non-bulky seams and label-free separates for maximum comfort.



# Shoe shopping

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

**Clarks Caerphilly** The store does not play music, although it can get rather busy but quieter times are 9 am and after 4:30pm. If you need to book a slot you can contact the store On 02920 883453

**Clarks Cwmbran** If you would like to visit us during a time with fewer crowds, less noise, and bright lights, then we offer Quiet Time appointments. To arrange the appointment, we advise you call ahead on 01633 483472

**Clarks Merthyr Tydfil** If you would like to visit us during a time with fewer crowds, less noise, and bright lights, then we offer Quiet Time appointments. To arrange the appointment, we advise you call ahead on 01685 377689

**Clarks Cardiff Queen Street** If you would like to visit us during a time with fewer crowds, less noise, and bright lights, then we offer Quiet Time appointments. To arrange the appointment, we advise you call ahead on 02920 390619

If you are looking for shoes that would be suitable for children with AFO's or children who find laces difficult Marks and Spencer's are now doing footwear as part of their adaptive clothing range.

Billy Footwear is also available through [Styles for Kids](#) | [BILLY Footwear](#)





Haircuts, can be a very stressful procedure for a number of children and parents.



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

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



If you contact Spirit hairdressers in Ystrad Mynach by emailing [janine@spirithairteam.co.uk](mailto:janine@spirithairteam.co.uk) and give your child's age, some information on their additional needs and what you want/need doing. The team will offer you an appointment to meet your needs.

## **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.

## **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

[How to help your child transition from home to school - BBC Bitesize](#)

[Starting primary school - BBC Bitesize](#)

**[Getting organised for Secondary school can be difficult here are some helpful tips](#)**

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.

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

## Preparing myself

The first years of secondary or high school can be difficult for families.

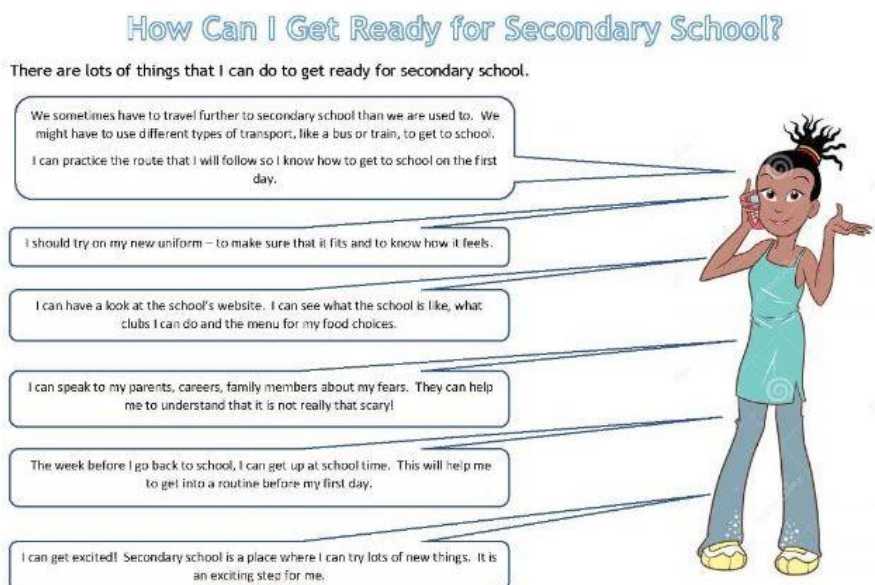
Young people may explore their identity by trying new things, taking risks, breaking rules and putting their friends first.

Keep talking – young people like to hear that you are interested in their world and 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, going for a walk or getting enough sleep. All of this helps you to be there for them.



For more support visit

[School Resources to Help With Transitions | Mental Health | YoungMinds](#)

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





GIG  
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University Health Board

## Get Organised!

Starting secondary school requires a new level of organisation as pupils will be going to and from several different classrooms per day. They will also need numerous text books, exercise books and resources for certain lessons e.g. Home Economics or Design Technology may need ingredients or materials to be brought in. Having to remember all of this can be extremely overwhelming. Getting organised from the start will help young people to get on top of this. Try these tips...



Time	Mon	Tue	Wed	Thurs	Fri
08:00-08:45	PE	Design and Technology	Maths	Science	English
08:45-09:30	PE	Science and Mathematics	Maths	Science	English
09:30-10:15	English	Maths	Science	English	Science
10:15-11:00	Maths	English	Science	Maths	Science
11:00-11:45	Maths	English	Science	Maths	Science
11:45-12:30	Maths	English	Science	Maths	Science
12:30-13:15	Maths	English	Science	Maths	Science
13:15-14:00	Maths	English	Science	Maths	Science
14:00-14:45	Maths	English	Science	Maths	Science
14:45-15:30	Maths	English	Science	Maths	Science
15:30-16:15	Maths	English	Science	Maths	Science
16:15-17:00	Maths	English	Science	Maths	Science

1. Use a school diary / planner where you can attach a copy of your school timetable. Always keep this diary in your school bag and then you will always know what lessons you have
2. Colour code your timetable, choose a different colour for each subject and then colour that subject in the chosen colour each time it appears on your timetable. Put the same colour labels on to the text books or exercise books, or any resources you need for that particular subject.



3. Pack your bag the night before! Use your timetable to make sure you have everything you need. Check your essentials list: school diary, pencil case, lunch or dinner card if you have one. Don't forget P.E. kit, or cookery ingredients!
4. In every lesson, make a note of any homework that you are set so that you don't miss any deadlines. Get into the habit of checking your homework diary every day when you get home.
5. Use a clear pencil case as this will make it quicker and easier to check child has correct items with them
6. File away any work at the end of every lesson. Put the date and subject and your name on any loose sheets of paper.

Here are some Apps that are available to help with school tasks and organisation



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WALLES

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University Health Board

### Daily Organisation



#### **Remember The Milk**

This is a To-do list app that allows you to set subtasks and reminders and share lists with family members. It's available on iOS and Android and you can also login to it from your laptop!



#### **TickTick**

Another to-do list app that can be used for school and home, with the added benefit of being able to add photo's and documents, as well as set the priority level. It also has voice input! Available on iOS, macOS, Android and Windows.

### Organising School Work



#### **iHomework**

An app to help students plan and organise their homework and not leave everything till the last minute. You can set homework priority. Available only on iOS, macOS and apple watch.



#### **iStudiez Pro Legendary Planner**

This app allows you to add your timetable as well as homework. You can colour code your subjects and add your teachers, it's easy to navigate and it syncs with your calendar. Available on iOS, macOS, Android and Windows.

## Organising Ideas and Thoughts



### **Popplet and Popplet Lite**

This is for creating highly visual 'spider diagrams'. Used by lots of schools you can add pictures and website links easily as well as change the colours of the boxes etc. Available on iOS, the free version Popplet lite limits the amount you can save.



### **Inspiration Maps**

This is great for brain storming and organising your thoughts. Create highly visual 'spider diagrams' with the added bonus of being able to turn it into a bullet pointed plan just by pressing a button!

## Focusing Attention



### **Pomodoro Focus Timer by Tianna Henry Lewis**

This app is a visual timer based on the Pomodoro technique of 25 minutes work followed by a short 5 minute break. After 4 Pomodoro's you get a longer break of 15-20 minutes. It's great for helping students to work and revise in more productive blocks and avoid procrastination.



### **Bear Focus Timer**

This timer is based on the principles of the Pomodoro technique but it gives you the flexibility of setting the times. It can also play white noise during the focus time. Turn the phone over to start! If you concentrate well the bear will also praise you! The app costs £1.99 but is lovely!

## Transition Support - Helping you get ready for college



### Learning Support – Colege Gwent

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.

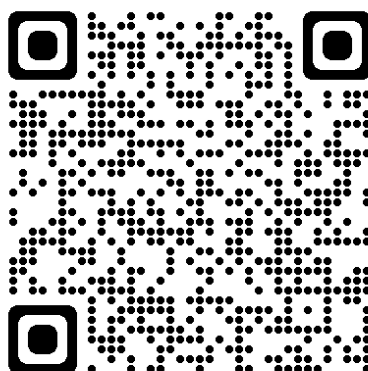
We work with young people, their families, schools, Career Wales and any other people who support you, to understand your needs and how best to support you. To ensure you get the best support we'll request evidence of your learning support needs and/or medical/physical needs.

### Individual Development Plans

If you have an Individual Development Plan (IDP), we will attend your last review at school. It is a good idea to ask your school ALN Co-ordinator to invite us. At your review, you can tell us what is 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 will make sure the staff who work with you know about your support needs to help you achieve positive outcomes.

For more information on transition at Coleg Gwent scan the QR code below





## Learning Support – Coleg Y Cymoedd

Starting college is one of the most exciting things you can do. Making new friends, studying something new, and making your own decisions are all positive experiences, but if you feel you need some advice or information, we're here to help.

The College's Universal Learning Provision includes lots of different support available to all learners. There is support with literacy, numeracy and digital skills; Welfare and Wellbeing support to help with personal issues as well as tutor support and guidance Learning Support

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## Additional Learning Support

Universal Learning provision is likely to meet the needs of most learners, but some learners may require Additional Learning Provision.

If you have a disability, sensory impairment or additional learning need such as dyslexia, dyspraxia, ADHD or ASD; had a Statement (SEN) or support in school and think you need extra help in College, then please let us know.

You can tell us on your application form, speak to someone from support at interview or ask someone to contact you. Telling us as early as possible helps make sure the right support for you is in place.

Our friendly, experienced and qualified Additional Learning Provision team meet a range of individual needs. Learning Support Assistants provide close support and work with small groups in and out of class. Specialist assessors arrange access arrangements in exams and provide specific support. Learning Coaches provide extra support through the I2A project and help make settling into college easier. We understand that college is not just about taking a course – it is about preparing for work or further study, meeting new people and enjoying what you do and you can be confident that there is support available.

<https://www.cymoedd.ac.uk/learner-support/>

If you need to buy stationary ready for the new school year why not help Sparkle at the same time?



## Smile.Amazon.co.uk



### Shopping on Amazon?

**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](https://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](https://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

**SMILE and help special children shine.**





If you have any questions regarding your child's education you can speak to SNAP Cymru



# **SNAP Cymru**

## **Drop in Session**

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

### **When?**

**Every second Wednesday of the month**

**September 14th 2022**

**October 12th 2022**

**November 9th 2022**

**January 11th 2023**

**1pm—3:30pm**

### **Where?**

**Caerphilly Children's Centre**

**(CF83 2WP)**

**All are welcome!**



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.

We are also recommending passengers who are exempt from wearing a facemask to use the Orange Wallet scheme with the 'Face Covering Exemption' inserts.

### **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](mailto:emailingASDinfo@WLGA.gov.uk) with your name and postal address

### **Orange Wallet Collection Points**

- Caerphilly Libraries
- Social Services Family Centres

**For more information visit**

<https://autismwales.org/en/i-am-autistic/resources-for-you/orange-wallet/>

[Orange Wallet Scheme](#) | [TfW](#)